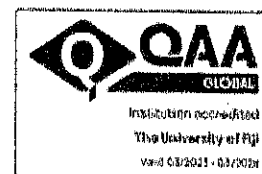


The University of Fiji
(An Entity of Arya Pratinidhi Sabha of Fiji)



Umanand Prasad School of Medicine & Health Sciences
Department of Nursing
Semester 2, 2025

FINAL EXAMINATION PAPER

BNSC304: MENTAL HEALTH NURSING

Important Instructions to Students:

1. Read the questions and instructions carefully and answer the questions.
2. You are allowed an **extra 10 minutes of reading time** (during this time, you are not allowed to write with a pen) and **180 minutes (3 Hours) to complete this paper**.
3. Silent, non-programmable calculators are allowed, but not supplied.
4. Write all your answers in the answer booklet provided. If you need extra sheets, please ask the supervisor. Write your name, course code, and student identification number in the answer booklet and in the attendance sheet.
5. This paper contains four (4) sections: A, B, C, and D. All questions are compulsory to answer, **except** that sections A and D have choices.
6. Write all your answers legibly. The marker has the right to award zero for answers that are not legible.
7. This is a **Closed Book Examination**. The University views plagiarism, cheating, and dishonest practice as serious offences, and if found, offenders are penalized.

Examination Paper Content (Format):

<u>Section</u>	<u>Question</u>	<u>Content</u>	<u>Marks</u>	<u>Suggested Time</u>
A	1 - 10	Multiple Choice	10	18 minutes
B	11 - 21	Short Answer Questions	40	56 minutes
C	22 - 26	Long Answer Questions	50	56 minutes
D	27 - 29	Essays (Choose Any TWO out of Three)	30	50 minutes
		TOTAL	130	180 Minutes

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SECTION A: MULTIPLE CHOICE QUESTIONS

10 marks

Question: 1 - 10

Read each question carefully and circle the best possible answer.

1. Which of the following is a protective factor for mental health?
 - A. Strong family support.
 - B. Substance abuse.
 - C. Social isolation.
 - D. Chronic stress.

2. Which of the following interventions best demonstrates a preventive approach to mental health in early childhood?
 - A. Teaching parents about responsive caregiving and emotional regulation.
 - B. Prescribing medications for children with behavioral issues.
 - C. Diagnosing developmental disorders in preschoolers.
 - D. Disciplining children for emotional outbursts.

3. Which of the following is **NOT** a common symptom of depression?
 - A. Loss of interest in activities.
 - B. Feeling of worthlessness.
 - C. Persistent sadness.
 - D. Increased energy.

4. Which mental disorder is characterized by persistent feelings of sadness and loss of interest?
 - A. Anxiety disorder.
 - B. Schizophrenia.
 - C. Depression.
 - D. Mania.

5. Which action best demonstrates the role of the mental health nurse as an advocate?
 - A. Speaking up for a patient's right to receive adequate treatment.
 - B. Facilitating group therapy as prescribed.
 - C. Ignoring a patient's complaints.
 - D. Reporting for duty on time.

6. Satendra is diagnosed with schizophrenia, experiencing auditory hallucinations. Which nursing intervention is most appropriate?
- A. Administer his medications and leave him alone.
 - B. Encourage him to ignore the voices.
 - C. Ask him what the voices are saying.
 - D. Explain that the voices are not real.
7. Apisai is diagnosed with bipolar disorder and has now become agitated during a group therapy session. What should the mental health nurse do first?
- A. Ignore the behavior.
 - B. Call the security immediately.
 - C. Restrain Apisai without warning.
 - D. Use de-escalation techniques to calm Apisai.
8. You observe Tamarisi's depressive symptoms worsen after visits from her mother. What should you infer from this observation?
- A. The visits may be contributing to emotional distress.
 - B. Tamarisi wants to be discharged.
 - C. The medication is not working.
 - D. Tamarisi dislikes all visitors.

You evaluate the effectiveness of an antidepressant started for Teresia four weeks ago.

9. Which of the following statements would suggest the medication is working on Teresia?
- A. "I feel more hopeful, and I have started seeing my friends again."
 - B. "I stopped taking it because I feel better."
 - C. "My sleep is worse, and I feel jittery."
 - D. "I still can't get out of bed most days."
10. Sereana is taking lithium and reports nausea, tremors, and increased thirst. What should you do first?
- A. Administer an antiemetic.
 - B. Encourage more fluid intake.
 - C. Stop the medication and notify the doctor.
 - D. Tell Sereana that they are expected side effects.

SECTION B: SHORT ANSWER QUESTIONS

40 marks

Question: 11 - 21

11. Explain two (2) importance of establishing trust in a nurse-patient relationship.
(4 marks)
12. Describe two (2) applications of the therapeutic use of self in mental health nursing.
(4 marks)
13. Explain how someone can reduce their risk of mental illness.
(4 marks)
14. Describe how unemployment contributes to mental health issues.
(5 marks)
15. Explain a simple plan for mental wellness to reduce risk factors.
(3 marks)
16. Describe how to assess a patient's orientation during a mental status examination.
(5 marks)
17. Explain the importance of observing mood and affect in a mental status examination.
(5marks)
18. Describe how to judge whether a patient's thought process is disorganized.
(5 marks)
19. Explain the difference between anxiety and normal stress.
(3 marks)
20. Identify two (2) common symptoms of schizophrenia.
(2 marks)
21. Define schizophrenia.
(2 marks)

SECTION C: LONG ANSWER QUESTIONS

50 marks

Question: 22 - 26

Read the scenario carefully and answer questions.

Tama Mate, a 24-year-old iTaukei male, a university student, lives with his parents. He was brought to the emergency department at St. Giles Hospital by his parents due to bizarre behavior and talking to himself. Over the past 6 months, Tama has become increasingly withdrawn, paranoid, and disorganized in his speech. He believes that the government is monitoring his thoughts through his phone. Tama has poor hygiene, has stopped attending classes, and often talks to unseen people.

22. Identify five (5) symptoms that suggest that Tama may be experiencing schizophrenia.

(5 marks)

23. Discuss the nursing interventions you would apply to help Tama cope with his delusions.

(10 marks)

Tama is also showing symptoms of a disturbed thought process, such as delusions.

24. Formulate goals, nursing interventions, and evaluations for his delusions.

(15 marks)

25. Describe the difference between the admissions to St. Giles Hospital and the Stress Ward of CWMH.

(10 marks)

You have been invited to deliver a health talk on illicit drugs to members of a community situated at the Coral Coast, Sigatoka.

26. Outline ten key points that will guide your speech.

(10 marks)

SECTION D: ESSAYS

30 marks

Question: 27 - 29

Choose **2 out** of the 3 questions.

27. Discuss three (3) strategies to promote good mental health among youth in your community. Include the importance of prioritizing mental health and well-being in young people today.

(15marks)

28. Explain four (4) effective strategies that individuals, communities, and institutions can implement to prevent and reduce the stigma related to mental illness.

(15 marks)

29. You have been invited by the Principal of Natabua High School, to give a speech on suicide prevention to Year 12 and Year 13 students. Describe an outline of your speech to effectively engage and educate the students on this important topic.

(15 marks)

THE END