

MASTER OF SCIENCE (NURSING) (2008 COURSE)
First Year M.Sc. Nursing MHPN MHPN :SUMMER- 2022
SUBJECT : CLINICAL SPECIALITY- I MENTAL HEALTH (PSYCHIATRIC)

NURSING

Day : Friday
Date : 3/6/2022

S-3644-2022

Time : 10:00 AM-01:00 PM
Max. Marks : 75

N.B. :

- 1) All questions are **COMPULSORY**.
- 2) Figures to the right indicate **FULL** marks.
- 3) Answer to both the sections should be written in **SEPARATE** answer sheets.

SECTION – I

- Q.1** Write Short Notes on **ANY THREE** of the following : **(15)**
- a) Standards of psychiatric nursing
 - b) Techniques of therapeutic communication.
 - c) Role of relaxation therapy in psychiatric illness.
 - d) Nurses role in lithium administration.
 - e) Application of nursing process in psychiatric nursing.

- Q.2** Long Question Answer : **(12)**
- a) What are the indication and contraindications of Electro-convulsive therapy? **(04)**
 - b) Discuss the role of nurse in Electro-convulsive therapy. **(05)**
 - c) Explain the neurotransmitters and its role in psychopathology. **(03)**

- Q.3** Long Question Answer **ANY ONE** of the following : **(11)**
- a) Define assertive behavior and explain techniques to promote assertive behavior. **(04)**
 - b) Explain psychological adaptation to stress. **(04)**
 - c) Discuss the role of nurse in management of stress. **(03)**

OR

- a) Discuss the establishment, maintenance and termination of therapeutic nurse-patient relationship. **(04)**
- b) Discuss the theory behind behavior therapy. **(03)**
- c) Discuss the techniques of behavioral therapy. **(04)**

SECTION – II

- Q.4** Write Short Notes on **ANY FOUR** of the following : **(16)**
- a) Mental health and mental illness continuum.
 - b) Therapeutic impasses
 - c) Mental status examinations
 - d) Side effects of anti-psychotic drug
 - e) Components of self-concepts
 - f) Manifestation of low self-esteem

- Q.5** Long Question Answer : **(11)**
- a) Define psychopharmacology and the characteristics of an ideal psychotropic drug. **(03)**
 - b) Classify psychopharmacological drugs. **(04)**
 - c) Explain in detail about anti-psychotic drugs and the role of nurse in it. **(04)**

- Q.6** Long Question Answer **ANY ONE** of the following : **(10)**
- a) Define cognitive development theory. **(02)**
 - b) Describe the standards of psychiatric nursing. **(05)**
 - c) Explain Systemic desensitization. **(03)**

OR

- a) Discuss the psychometric assessment for mentally ill patient. **(03)**
- b) Classification of mental illness-ICD-10. Explain it. **(04)**
- c) Discuss implication of psycho-immunology in mental illness. **(03)**

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F. Y. M. Sc. (NURSING) (2008 – COURSE): SUMMER – 2021
SUBJECT: CLINICAL SPECIALITY- I : d) MENTAL HEALTH (Psychiatric) NURSING

Day : Wednesday
Date : 02-06-2021

Time : 10:00AM TO 1:00 P.M.
Max. Marks : 75

S-2021-3644

N. B. :

- 1) All questions are **COMPULSORY**.
- 2) Figures to the right indicate **FULL** marks.
- 3) Answers to both the sections should be written in **SEPARATE** answer books.

SECTION – I

Q. 1 Write short notes on **ANY FIVE** of the following: **(15)**

- a) Neuroendocrinology
- b) Disorders of thought
- c) ICD -10 classification of mental and behavioural disorders
- d) Case Management
- e) Components and importance of Premorbid personality of mentally ill patient
- f) Standards of mental health nursing
- g) Therapeutic impasses and its management
- h) Psychoanalytic therapy

Q. 2 Answer **ANY TWO** of the following:

- A)** Mr. Mehar has reported to psychiatric OPD with the complaints of uneasiness tensed and unable to perform his duty in office as his boss is not happy with his pattern of work. He is diagnosed as a case of Acute Stress Under observation
- i) Define Stress **(02)**
 - ii) List down the psychological and physiological symptoms of stress **(04)**
 - iii) Describe the transactional model of stress **(05)**
- B)** Mr. Panini is diagnosed with alcohol dependence syndrome. The medical team have planned to treat the client with Antabuse treatment and family therapy.
- i) Explain the action of Disulfiram **(03)**
 - ii) Explain the role of nurse in administering the antabuse therapy **(03)**
 - iii) List down the types of family therapy and nurses role in it **(05)**
- c)** Mr. Ahiro is brought to psychiatric hospital for the first time. As a nurse you plan to provide therapeutic community for further management of the client.
- i) Describe the concept Therapeutic Community **(03)**
 - ii) What are the components of therapeutic community? **(05)**
 - iii) Explain the role of nurse in this therapy. **(04)**

P. T. O.

SECTION – II

Q. 3 Write short notes on **ANY FOUR** of the following: **(16)**

- a) National Mental Health Programme
- b) Techniques of Therapeutic Communication
- c) Biofeed Back Techniques
- d) Antianxiety Drugs
- e) Explain the principle “Accept the patient as he is”
- f) Role of Neurotransmitters in mental illness
- g) Cognitive Development Theory

Q. 4 Answer **ANY TWO** of the following:

- A)** Mr. Zeal is admitted to psychiatric ward with depression, lack of sleep and low self Esteem for further management.
- i) Explain the concept self Esteem. **(02)**
 - ii) Discuss the development of self Esteem. **(05)**
 - iii) Describe the role of nurse in increasing the patient’s self Esteem. **(04)**
- B)** Mr. Zuan is diagnosed as Agora Phobia. He has been advised to attend behavior therapy on OPD basis.
- i) Explain the principles on which the behavior therapy is based **(02)**
 - ii) List down the techniques of behavior therapy **(05)**
 - iii) Describe the role of nurse in behavior therapy **(04)**
- c)** Mrs. Neel is diagnosed with OCD. She is not satisfied with the allopathic medication .She enquires you about other types of alternative therapy.
- i) Define alternative therapy **(02)**
 - ii) Describe the types of alternative therapies available **(05)**
 - iii) Describe the ‘Chiropractice Medicine’ **(04)**

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F. Y .M. Sc. (NURSING) (2008 COURSE): SUMMER-2020
SUBJECT: CLINICAL SPECIALITY- I: d) MENTAL HEALTH (PSYCHIATRIC) NURSING

Day: Friday
Date: 4-12-2020 S-2020-3644

Time 1:00 P.M. To 4:00 P.M.
Max. Marks: 75

N.B.:

- 1) All questions are **COMPULSORY**.
- 2) Figures to the right indicate **FULL** marks.
- 3) Write Section-I and Section-II in **SEPARATE** answer book.
- 4) Draw neat and labeled diagrams **WHEREVER** necessary.

SECTION-I

- Q.1** Write short notes on (**ANY FOUR**): (16)
- a) Extended and expanded role of mental health Nurse
 - b) Mental health act-Chapter 3, 4, and 8
 - c) ICD – Classification of mental illness
 - d) Standards of Psychiatric nursing
 - e) Mental health and mental illness continuum
 - f) Pet therapy
- Q.2** Answer the following questions:
- a) Describe circadian Rhythms. (04)
 - b) Discuss the role of neurotransmitter in mental illness. (04)
 - c) Explain the role of endocrine glands in mental illness. (03)
- Q.3**
- a) Define personality. (02)
 - b) Describe the theory of psychosocial development by Eric Erikson. (05)
 - c) What is the nursing model given by Hildegard Peplau? Explain it. (04)

OR

- a) Define stress. (02)
- b) Describe stress as transaction between the individual and environment. (04)
- c) Explain the methods of achieving relaxation. (05)

SECTION-II

- Q.4** Write short notes on (**ANY THREE**): (15)
- a) Therapeutic impasses and its management
 - b) Thought stopping technique and role of nurse in it
 - c) Concept mapping and documentation of nursing process
 - d) Techniques that promote assertive behavior
 - e) Color therapy
 - f) chiropractic
- Q.5** Answer the following questions:
- a) Define occupational therapy. (03)
 - b) Explain antidepressant drugs – action, indication, contraindications, side effects. (04)
 - c) What is the role of nurses in psychopharmacological therapy? (04)
- Q.6**
- a) Discuss the role of nurse in milieu therapy. (03)
 - b) Explain play therapy and its importance in mental illness. (04)
 - c) What is the role of nurse in Electro convulsive therapy? (04)

OR

- a) Define self-esteem. (02)
- b) What are the concept of boundaries and its relationship to self-esteem? (04)
- c) Discuss the components of mental status examination. (05)

F.Y. M. Sc. (Nursing) (2008 Course) : SUMMER - 2019
SUBJECT: CLINICAL SPECIALITY- I : d) MENTAL HEALTH (Psychiatric) NURSING

Day : Saturday
Date : 27/04/2019

S-2019-4347

Time : 10.00 A.M. TO 01.00 P.M.
Max. Marks : 75

N. B. :

- 1) All questions are **COMPULSORY**.
 - 2) Figures to the right indicate **FULL** marks.
 - 3) Answers to both the sections should be written in **SEPARATE** answer books.
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SECTION – I

Q. 1 Write short notes on **ANY FIVE** of the following: **(15)**

- a) Circadian Rhythm
- b) Issues and Trends in Mental Illness
- c) Interpersonal Theory of Personality
- d) Psychometric Assessment
- e) Dynamics of Nurse Patient Relationship
- f) Behaviour Response Pattern to Stress
- g) Role of Nurse in Psychopharmacological Therapy
- h) Differentiate between ICD 10 and DSM – IV R

Q. 2 Answer **ANY TWO** of the following:

- A)** Ms. Shama has the clinical features of persecutory delusion, labile mood, auditory hallucination and is asocial with other members.
- i) Explain the MSE components which should be taken into consideration for the above case. **(03)**
 - ii) What antipsychotic drugs can be used for this patient? **(03)**
 - iii) Write the nursing process based on any two symptoms. **(05)**
- B)** You have undergone an assertive training for 3 months duration at Chennai. You want to implement it for your ward nurses.
- i) Define Assertiveness. **(02)**
 - ii) Describe the behavior components of Assertiveness. **(05)**
 - iii) How will you conduct the thought stoppage technique? **(04)**
- c)** Mr. Zomi is a diagnosed case of mild mental retardation. The team treating him has decided to give Pet Therapy for 3 days a week.
- i) Define Pet Therapy. **(02)**
 - ii) List down the indication and advantages of Pet Therapy. **(05)**
 - iii) Explain the role of Nurse in Pet Therapy. **(04)**

P. T. O.

SECTION – II

- Q. 3** Write short notes on **ANY FOUR** of the following: **(16)**
- a) Limbic System and its Role in Mental Health
 - b) Mental Health and Mental Illness Continuum
 - c) Classification of Complementary Therapies
 - d) Object Relation Theory
 - e) Types of Involuntary Admission
 - f) Role of Nurse During ECT Procedure
 - g) Rights of Mentally Ill Patient
- Q. 4** Answer **ANY TWO** of the following:
- A)** Mr. Neo is diagnosed with bipolar mood disorder – Mania type. He has been prescribed mood stabilizers
- i) What is the action of Mood stabilizers **(02)**
 - ii) List down the pharmacokinetics and side effect of Mood stabilizers **(05)**
 - iii) Explain the role of nurse in administering Mood stabilizer **(04)**
- B)** There are 12 clients of substance abuse. You are assigned to give group therapy, in which you have planned to give guided imagery.
- i) Explain Group therapy. **(04)**
 - ii) What are the steps of Guided Imagery? **(03)**
 - iii) What are the other therapies you can administer for substance abuse clients? **(04)**
- c)** You are the in charge sister of Psychiatric Ward. The Matron wants to inspect the documentation of patients.
- i) List down the methods of Documentation. **(04)**
 - ii) Explain the critical pathways. **(05)**
 - iii) List down the principles that you would keep in mind while recording. **(02)**

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Day : Saturday
Date : 03-05-2014

Time : 9:00AM-TO 12:00NOON.
Max. Marks : 75

N.B.

- 1) All questions are **COMPULSORY**.
- 2) Figures to the right indicate **FULL** marks.
- 3) Both the sections should be written in **SEPARATE** answer book.

SECTION - I

- Q.1** Write short notes on any **FIVE**: (15)
- a) Human rights of mentally ill patient.
 - b) Psychoanalytic theory.
 - c) Barrier of communication.
 - d) Difference between normal and abnormal behaviour.
 - e) Historical development of psychiatric Nursing in India.
 - f) Mental health services in India.
 - g) Types of neurotransmitters.
 - h) Principles of psychiatric nursing.

- Q.2** Long answers **TWO**: (22)
- A)**
- i) Define interpersonal relationship. (02)
 - ii) Goals of interpersonal relationship. (04)
 - iii) Explain the phases of nurse-patient relationship. (05)
- B)**
- i) Define mental health and illness continuum. (02)
 - ii) Explain the national mental health program. (04)
 - iii) Discuss briefly the role of psychiatric nurse extended and expanded. (05)

OR

- C)**
- i) Define stress. (02)
 - ii) Explain the psychological adaptation to stress. (04)
 - iii) Discuss the stress management in brief. (05)

SECTION - II

- Q.3** Write short notes on any **FOUR**: (16)
- a) Extrapyramidal symptoms.
 - b) Importance of diet in mental health.
 - c) Tricyclic antidepressant.
 - d) Systematic desensitization
 - e) Psychometric assessment
 - f) Process recording

- Q.4** Long answers **TWO**: (22)
- A)**
- i) Define nursing process applied in psychiatric nursing. (02)
 - ii) Explain the cyclic nature and importance of nursing process in psychiatric nursing. (04)
 - iii) Discuss the various methods of recording nursing process in psychiatric nursing. (05)
- B)**
- i) Define behaviour therapy. (02)
 - ii) Enumerate scope and indications of behaviour therapies. (04)
 - iii) Discuss aversion therapy. (05)
- OR**
- C)**
- i) Define alternative systems of medicine. (02)
 - ii) Enumerate various alternative systems of medicine and their scope applied in mental health. (04)
 - iii) Discuss 'Holistic approach' applied in psychiatric nursing. (05)

