

Mental Health Nursing

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Unit 1: Introduction of Mental Health Nursing

- * Question / Answers (5 marks x 8 = 40 marks)
1. Nature and Scope of Mental Health Nursing.
 2. National Mental Health Programme
 3. Criteria for Mentally Healthy Person
 4. Role of Mental Health Nurse.
 5. Indicators & Seven Signs of Mental Health
 6. Mental Health Act
 7. Mental Health team.
 8. Functions of Psychiatric Nurse in Various settings.
 9. Factors affecting level of Nursing Practice
- * Definitions (2 marks x 5 = 10 marks)
1. Mental Health
 2. Mental Health Nursing / Psychiatric Nursing
 3. Mental Illness
 4. Child Psychiatric Nursing
 5. Full forms :
 - ISPNI (Indian Society of Psychiatric Nurses) = 1991
 - PCLN (Psychiatric Consultation Liaison Nurse)
 - First Psychiatric Nurse = Linda Richards.
 - ILA (Indian Lunacy Act) = 1912

Unit 2: Principles & Concept of MHN

* Question / Answers (9 x 5 marks = 45 marks)

1. Define Mental Health Nursing. Discuss Principles of MHN.
2. Standards of Mental Health Nursing Practice.
3. Etiology of Mental Illness
4. Indian Classification of Mental Disorders
5. ICD-10 Classification
6. DSM-5 or Current trends & issues in MHN
7. Disorders of Perception
8. Disorders of Thought 11. Psychoanalytic model.
9. Theories of Personality development
10. How the terms "Normal" & "Abnormal" behavior different. Explain abnormal behaviour concept through statistical model.

* Definitions (1 x 5 = 5 marks)

- Psychiatric Nursing
- Somnambulism, Somniloquy
- Paramnesia, Hyper mnesia, Amnesia.
- Delusion :- Definition & list types.
- List qualities of Psychiatric Nurse

Unit 3: Assessment of Mental Health Status

* Question / Answers (Any 7) ~~5~~ (7 x 5m = 35 marks)

1. Mental Status Examination.
2. Neurological Examination.
3. Psychological test
4. Write nursing care plan of schizophrenia patient
5. Write nursing care plan of mania patient.
6. Write nursing care plan of depressive patient.
7. Write nursing care plan of OCD patient
8. Write nursing care plan of substance abuse pt.
9. Write nursing care plan of Dementia patient

* Definitions (Any 10) (10 x 1 = 10 marks)

- | | |
|-----------------------|--------------------|
| - Insight | - Echopraxia |
| - Circumstantialities | - Illusion |
| - Tangentiality | - Echolalia |
| - Mannerism | - Waxy flexibility |
| - Apathy | - Confabulation |
| - Hallucination | - Catharsis |

Unit 4: Therapeutic Communication & NRP

* Question / Answers (Any 5) (5 × 5 = 25 marks)

1. Define therapeutic communication. Write characteristics of it and describe techniques
2. Process Recording
3. Johari window
4. Phases of Therapeutic Nurse patient relationship
5. Define Nurse-patient relationship (NRP). List the stages. Explain the tasks and barriers of working phase
6. Therapeutic impasses and its interventions

* Definition

- Process recording
- Therapeutic communication.

Unit 5 :- Treatment Modalities & Therapies.

* Question / Answers (Any 13) 13 x 5 marks = 65 marks

1. Nursing responsibilities associated with ECT
2. Lithium
3. Haloperidol
4. Disulfiram
5. Behavioural therapy Mechanism of Action &
6. Antipsychotic drugs and nursing responsibilities
7. Group therapy
8. Neurotransmitters and mental illness
9. Occupational therapies used for psychiatric patients
10. Classification of anti-depressant and nursing responsibilities.
11. Techniques of Behaviour therapy
12. Role of nurse in Occupational therapy
13. Milieu Therapy (Therapeutic community)
14. Mood stabilizers.
15. Extra-pyramidal symptoms.

* Drug Names (List at least 4-5 drugs & indications)
(5 x 2 marks = 10 marks)

- Antipsychotic
- Antidepressant
- Mood stabilizers
- Anxiolytics
- Antiparkinsonism

Unit 6: Schizophrenia & other Psychotic disorders

* Question / Answers.

1. Define schizophrenia. Write etiology
clinical manifestation of schizophrenia
Write management of schizophrenia
2. Rehabilitation of a Chronic schizophrenic patient
3. Write positive and negative symptoms of schizophrenia. Write down nursing management of patient with Catatonic schizophrenia
4. Delusion.

* Definition.

- Ambivalence.
- Schizophrenia.
- Paranoid schizophrenia.
- Delusion of reference (with example)
- Echolalia.
- Delusion of persecution.
- Delusion of grandiosity

Unit 7: Mood disorders

* Question/ Answers

1. Describe Nursing management of severe depressive episode.
2. Define Bipolar disorder. Describe etiological factors. Discuss the medical/nursing management
3. Define depression. List out its causes and write its nursing management (care plan)
4. Role of Nurse in Mood stabilizer drugs.
5. Nursing management of patient with suicidal ideation
6. Define Mania. List clinical features of acute mania. Discuss nursing management of patient
7. Care of Crying person.

* Definition

- Cyclothymia
- Dysthymia
- Flight of ideas
- Clang association.

Unit 8: Neurotic, Stress related & Somatization disorders

* Question/Answers.

1. Define phobia. Describe the types and its management.
2. Obsessive Compulsive disorder.
3. Post traumatic stress disorder (PTSD)
4. Describe management of panic episode
5. Social phobia
6. Define ocd. Explain its psychodynamics and write nursing Management of patient with ocd
7. Difference between epileptic & pseudo seizures

* Definitions

- Conversion disorders
- Social phobia
- Somatoform disorders
- Hypochondriasis

Unit 9: Substance Use Disorders.

* Question / Answers

1. Alcoholism.
2. Write down drugs that are commonly abused. Write clinical manifestation of patient with alcohol abuse.
3. Write nursing management of patient with substance abuse.
4. CAGE
5. Disulfiram.
6. Define Alcohol dependence syndrome. Enlist risk factors and explain psychiatric disorder due to it.

* Definition

- Substance dependence
- Withdrawal
- Full form of LSD.

Unit 10: Personality, Sexual & Eating disorders

* Question/Answers

1. Paraphilias

2. Anorexia Nervosa

3. Bulimia Nervosa

4. Eating disorders of adolescents

5. Discuss Cluster B personality disorders

6. Personality disorders: Def, Classify, Clinical features

7. Antisocial personality disorder.

* Definitions

- Exhibitionism.

- Fetishism

- Personality

- Anorexia Nervosa.

- Insomnia

- Narcolepsy

Unit 11: Childhood & Adolescent disorders

* Question / Answers.

1. Childhood Autism.
2. ADHD
3. Conduct Disorders
4. Mental retardation in detail
5. Care and rehabilitation of Mentally retarded child.

* Definitions

- Enuresis
- Autism
- Intelligent Quotient classification
- Pica
- Stuttering (Stammering)
- Elective Mutism.
- Tic disorder.

Unit 12: Organic Brain Disorders

* Question / Answers

1. Difference between Delirium and Dementia
2. Nursing Management of Dementia
3. Nursing Management (Interventions) of a patient with organic brain disorders
4. Delirium (Acute organic brain syndrome)
5. Define organic psychosis. Write down types of organic brain syndromes. Write nursing management of patient having ^{organic} brain syndromes.
6. Dementia - Def, causes, stages, S/S, Treatment and Nursing Management
7. Explain follow up home care & Rehabilitation of dementia patient

* Definitions

- Delirium tremors
- Dementia
- Delirium.
- Organic Psychosis

Unit 13. Psychiatric Emergencies.

* Question / Answers

1. Crisis intervention and its management
2. Nursing Management for patient with suicidal tendency
3. Types of Psychiatric emergency and its management.
4. Psychological interventions of violent patients
5. Define grief. Describe the principles and techniques of counselling
6. Define Crisis. Explain types of Crisis. Discuss the phases of Crisis intervention.
7. Define Psychiatric emergencies. Explain role of nurse in Crisis intervention
8. Explain steps of Crisis intervention & techniques

* Definitions.

- Crisis
- Grief.
- Crisis Intervention.

Unit 14. Legal issues in Mental Health Nsg.

* Question / Answers

1. Admission procedure
2. Legal aspects in mental health
3. National Mental Health Programme.
4. Forensic Psychiatry.
5. Mental Health Act (1987)
6. Rights of Psychiatric patients.
7. Role of Nurse in Admission procedure

* Definitions.

- Forensic Psychiatry
- M'Naghten's rule.
- Parole.
- NDPSA & ILA = Fullform and came in - year

Unit 15:- Community Mental Health Nursing

* Question/Answers

1. Level of prevention of Community mental health nursing.
2. Tertiary level of prevention
3. Psychiatric Rehabilitation.
4. Mental Health Agencies - Govt & Non-govt.
5. Misconceptions about mental illness.
6. Counselling of HIV/AIDS patient.
7. Mental health services available for psychiatric pt

+ Definitions

- NIMHANS
- Postnatal Blues