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Subject-wise cum Topic-wise Content

MENTAL HEALTH (PSYCHIATRIC) NURSING-I

Long Answer Questions		
Topics	Page no.	Number of questions
Mental Health Laws and Mental Health Nursing		
1. Define psychiatric nursing and elaborate the role of a psychiatric nurse.	1	1
2. Discuss contemporary practices in psychiatric nursing.	3	1
3. Discuss standards of psychiatric nursing and challenges that nurses face in implementing those standards.	5	1
4. Discuss mental health/mental illness continuum and characteristics of mentally healthy person.	9	1
5. Define mental health in context of Maslow's hierarchy of needs.	11	1
6. Explain trends and issues in psychiatric nursing.	12	1
7. Describe medical model of abnormality.	14	1
8. Discuss approaches to National Mental Health Program.	16	1
Total		8
Concepts of Psychobiology		
1. Explain the role of neurotransmitters in mental disorders.	34	1
2. Discuss limbic system.	37	1
3. Describe neuroendocrinology and its implications.	39	1
Total		3
Theories of Personality Development and Relevance to Practice		
1. Explain the importance of therapeutic nurse – patient relationship and its phases while carrying mentally ill patients, by applying Peplau's interpersonal theory.	49	1
2. Describe in tabular form the developmental stages of Freud, Sullivan and Erikson.	52	1
3. Elaborate Cognitive Development Theory and its relevance to nursing practice.	56	1
Total		3

Contd...

Stress and its Management		
1. Define stress and describe in detail the general adaptation syndrome and transactional model of stress adaptation.	66	1
2. Explain about stress management of a patient with anxiety.	68	1
3. Discuss various types of stress management strategies.	70	1
Total		3
Therapeutic Communication and Interpersonal Relationships		
1. What is therapeutic communication? Explain the techniques and barriers of therapeutic communication.	74	1
2. Define nurse-patient relationship. List the phases of nurse-patient relationship. Discuss one in detail.	78	1
3. List therapeutic impasses and discuss management of one therapeutic impasse.	81	1
4. Discuss dynamics of nurse-patient relationship.	83	1
Total		4
Assertive Training		
1. Define assertive behavior. Explain behavioral components of assertive behavior. Discuss techniques you as a nurse will use to promote assertive behavior in depressed patient.	87	1
Total		1
Promoting Self-Esteem, and Women & Mental Health		
1. Define self-concept and explain its components. Describe manifestation of low self-esteem. Discuss how as a mental health nurse you would help the patients to improve his/her self-concept.	97	1
2. Define self-esteem and explain role of the nurse in promoting self-esteem in psychiatric patients.	100	1
3. Discuss psychological problems faced by women during puerperium and its management.	101	1
Total		3
Nursing Process, Assessment and Documentation		
1. Discuss the nursing process in mental health nursing.	112	1
2. Explain psychiatric history taking in details and discuss why psychiatric history taking is different from medical interview.	116	1
3. Discuss assessment skills in psychiatric nursing.	121	1
4. Explain documentation in mental health nursing.	122	1
Total		4
Psychosocial and Physical Therapies		
1. Discuss psychosocial therapies used while treating the mentally ill patients.	143	1
2. Discuss the principles and types of behavior therapy.	146	1

Contd...

3. Define therapeutic community. Discuss principles of therapeutic community, explain functioning aspects of therapeutic community.	150	1
4. Elaborate the concept of milieu therapy and discuss the nursing process in relation to milieu therapy.	152	1
Total		4
Electroconvulsive Therapy		
1. Define electroconvulsive therapy (ETC). Write nursing responsibility for pre, during and post-ECT care.	174	1
2. Explain historical perspectives and mechanism of action of ECT.	178	1
3. Discuss various methods/techniques used to give ECT.	179	1
Total		3
Psychopharmacology		
1. Mr X is suffering from acute schizophrenia and is prescribed drug haloperidol once a day in the morning. Enlist indications of haloperidol, side effects of haloperidol and nursing responsibilities while administering haloperidol.	183	1
2. Explain the antidepressants and their classification. Discuss their side effects and nurse's role while giving antidepressants to patient.	185	1
Total		2
Alternative Systems of Medicine in Mental Health		
1. Define alternative system of medicine. Discuss therapeutic use of herbal medicine.	198	1
Total		1
Grand Total		39

Short Answer Questions		
Topics	Page no.	Number of questions
Mental Health Laws and Mental Health Nursing		
1. Discuss briefly the revised NMHP.	17	1
2. Discuss briefly about Mental Health Act.	18	1
3. Difference between Indian Lunacy Act and Mental Health Act.	20	1
4. Write about Mental Healthcare Act 2017.	21	1
5. Write about the Narcotic Drugs and Psychotropic Substances Act, 1985.	22	1
6. What are the human rights of mentally ill?	23	1
7. Define multidisciplinary mental health team.	25	1
8. Elaborate classification of mental disorders.	27	1
9. What is the scope of psychiatric nursing?	29	1

Contd...

10. What are the warning signs of mentally ill patients?	30	1
11. Write about extended and expanded role of psychiatric nurse.	32	1
Total		11
Concepts of Psychobiology		
1. Write a brief note on neuropsychiatric disorders and the role of nurse.	41	1
2. Discuss psychoneuroimmunology in brief.	44	1
3. What is psychobiology in mental illness?	46	1
4. Define circadian rhythm and discuss its role in psychobiology.	47	1
Total		4
Theories of Personality Development and Relevance to Practice		
1. What is Erikson's Theory of Psychosocial Development?	58	1
2. What is Object Relations Theory?	61	1
3. Write about the Psychoanalytical Theory and its implications.	63	1
Total		3
Stress and its Management		
1. What is biological response of stress?	73	1
Total		1
Therapeutic Communication and Interpersonal Relationships		
1. Write about the essential conditions required for developing therapeutic communication.	85	1
2. Discuss communication models in brief.	85	1
Total		2
Assertive Training		
1. Discuss characteristics of passive and passive-aggressive behavior.	90	1
2. Write briefly about assertive communication	91	1
3. What are techniques used to promote assertive behavior?	92	1
4. Write about the thought-stopping techniques.	94	1
5. Write about the role of nurse in assertive communication.	95	1
Total		5
Promoting Self-Esteem, and Women & Mental Health		
1. Write about the manifestation of low self-esteem and its implications in mental illness.	104	1
2. Write about the normal reaction of women to conception and pregnancy.	106	1
3. Describe the psychosocial problems related to pregnancy.	107	1
4. Define and explain genetic counseling.	108	1
5. What are boundaries?	110	1
Total		5

Contd...

Nursing Process, Assessment and Documentation		
1. What is concept mapping?	128	1
2. What is psychometric assessment?	130	1
3. Discuss mental status examination in brief.	132	1
4. Discuss mini mental status examination.	133	1
5. What is neurological examination?	135	1
6. Write about the critical pathways of cares.	139	1
7. What is the nursing case management?	141	1
Total		7
Psychosocial and Physical Therapies		
1. What is the role of nurse in family therapy?	156	1
2. Write about the phases of group formation in group therapy and role of psychiatric nurse.	158	1
3. What is play therapy?	160	1
4. Mention the therapeutic use of biofeedback.	162	1
5. What is psychodrama?	164	1
6. What are the clinical effects of music therapy?	165	1
7. Discuss pet therapy in brief.	168	1
8. Discuss aspects of psychoanalysis.	171	1
9. What is individual therapy?	172	1
Total		9
Electroconvulsive Therapy		
1. Write about indications of electroconvulsive therapy.	181	1
Total		1
Psychopharmacology		
1. What are extrapyramidal side effects?	188	1
2. Write briefly about antianxiety agents.	190	1
3. What is lithium toxicity?	192	1
4. Write about mood stabilizers and nurse's role.	194	1
5. What is the role of nurse in administering antipsychotic patients?	195	1
6. Write about serotonin syndrome.	197	1
Total		6
Alternative Systems of Medicine in Mental Health		
1. Discuss acupuncture and acupressure in brief.	202	1
2. Write about role of homeopathy as alternative system of medicine in mental health.	204	1
3. What is therapeutic touch massage?	206	1
4. Write about the role of yoga in mental health.	207	1
5. What is mind-body interventions?	209	1
Total		5
Grand Total		59

MENTAL HEALTH (PSYCHIATRIC) NURSING-II

Long Answer Questions		
Topics	Page no.	Number of questions
Principles and Practice of Psychiatric Nursing: Review		
1. Discuss the history of psychiatry in global perspectives.	213	1
2. Discuss history of psychiatric nursing globally and in Indian context.	216	1
Total		2
Crisis Intervention		
1. Explain in detail about psychiatric emergencies and their management	222	1
2. Describe the management of psychiatric emergencies in the disaster such as earthquake.	228	1
3. Discuss medical and nursing management of patient with attempted suicide.	231	1
4. Describe post-traumatic stress disorder and its management.	234	1
5. Explain phases of crisis and crisis intervention.	236	1
6. Discuss managing crisis situation as psychiatric nurse.	239	1
7. Modalities and techniques of crisis intervention.	243	1
Total		7
Anger/Aggression Management		
1. Discuss the predisposing factors related to anger and aggression.	247	1
2. Differentiate between anger and aggression.	249	1
3. Describe violence along with its causes and kinds.	251	1
4. Explain the management of aggressive behavior.	254	1
Total		4
The Suicidal Client		
1. Discuss theories of suicide and elaborate the nursing management of a suicidal client.	256	1
2. Discuss epidemiological statistics and risk factors related to suicide.	260	1
Total		2
Disorders of Infancy, Childhood and Adolescence		
1. Discuss the clinical manifestation and nursing management of mentally challenged child.	268	1
2. Describe management and illustrate signs and symptoms of ADHD.	272	1
3. List the disorders among children and explain nursing management for any one condition.	276	1

Contd...

4. Write in detail about Tourette syndrome.	282	1
5. Differentiate between conduct and behavioral disorders.	285	1
Total		5
Delirium, Dementia and Amnesic Disorders		
1. Explain in detail about etiology and different types of dementia.	286	1
2. Discuss pharmacotherapy and psychotherapeutic and nursing management in relation to patient with dementia.	289	1
3. Define delirium and discuss etiology, clinical manifestations and nursing care of client with delirium.	294	1
4. Discuss various stages of development of dementia. Explain nurses' role in care of patient who is in second stage of dementia.	299	1
Total		4
Substance-Related Disorders		
1. Define substance use disorders. Discuss the medical management of patient with opioid dependence.	303	1
2. Discuss the nursing management related to alcohol withdrawal syndrome.	305	1
3. Name the precipitating stressors that may lead to substance by using behavioral model.	309	1
4. Epidemiology of substance use in India and its nursing management and illustrate the nurse's role in curbing the menace.	312	1
5. Explain the narcotic withdrawal syndrome and discuss the management of patient admitted in de-addiction center with alcohol dependence.	314	1
Total		5
Schizophrenia and Other Psychotic Disorders		
1. Describe various types of psychotic disorders and discuss the nursing management of patient with paranoid schizophrenia.	321	1
2. Explain ICD-10 diagnostic criteria and pharmacotherapy of schizophrenia.	325	1
3. Mr X is admitted with diagnosis of simple schizophrenia. Write about the nursing management of patient with simple schizophrenia. Enumerate positive and negative symptoms of schizophrenia.	327	1
Total		3
Mood Disorders: Grief Response		
1. Enlist clinical features and predisposing factors to mania. Discuss the treatment and nursing management of patient with acute mania.	339	1
2. Classify depressive disorders and discuss the approaches to the management of these disorders.	343	1

Contd...

3. Explain the mood disorders. Discuss the bipolar disorder and its psychodynamics in detail.	347	1
4. Define psychomotor. List all the conditions in which the patient demonstrates psychomotor agitation. Discuss nursing management of patient with psychomotor agitation.	351	1
5. Discuss the treatment of mania.	353	1
6. Describe the grief and grief reaction.	355	1
7. Discuss the antimanic drugs and role of a nurse.	357	1
8. Discuss briefly about lithium toxicity.	359	1
Total		8
Anxiety Disorders		
1. "Anxiety is the major symptom of any of the somatoform disorders" explain the statement. Write nursing management of a patient with severe anxiety and support with clinical examples.	361	1
2. Discuss the types of anxiety disorders. Compare and contrast the clinical features. Discuss the management of client with anxiety disorders.	363	1
3. Explain the generalized anxiety disorder.	368	1
4. Discuss briefly the panic disorders.	369	1
5. Discuss antianxiety drugs.	371	1
6. Explain about obsessive compulsive disorder.	373	1
Total		6
Somatoform and Sleep Disorders		
1. Discuss the dynamics of somatization disorder using the transactional model of stress/adaptation.	375	1
2. What are the diagnostic criteria for somatic symptom disorder? Also discuss various types of somatoform disorder.	377	1
3. Explain the sleep disorders.	379	1
4. Discuss hypochondriasis.	381	1
Total		4
Dissociative Disorders and Management		
1. Describe the dissociative disorders. Explain the treatment modalities and nursing management of patient with dissociative disorders.	383	1
Total		1
Sexual Disorders		
1. Discuss the application of nursing process to sexual disorders.	387	1
2. Discuss the Paraphilia and its management.	391	1
Total		2

Contd...

Eating Disorders		
1. Discuss psychopathology of the eating disorders.	404	1
2. Explain in detail on the nursing management of teenage with anorexia nervosa.	405	1
Total		2
Adjustment and Impulse Control Disorders		
1. What is an adjustment disorder? List out the etiological theories.	411	1
Total		1
Medical Conditions Due to Psychological Factors		
1. Discuss medical conditions due to psychological factors.	413	1
Total		1
Personality Disorders		
1. Define personality disorders. Classify personality disorders and discuss any one in detail.	420	1
2. Elaborate the causes of personality disorder and discuss nursing management.	424	1
Total		2
The Aging Individual		
1. Enumerate the problems of geriatric patients and give the examples of chronic diseases and their management technique.	434	1
2. Discuss the biological theories of aging and explain the psychological aspects of aging.	437	1
3. Discuss management of elderly and psychosocial problems.	442	1
Total		3
The Person Living with HIV Disease		
1. Write in detail about psychological issues related to HIV.	449	1
Total		1
Problems Related to Abuse or Neglect		
1. What is psychological impact of the rape? Elaborate the nursing management of rape victim and how will you counsel rape victim.	454	1
2. "Child abuse is on the rise in today's society". Critically examine and discuss the statement in context to today's society and identify the area that can be included in awareness program for a semi-urban community.	456	1
3. Explain the nursing care plan for victim of abuse.	457	1
Total		3

Contd...

Community Mental Health Nursing		
1. Explain the role of nurse in community mental health nursing.	463	1
2. Explain preventive psychiatry and discuss the Gerald Caplan model of preventive psychiatry.	465	1
3. What do you understand by community as client? Discuss the role of community mental health nurse in the primary prevention of mental disorders.	467	1
4. Explain the role of Nurse in the secondary prevention of mental disorders and describe at least two ways of community-based rehabilitation.	468	1
Total		4
Ethical and Legal Issues in Mental Health Nursing		
1. Enumerate the ethical issues while giving care to psychiatric patient and list down types of laws.	472	1
Total		1
Psychosocial Rehabilitation		
1. Discuss the importance of psychosocial rehabilitation. Outline the areas of activities and make a month schedule to implementation for a chronic schizophrenic patient.	481	1
Total		1
Counseling		
1. Discuss the role of genetics in development of schizophrenia and nurses' role in genetic counseling.	486	1
Total		1
Grand Total		73

Short Answer Questions		
Topics	Page no.	Number of questions
Principles and Practice of Psychiatric Nursing: Review		
1. Define principles of psychiatric nursing.	218	1
Total		1
The Suicidal Client		
1. Write a short note on suicide attempt.	263	1
2. Write a short note on suicide prevention strategies.	266	1
Total		2
Delirium, Dementia and Amnestic Disorders		
1. Amnestic disorder	301	1
Total		1

Contd...

Substance-Related Disorders		
1. Alcohol detoxification.	319	1
Total		1
Schizophrenia and Other Psychotic Disorders		
1. What is schizoaffective disorder?	332	1
2. Define catatonic schizophrenia.	335	1
3. Write about the role of the nurse in antipsychotics.	337	1
Total		3
Sexual Disorders		
1. Discuss gender identity disorders.	395	1
2. Discuss briefly the sexual dysfunction.	398	1
3. Write about the variation in sexual orientation.	401	1
Total		3
Eating Disorders		
1. Define bulimia nervosa and discuss nursing management for patient with bulimia nervosa.	408	1
Total		1
Medical Conditions Due to Psychological Factors		
1. Discuss the psychological factors affecting medical conditions.	416	1
Total		1
Personality Disorders		
1. Discuss the histrionic personality disorders.	428	1
2. Discuss the antisocial personality disorder.	430	1
3. Discuss the narcissistic personality disorder.	432	1
Total		3
The Aging Individual		
1. What are the psychiatric problems among elderly?	444	1
2. Write a short note on disability assessment.	447	1
3. Write a short note on sexual assaults among elderly.	448	1
Total		3
The Person Living with HIV Disease		
1. Counseling related to HIV AIDS.	452	1
Total		1
Problems Related to Abuse or Neglect		
1. Write about the problems related to abuse and neglect.	459	1
2. What is the management of child abuse?	461	1
Total		2

Contd...

Community Mental Health Nursing		
1. Define liaison psychiatry.	470	1
Total		1
Ethical and Legal Issues in Mental Health Nursing		
1. What is legal issues in psychiatric nursing?	476	1
2. Explain the Nurse's Practice Acts and nursing in India.	478	1
3. What are the types of laws?	480	1
Total		3
Psychosocial Rehabilitation		
1. Write a short note on psychosocial rehabilitation of the patient with mental disorders.	483	1
2. Write a short note on day care centers	484	1
Total		2
Counseling		
1. Write a short note on end of life counseling.	488	1
2. Write a short note on counseling of terminally ill.	490	1
3. Write a short note on counseling of death and dying.	491	1
Total		3
Administration and Management of Psychiatric Units Including Emergency Units		
1. Write a short note on quality assurance.	493	1
2. Critically analyze the design and layout of any one psychiatric set-up where you had your clinical experience.	495	1
Total		2
Grand Total		33