

M.Sc.(N) [1st Year]

BF/2014/02

Psychiatric Mental Health Nursing-I

[Psychiatric Nursing Speciality]
[NEW SCHEME-w.e.f. 2008 admission]

M.M. : 75

Time : 3 Hours.

Note : Attempt all questions.

1. (a) Discuss the assertive communication and its advantages. [7]
(b) Describe the techniques which promote building therapeutic relationship with a client. [8]
2. (a) Define Stress. [2]
(b) Discuss the response of the body towards stress. [8]
(c) List the different types of Stress Management techniques. [5]
3. Discuss the types of therapeutic impasse and their management. [10]
4. (a) List the common challenges faced by women during their marital life. [4]
(b) Discuss the role of mental health nurse in enabling the women to handle the challenges of their marital lives. [6]
5. **Write Short Notes on any FIVE :** [5x5=25]
 - (a) Alternative systems of Medicine used in mental health.
 - (b) List the components of self esteem.
 - (c) Therapeutic Nurse Patient relationship.
 - (d) Cognitive Therapy.
 - (e) Mood Stabilizers.
 - (f) Milieu Therapy.
