



**AMREF INTERNATIONAL UNIVERSITY
SCHOOL OF MEDICAL SCIENCES
DEPARTMENT OF NURSING AND MIDWIFERY SCIENCES
KENYA REGISTERED COMMUNITY HEALTH NURSING
SUPPLEMENTARY/SPECIAL EXAMINATIONS**

DNS 312: MENTAL HEALTH AND PSYCHIATRIC NURSING

DATE: 30TH NOVEMBER 2022

TIME: 2 Hours

Start: 0900 HOURS

Finish: 1100 HOURS

INSTRUCTIONS

- 1. This exam will be marked out of 70 Marks**
- 2. ALL Questions are compulsory.**
- 3. The Examination has Three Sections: Section A- Multiple Choice Questions, Section B: Short Answer Questions, Section C: Long Essay Questions**
- 4. Answer all Questions in the ANSWER BOOKLET provided .Do Not write anything on the question paper -use the back of your booklet for rough work if need be**

PART I: MULTIPLE CHOICE QUESTIONS (20 MARKS)

1. For a client with a diagnosis of major depression in axis I, the nurse should assess for:-

- a) Sleep disturbance
- b) Suicidal ideation
- c) Difficulty with concentration
- d) Feelings of worthlessness

2. A patient on imipramine should avoid: -

- a) Alcohol
- b) Sunscreen
- c) Caffeinated coffee
- d) Avocados

3. Dysthymic mood disorder is best managed using: -

- a) Electroconvulsive therapy
- b) Psychoanalysis
- c) Psychotherapeutic approaches
- d) Antidepressants

4. Repression refers to: -

- a) Conscious behavior that is the opposite of an unconscious feeling
- b) Unconscious forgetting of painful conflicts or events
- c) Voluntary exclusion of anxiety-producing feelings
- d) Using logical explanations without feelings

5. In Electro-Convulsive Therapy (ECT) patients are given: -

- a) NSAIDs before the procedure
- b) Long acting anesthetics to induce sleep
- c) Atropine to enhance salivation and respiratory secretions
- d) Muscle relaxants to prevent musculo-skeletal complications

6. Selective Serotonin Re-uptake Inhibitors (SSRIs) are associated with: -
- a) Decreased libido and sexual dysfunction
 - b) Weight gain and loss of appetite
 - c) Excessive salivation and respiratory distress
 - d) Neutropenia and anemia
7. During mental status assessment a client with clang association presents with: -
- a) Rapid transition from topic to topic
 - b) Repetition of words heard
 - c) Use of rhyming words
 - d) Invention of words without clear meaning to others
8. During Manic phase of Bipolar I disorder, the nurse should assess for :-
- a) The length of time the client takes in the washroom
 - b) The amount of rest the client is receiving daily
 - c) How effective the client leads a group therapy session
 - d) The duration the client reads a newspaper and watches TV
9. Tactile hallucinations are common in:-
- a) Schizophrenia
 - b) Alcohol withdrawal
 - c) Bipolar II disorder
 - d) Puerperal psychosis

10. Rational Emotive Behavioral Therapy (REBT) helps to:-

- a) Challenge Negativity in ones' thoughts and feelings
- b) Analyze in order of priority, the thoughts disturbing an individual
- c) Create linkage between ones' behavior and underlying thoughts
- d) Reverse the tendencies to abuse drugs and substances

11. Sialorrhoea (excessive salivation) is commonly associated with:-

- a) Valium overdose
- b) Extrapiramidal side-effects
- c) Clozapine therapy
- d) Prolonged use of Artane

12. The primary cause of mental illnesses relapse is:-

- a) Rejection from family members
- b) Noncompliance with medications
- c) Lack of appropriate diet at home
- d) Lack of employment

13. The feeling of bugs crawling on the skin (formication) is associated with: -

- a) Bipolar I disorder
- b) Obsessive Compulsive Disorder
- c) Attention Deficit Hyperactivity Disorder
- d) Cocaine use

14. Narcissistic personality disorder can be managed through: -

- a) Supportive confrontation
- b) Limit setting
- c) Consistency
- d) Rationalization

15. Compulsive behaviors in OCD patients do help to:-

- a) Increase the levels of acetylcholine
- b) Stimulate production of endorphins
- c) Relieve discomfort and neutralize anxiety
- d) Cause muscle relaxation and dopamine secretion

16. To tolerate a true crisis it takes:-

- a) 2-3 weeks
- b) 4-6 weeks
- c) 6-8 weeks
- d) 10-12 weeks

17. The following symptoms denote alteration in motor activity:-

- a) Delusions, catatonic stupor and illusions
- b) Mannerisms, waxy flexibility and posturing
- c) Illusions, echolalia and Akathisia
- d) Insomnia, euphoria and anhedonia

18. ADHD is typically managed using: -

- a) Minor tranquilizers
- b) Major tranquilizers
- c) Psychostimulants
- d) Antidepressants

19. Tourette disorder is characterized by: -

- a) Motor and verbal tics
- b) Extrapiramidal side-effects
- c) Echolalia and Palilalia
- d) Delusions and hallucinations

20. Individuals with eating disorders, typically have

- a) Distorted self-concept and low self-esteem
- b) Borderline and antisocial personality disorders
- c) Risks and tendencies to commit suicide
- d) Paranoid and Borderline personality disorders

SECTION B: SHORT ANSWER QUESTIONS (30 MARKS)

1. Outline any six (6) specific interventions in management of Anxiety (6 Marks)
2. State any six (6) side effects associated with Electro Convulsive Therapy (ECT) (6 Marks)
3. State six (6) nursing interventions for a patient with low self-esteem (6 Marks).
4. State any six (6) predisposing factors to psycho-traumatic Stress Disorder (6 Marks)
5. Outline six (6) parameters assessed during Mental Status Assessment (6 Marks)

SECTION C: LONG ANSWER QUESTION (20 MARKS)

1. Mr. Y 45 years old is admitted in a psychiatric unit with a diagnosis of alcoholism
 - a. State four (4) factors that may have predisposed Mr Y to the condition (4 Marks)
 - b. Describe the management for Mr Y from admission till paroled (13 Marks)
 - c. State any three (3) nursing diagnosis for Mr Y (4 Marks)