



**AMREF INTERNATIONAL UNIVERSITY
SCHOOL OF MEDICAL SCIENCES
DEPARTMENT OF NURSING & MIDWIFERY SCIENCES
DIPLOMA IN REGISTERED COMMUNITY HEALTH NURSING
END OF SEMESTER EXAMINATIONS
NOVEMBER / DECEMBER 2023**

DNS 321: MENTAL HEALTH AND PSYCHIATRIC NURSING

DATE: 15th December 2023

TIME: 2 Hours

Start: 9:am

Finish: 11:00am

INSTRUCTIONS

1. This exam will be marked out of 70 marks
2. All questions are compulsory.
3. Answer ALL questions in the answer Booklet provided

SECTION I: MULTIPLE CHOICE QUESTIONS (20 MARKS)

1. The following is an example of a chronic mood disturbance:-
 - a) Cyclothymic disorder
 - b) Dysthymic disorder
 - c) Dissociative disorder
 - d) Persistent mood disorder

2. The neurotransmitter deficiency that results in major depression is:-
 - a) Serotonin
 - b) Dopamine
 - c) Acetylcholine
 - d) GABA

3. Mental Health is:-
 - a) A state of mental well-being that enables people to cope with life, realize abilities, learn and work well, and contribute positively to their community
 - b) A state in which an individual is successfully able to perform mental processes, think effectively and problem solve
 - c) Ability to cope with life's challenges by using socially acceptable strategies and avoiding substance use / dependence
 - d) Absence of mental diseases and disability and avoidance of substance use and dependence

4. The following is a NEGATIVE symptom of schizophrenia:-
 - a) Delusions
 - b) Avolition
 - c) Disorganized thinking and speech
 - d) Hallucinations

5. DSM stands for:
 - a. Diagnostic and scientific manual of mental disorders
 - b. Diagnostic and statistical manual of major disorders
 - c. Diagnostic and scientific manual of major disorders
 - d. Diagnostic and statistical manual of mental disorders

6. A personality disorder in which an individual demonstrates a pervasive pattern of social inhibition, feelings of inadequacy, and hypersensitivity to criticism and negative evaluation, beginning by early adulthood and present in a variety of social, relational and occupational contexts is known as:-
- Dependent personality disorder
 - Histrionic Personality Disorder
 - Narcissitic Personality Disorder
 - Avoidant Personality Disorder
7. In psychiatry, finger foods are indicated to promote nutrition in patients with:-
- Schizophrenia
 - Bipolar-I disorder manic episode
 - Post Traumatic Stress Disorder
 - Depressive Disorder
8. The language development of a child with a diagnosis of autistic spectrum disorder would be characterized as:-
- Scanning speech
 - Speech lag
 - Stuttering
 - Echolalia
9. The defense mechanism exhibited by a client who states to a nurse "I really don't need anyone to talk to since TV is my best friend" Is :_
- Displacement
 - Projection
 - Sublimation
 - Denial

10. According to Erick Erikson's Psychosocial theory of personality development, paranoid and suspicious behavior stems from failure to achieve developmental tasks of the stage of :-
- Initiative vs. Guilt
 - Autonomy Vs. Shame and doubt
 - Industry Vs. Inferiority
 - Trust Vs. Mistrust
11. A Specific feature that distinguishes post-traumatic stress disorder from other anxiety disorders is:-
- Avoidance of situations and activities similar to the trigger event
 - Depression and blunt affect when discussing the trigger event
 - Lack of interest in family and others
 - Re-living the trauma in dreams or flashbacks
12. Specific clinical features of anorexia nervosa include:-
- Excessive weight loss, amenorrhea and abdominal distension
 - Slow pulse, at least 10% loss of normal body weight and alopecia
 - Compulsive behavior, excessive fears and nausea
 - Excessive excercising, memory loss and an increased pulse
13. The following would be present in an adolescent with purging type bulimia nervosa:-
- Binge eating and excessive weight gain.
 - History of Gastric ulcers
 - Dental erosion and caries
 - Positive body image
15. The following presentations would alert a nurse as a major concern when assesing a client's risk for suicide:
- Expressions of frustration and fear of death
 - Expressions of anger and resentment
 - Expressions of anxiety and loneliness
 - Expressions of helplessness and hopelessness

16. A nursing care plan for a male client with bipolar I disorder should include:
- Providing a structured environment
 - Design activities that require the client to maintain contact with reality
 - Engaging the client in talking about current affairs
 - Touching the client on the shoulders to provide assurance.
17. In the multiaxial system of classification of mental illness, Diabetes Mellitus in a patient with major depressive disorder is classified under Axis:-
- I
 - II
 - III
 - IV
18. Ritualistic behavior in obsessive compulsive disorder:-
- Helps the client focus on the inability to deal with reality.
 - Helps the client control the anxiety
 - Is under the client's conscious control
 - Is used by the client for secondary gains.
19. The appropriate response to a delirious client who states "look at the spiders on the wall" when there are actually no spiders is:-
- "You're having hallucination, there are no spiders in this room at all"
 - "I can see the spiders on the wall, but they are not going to hurt you"
 - "Would you like me to kill the spiders"
 - "I know you are frightened , but I do not see spiders on the wall"
20. A therapeutic intervention recommended for clients with major depressive disorder non- responsive to antidepressant medications is:-
- Neuroleptic medication
 - Short term seclusions
 - Frontal lobe resection
 - Electroconvulsive therapy

21. A patient diagnosed with schizophrenia states "My heart has turned to a bottle and my veins have turned to glass!" This is a symptoms known as :-

- a) Somatic delusion
- b) Derealisation
- c) Hyposchondriasis
- d) Echolalia

SECTION II: SHORT ANSWER QUESTIONS (30 MARKS)

1. Outline five (5) positive symptoms of Schizophrenia (5 Marks)
2. State five (5) roles of a Mental Health Nurse according to the Therapeutic Nurse - Patient relationship theory by Hildegard Peplau (5 Marks)
3. Outline six (6) manifestations of a client with Mania (6 Marks)
4. State any four (4) nursing interventions to promote sleep in a psychiatric patient with insomnia (4 Marks)
5. Describe the nursing management of any three (3) common adverse effects of typical antipsychotics (6 Marks)
6. With the use of appropriate examples, describe the following psychiatric symptoms
 - a. Hallucination (2 Marks)
 - b. Delusion (2 Marks)

SECTION III: LONG ANSWER QUESTION (20 MARKS)

1. Mr. Y is brought to the psychiatric unit for an admission. Describe how you would conduct a mental status assessment on Mr. Y. (20 Marks)