



**AMREF INTERNATIONAL UNIVERSITY
SCHOOL OF MEDICAL SCIENCES
DEPARTMENT OF NURSING AND MIDWIFERY SCIENCES
KENYA REGISTERED COMMUNITY HEALTH NURSING
END OF SEMESTER EXAMINATIONS**

DNS 312: MENTAL HEALTH AND PSYCHIATRIC NURSING

DATE: 19TH APRIL 2024

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 I- Multiple Choice Questions, Section II: Short Answer Questions, Section III: Long Essay Questions**
- 4. Answer all Questions in the ANSWER BOOKLET provided**
- 5. Do Not write anything on the question paper -use the back of your booklet for rough work if need be.**

SECTION I : MULTIPLE CHOICE QUESTIONS (20 MARKS)

1. 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

2. Narcissistic personality disorder can be managed through: -
 - a) Supportive confrontation
 - b) Limit setting
 - c) Consistency
 - d) Rationalization

3. Compulsive behaviors in Obsessive Compulsive Disorder clients 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

4. An adverse effect of psychotropic agents , characterised by a feeling of severe restlessness, often misinterpreted as anxiety or recurrence of psychiatric symptoms, is known as:
 - a) Akathisia
 - b) Akinesia
 - c) Bradycardia
 - d) Dystonia

5. The treatment plan for a client who reports an intense, overwhelming fear of driving that has disrupted all elements of the patient's life includes:
 - a) Assertiveness Training
 - b) Biofeedback
 - c) Stress Management assistance
 - d) Systematic desensitization

6. The intervention that demonstrates the use positive reinforcement techniques for parents when interacting with their child is:
 - a) Agreeing with the child's statements and simply restating the child's statements without other comment.
 - b) Controlling the child's behavior
 - c) Removing adverse consequences.
 - d) Rewarding positive behaviors.

7. A common nursing diagnosis for a patient with antisocial personality disorder is:
- Chronic low self-esteem, related to poor self-image and excessive fear of failure
 - Disturbed thought processes, related to sensory-perceptual alterations
 - Impaired social interaction, related to manipulative behaviors
 - Social isolation, related to anxiety in social situations
8. The part of the brain targeted by selective serotonin reuptake inhibitors include :-
- Basal ganglia
 - Frontal cortex
 - Hippocampus
 - Putamen
9. The level of disease prevention evidenced when psychiatric nurses screen families for post-traumatic stress disorder after a major natural disaster, is:-
- Primary
 - Secondary
 - Tertiary
 - Universal
10. The following statement made during discharge by a patient who was admitted with depression with suicidal ideation, demonstrates that the patient is improving :-
- "I can't wait to get home and forget that this ever happened."
 - "I feel so much better. If I continue to feel this way, I can probably stop taking my medications soon."
 - "I have a list of support groups and a crisis line that I can call, if I feel suicidal."
 - "I have to leave here soon, if I want to make it to the shelter before they run out of beds."
11. The theory that proposes that obsessive-compulsive behavior is related to an unconscious conflict between the id and the superego is :-
- Behavioral theory
 - Cognitive theory
 - Interpersonal theory
 - Psychoanalytic theory

12. The following statement by a nurse who observes a client pacing restlessly is likely to help the client recognize their anxiety:-
- "I guess you're worried about something, aren't you?"
 - "Can I get you some medication to help calm you?"
 - "Have you been pacing for a long time?"
 - "I notice that you're pacing. How are you feeling?"
13. The defence mechanism demonstrated by a client who state that they abuse substances because of their stressful marriage and difficult job is:-
- Displacement
 - Projection
 - Rationalization
 - Sublimation
14. To prevent lithium toxicity, the client on lithium carbonate be instructed to avoid:-
- Antacids
 - Antibiotics
 - Diuretics
 - Hypoglycemic agents
15. Prior to administering chlorpromazine to an agitated client, the nurse should:-
- Assess skin color and sclera
 - Assess the radial pulse
 - Take the client's blood pressure
 - Ask the client to void

16. During the mental status assessment, asking a client about the time, date, and place assesses for:-
- Speech
 - Delirium
 - Orientation
 - Mood
17. As defined by Freud, the ego is that part of the mind that contains:
- The basic instincts and urges
 - The conscience
 - The ability to respond to the realities of everyday life
 - All elements of the holistic person
18. A type of delusion where a client falsely believes that a celebrity personality is in love with them is known as:-
- Delusions of Love
 - Erotomanic Delusions
 - Delusions of Jealousy
 - Delusions of grandeur
19. In the multi-axial classification of mental illness, diabetes in a depressed patient is classified under:-
- Axis I
 - Axis II
 - Axis III
 - Axis IV
20. Electroconvulsive therapy induces:-
- Absence seizures
 - Petit-mal seizures
 - Grand-mal seizures
 - Focal seizures

SECTION II: SHORT ANSWER QUESTIONS (30 MARKS)

1. Outline four (4) negative symptoms of Schizophrenia (4 Marks)
2. Describe the various components of the mental status assessment (8 Marks)
3. Describe the nursing care of a patient scheduled for a session of Electroconvulsive Therapy (5 Marks)
4. Outline three (3) Cluster A personality disorders (3 Marks)
5. Match the Statements in Columns A with the appropriate letter description in Column B (10 Marks)

A		B	
Statement 1	The subjective feeling of sadness precipitated by loss	A	Tolerance
Statement 2	Loss of language ability , with difficulty in find the correct word or naming an object	B	Fugue
Statement 3	A Person unconsciously rejects their own unwanted attributes and instead assigns them to others.	C	Grief
Statement 4	It reflect an excess or distortion in the normal functions	D	Substance withdrawal
Statement 5	Unconsciously justify ideas, action, or feeling with socially acceptable reasons or explanation.	E	Anhedonia
Statement 6	Need for increasingly larger or more frequent doses of substance in order to obtain the desired effects	F	Mood
Statement 7	A pervasive and sustained emotion subjectively experienced by the person	G	Rationalization
Statement 8	The individual suddenly and unexpectedly leaves the usual home or work place.	H	Positive symptoms
Statement 9	loss of sensory ability to recognize objects	I	Affect
Statement 10	Physiological , behavioral , cognitive , and affective symptoms that occurs after reduction or discontinuance of a drug	J	Projection
		K	Aphasia
		L	Agnosia

SECTION III: LONG ANSWER QUESTION (20 MARKS)

1. Mr. B is a patient with Bipolar disorder admitted into the psychiatric unit due to a manic episode
 - a. List six (6) clinical features of mania that Mr. B presents with (3 Marks)
 - b. Outline five (5) Prioritised nursing diagnosis for Mr. B (5 Marks)
 - c. Describe the comprehensive management of Mr. B from admission till discharge (12 Marks)