



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

DNS 312: Mental Health and Psychiatric Nursing

DATE: MONDAY 13TH APRIL 2026

TIME: 2 HOURS

Start: 11.15 HOURS

Finish: 13.15 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 II: Long Essay Questions**
- 4. Answer all Questions in the ANSWER BOOKLET provided**
- 5. Do not write anything on the question paper**
- 6. Use the back of your booklet for rough work if need be.**

SECTION I: MULTIPLE CHOICE QUESTIONS (20 MARKS)

1. The delusion that a client experiences when they believe that their uterus was removed despite evidence on ultrasound that it is still intact is: -
 - A. Grandiose
 - B. Jealous
 - C. Persecutory
 - D. Somatic
2. Episodes of mania and depression in bipolar disorder is characterized by: -
 - A. Major depressive disorder
 - B. Bipolar disorder
 - C. Generalized anxiety disorder
 - D. Schizophrenia
3. The phase in the nurse-patient relationship involving goal-setting is:-
 - A. Pre-interaction phase
 - B. Orientation phase
 - C. Working phase
 - D. Termination phase
4. The neurotransmitter primarily associated with learning, attention and motivation is: -
 - A. Serotonin
 - B. Dopamine
 - C. Acetylcholine
 - D. Glutamate
5. The appropriate nursing intervention for a experiencing hallucinations is to:-
 - A. Tell the patient that the hallucinations are not real.
 - B. Agree with the hallucinations to build rapport.
 - C. Acknowledge the patient's experience
 - D. Ignore the hallucinations to avoid reinforcing them.

6. The priority nursing action for a patient at a high risk for suicide is to:-

- A. Conduct a detailed assessment of the patient's history.
- B. Ensure constant supervision and a safe environment.
- C. Offer therapeutic group activities.
- D. Encourage the patient to write down their feelings.

7. The class of pharmacological agents most appropriate for the management of generalized anxiety disorder (GAD) is :-

- A. Antipsychotics
- B. Benzodiazepines
- C. Stimulants
- D. Beta-blockers

8. The condition manifesting with hallucinations, delusions, disorganized speech and behavior for a duration of five months without other comorbidities or history of substance abuse is likely to be:-

- A. Brief psychotic disorder
- B. Schizophreniform disorder
- C. Schizophrenia
- D. Delusional disorder

9. An sign of Austistic spectrum disorder in a toddler is:-

- A. Excessive social smiling
- B. Impulsivity
- C. High interest in other children
- D. Lack of eye contact

10. The primary action of selective serotonin reuptake inhibitors (SSRIs) is to:-

- A. Increase dopamine levels in the brain.
- B. Block the reuptake of serotonin.
- C. Decrease norepinephrine levels.
- D. Enhance GABA neurotransmission.

11. A positive symptom of schizophrenia is:-

- A. Flat affect
- B. Auditory hallucinations
- C. Social withdrawal
- D. Lack of motivation

12. The primary focus during the orientation phase of a therapeutic relationship is:-

- A. Building trust and rapport
- B. Evaluating treatment outcomes
- C. Exploring deep-seated emotional issues
- D. Terminating the nurse-patient relationship

13. A delusion is a:-

- A. Misinterpretation of external stimuli
- B. Fixed, false belief not based on reality
- C. Recurrent and unwanted thought
- D. Involuntary motor tic

14. The behavior a client displays by mimicking every movement that the provider is making is:-

- A. Echopraxia
- B. Stereotypy
- C. Posturing
- D. Echolalia

15. The appropriate nursing intervention in management of acute agitation is to:-

- A. Encourage verbal expression of feelings.
- B. Establish a safe environment.
- C. Administer sedative medication immediately.
- D. Provide group therapy.

16. The agent of choice for the management of muscle rigidity, heavy tongue, drooling and difficulty in talking associated with Chlorpromazine use is:-

- A. Benzhexol
- B. Psychotherapy
- C. Haloperidol
- D. Lithium

17. The three classical manifestations of Attention Deficit Hyperactivity Disorder is:-

- A. Laziness, inattention, distractibility
- B. Impulsivity, restlessness, inattention
- C. Agression, apathy, impulsivity
- D. Shyness, hyperactivity, forgetfulness

18. An example of a somatic symptom disorder is:-

- A. Schizophrenia
- B. Illness anxiety disorder
- C. Generalized anxiety disorder
- D. Obsessive-compulsive disorder

19. The hematological side effect associated with Clozapine is:-

- A. Leukocytosis
- B. Agranulocytosis
- C. Thrombocytopenia
- D. Anemia

20. Haloperidol is:-

- A. Only in oral form.
- B. Likely to cause neutropenia.
- C. A first-generation antipsychotic.
- D. Likely to cause dystonia.

SECTION II: SHORT ANSWER QUESTIONS (30 MARKS)

- a) State four (4) signs of mild to moderate lithium toxicity. (4 Marks)
- b) State five (5) general manifestations of an individual with narcissistic personality disorder (5 Marks)
- c) State five (5) specific nursing interventions for a patient with acute mania in Bipolar I disorder (5 Marks)
- d) Regarding Electro Convulsive Therapy (ECT) as a psychotherapeutic intervention: -
 - a. Explain five (5) nursing responsibilities pre - procedure for ECT (5 Marks)
 - b. List four (4) complications associated with ECT (2 Marks)
- e) Outline five (5) actual Nursing Diagnoses for a client in the acute phase of major depression (5 Marks)

- f) List four (4) clinical features of a patient experiencing alcohol withdrawal syndrome (2 Marks)
- g) List four (4) clinical features of a client with anorexia nervosa (2 Marks)

LONG ANSWER QUESTIONS 20 MARKS

1. Mr. B is client with a history of substance induced psychosis in an acute phase of mental illness referred to the Psychiatric Hospital for admission.
 - a. Describe the three (3) types of admissions according to the mental health act Mental status assessment for Mr. B (6 Marks)
 - b. Describe in appropriate sequence how you would conduct the mental status assessment on Mr. B (14 Marks)

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