



**AMREF INTERNATIONAL UNIVERSITY  
SCHOOL OF MEDICAL SCIENCES  
DEPARTMENT OF NURSING AND MIDWIFERY SCIENCES  
KENYA REGISTERED COMMUNITY HEALTH NURSING  
END OF SEMESTER AUG 2024 EXAMINATIONS**

**COURSE CODE AND TITLE: DNS 312: MENTAL HEALTH AND PSYCHIATRIC NURSING**

**DATE: Friday 9<sup>th</sup> August 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 1: MULTIPLE CHOICE QUESTIONS (20 MARKS)**

1. One of the following is NOT pharmacologically classified as an antipsychotic agent:

- a) Risperidone
- b) Haloperidol
- c) Atenolol
- d) Olanzapine

2. The following is NOT an offence under the Mental Health Act:-

- a) Forgery of documents
- b) Assisting patients escape
- c) Giving false information by medical practitioners
- d) Assigning patients some manual tasks around the hospital

3. The following is NOT a psychiatric treatment modality :-

- a) Supportive Therapy
- b) Recreational therapy
- c) Psychotherapy
- d) Chemotherapy

4. Concrete thinking as a thought disorder is described as:-

- a) Patient never gets from desired point to desired point in conversation
- b) Patient stands on one leg for long periods
- c) Patient is unable to speak
- d) Patient only aware of overt and not implicit meanings of words and statements

5. The focus of rehabilitation in Psychiatry is :-

- a) Symptom reduction and management
- b) Social, emotional and intellectual skills development
- c) Increase the physical strength of the client
- d) Ensure client adheres to medication

6. Involuntary repetition of another person's behavior is defined as:-

- a) Echolalia
- b) Echopraxia
- c) Psychological pillow
- d) Mutism

7. In Psychiatry the agent Lithium is used as:-

- a) A Mood stabilizer
- b) An Anxiolytic
- c) An antidepressant
- d) An antipsychotic

8. Tardive dyskinesia is best described as a :-

- a) Syndrome of permanent involuntary movements caused by long term use of antipsychotic drugs
- b) Syndrome characterized by photophobia
- c) Inner restlessness and inability to stay still
- d) Syndrome characterized by excessive salivation

9. A patient with strange taste in the mouth without any stimulus could be experiencing

- a) Gustatory delusions
- b) Gustatory Hallucinations
- c) Visual hallucinations
- d) Auditory Hallucinations

10. The focus of cognitive behavioral therapy is:

- a) Adjust the client's worldview and self-perspective
- b) Modify behaviour through rewards
- c) Analyse disturbing dreams
- d) Electroconvulsive therapy

11. Schizophrenia is characterized by:-

- a) Overuse of antipsychotic drugs
- b) Challenges in learning behavior
- c) Distorted perception of reality
- d) Mood disturbances

12. A personality disorder characterised by a pervasive pattern of suspicion and distrust of others is known as :-

- a) Hypomanic
- b) Melancholic
- c) Paranoid
- d) Cyclothymic

13. The following is a perceptual disturbance:-

- a) Stupor
- b) Hallucination
- c) Confusion
- d) Coma

14. A disordered thought process characterized by a series of ideas without apparent logical connections is referred to as:-

- a) Loosening of associations
- b) Flight of ideas
- c) Confabulation
- d) Tangentiality

15. The ability to understand one's own behaviour and emotion is called:-

- a) Judgment
- b) Insight
- c) Intelligence
- d) Personality

16. Barriers of Therapeutic communication include:

- a) Patronising demeanour and language barrier
- b) Assertive communication and Encouraging the patient to be independent
- c) Focusing on the client needs and goal
- d) The nurse giving the patient their home phone number

17. The following pharmacologic agents are mood stabilizers:-

- a) Carbamazepine and Lithium
- b) Carbamazepine and Chlopromazine
- c) Haloperidol and Chlopromazine
- d) Chlopheniramine and Haloperidol

18. The last phase in the therapeutic nurse-patient relationship is the:-

- a) Orientation phase
- b) Working phase
- c) Termination phase
- d) Introductory phase

19. A disorder in which Psychotic features accompany major mood symptoms is referred to as:-

- a) Schizophrenia
- b) Major depression
- c) Schizoaffective
- d) Schizophreniform

20. The neurotransmitter known as the "feel good neurotransmitter" is:-

- a) Dopamine
- b) Epinephrine
- c) Serotonin
- d) Oxytocin

## **SECTION II: SHORT ANSWER QUESTIONS ( 30 MARKS)**

21 State any five (5) common disorders of childhood in child psychiatry ( 5 Marks)

22 Outline the Six (6) components of psychiatric history taking ( 6 Marks)

23 Define the the following terms commonly used in Psychaitry (6 Marks)

- a) Hallucination
- b) Neologism
- c) Addiction
- d) Tolerance
- e) Tangentiality
- f) Echolalia

24 .State Four (4) side effects of the typical antipsychotic agent Chlorpromazine ( 4 Marks)

25With the use of examples , Describe any Four (4) types of delusions ( 8 Marks)

26List two (2) withdrawal symptoms associated with alcohol use( 1 Mark)

## **SECTION III: LONG ANSWER QUESTIONS -20 MARKS**

**27 Ms. ZK is a new mother admitted to the psychiatric unit with post-partum depression.**

- a) List any four(4) clinical features Ms.ZK is presenting with (2 Marks)
- b) List any four (4) risk factors to Post-partum depression ( 2 Marks)
- c) With the use of examples , Classify three pharmacologic agents that will be used in the management of Ms. ZK ( 6 Marks)
- d) Describe the Nursing care of Ms.ZK from admission till discharge ( 10 Marks)