



UNIVERSITY OF EMBU

2018/2019 ACADEMIC YEAR

SECOND SEMESTER EXAMINATIONS

THIRD YEAR EXAMINATION FOR THE DEGREE OF BACHELOR OF SCIENCE
(NURSING)

HNS 332: MENTAL HEALTH AND PSYCHIATRY NURSING

DATE: APRIL 8, 2019

TIME: 2:00-5:00PM

INSTRUCTIONS:

Answer:

All MCQs in Section A;

All Short-answer Questions in Section B

All Long-answer Questions in Section C

Cancelled work should be done neatly by crossing with a single line in the essay and by use of X in the MCQs

SECTION A: MULTIPLE CHOICE QUESTIONS (TOTAL: 20 MARKS)

Choose (CIRCLE/TICK) only one correct answer from the following questions

- 1) The psychiatric and mental health nurse knows that an important outcome has been met when a patient with depression and suicide ideation states:
 - a) "I can't wait to get home and forget that this ever happened."
 - b) "I feel so much better. If I continue to feel this way, I can probably stop taking my medications soon."
 - c) "I have a list of support groups and a crisis line that I can call, if I feel suicidal."
 - d) "I have to leave here soon, if I want to make it to the shelter before they run out of beds."
- 2) When developing a lecture series for nursing home residents, the psychiatric and mental health nurse considers the following factor to be the primary barrier to learning:
 - a) Decreased bodily functions



ISO 27001:2013 Certified

Knowledge Transforms



ISO 9001:2015 Certified

- b) Information processing impairments
 - c) Lack of interest.
 - d) Lack of patience
- 3) A patient is admitted to the inpatient unit with a diagnosis of schizophrenia. The patient has had episodes of school absenteeism, withdrawal from friends, and bizarre behavior, including talking to his or her "keeper." The psychiatric and mental health nurse's most appropriate response is to:
- a) Acknowledge that the patient's perceptions seem real to him or her, and refocus the patient's attention on a task or activity.
 - b) Encourage the patient to express his or her thoughts, to determine the meaning they have for the patient.
 - c) Ignore the patient's bizarre behavior, because it will diminish after he or she has been given the correct medication.
 - d) Inform the patient that his or her perceptions of reality have become distorted because of the illness.
- 4) During an initial admission assessment of a patient with bulimia nervosa, you should pay close attention to the patient's:
- a) Hands.
 - b) Mouth.
 - c) Eyes.
 - d) Waist circumference.
- 5) Nursing interventions for the client with persistent depressive disorder are often targeted toward
- a) Monitoring the client's fluids and electrolytes in case of dehydration
 - b) Working with the client to enhance feelings of self-worth
 - c) Evaluating the client's response to antipsychotic medications
 - d) Continuing discussions with the client to detect improvements in delusional thinking
- 6) Significant landmarks in the humanitarian period of psychiatric development include;



- a) King Edward II, Emil Kraeplin, William Browne, Philippe Pinel
 - b) Dorothea Lyndadix, Edward Tyson, Philippe Pinel, William Took.
 - c) William Browne, Dorothea Lyndadix, William Took, Philippe Pinel
 - d) Edward Tyson, Democritus, Emil Kraeplin, Dorothea Lyndadix.
- 7) In this question, MATCH each of the DISORDER given in Column-A with one most appropriate description from Column-B. A correct response earns you one half (1/2) of a mark.

COLUMN – A

- a) Nihilistic
- b) Grandiosity

COLUMN – B

- a) The feeling that one's self or the environment does not exist
 - b) Misconceptions of exaggerated self worth and power
 - c) False belief that the behaviour of others refer to one's self
 - d) The belief, without justification, that one's lover is unfaithful
 - e) False conceptions that one's thoughts are being removed from his/her mind by others
- 8) Factors that may contribute to the maladaptive social responses associated with borderline personality disorder include:
- a) Cultural factors.
 - b) Developmental factors.
 - c) Biological factors.
 - d) Social factors
- 9) The electrolyte imbalances a nurse should monitor for when caring for a patient who is going through acute alcohol withdrawal is
- a) Hypercalcemia, hypokalemia, and hypomagnesemia
 - b) Hypermagnesemia, hyperkalemia, and hypercalcemia
 - c) Hypomagnesemia, hypokalemia, and hypophosphatemia
 - d) Hyperkalemia, hypocalcemia, and hyperglycemia
- 10) Transference is said to occur when:



- a) The client disagrees with the guidance of the therapist.
- b) The therapist develops feelings and attitudes towards the client associated with a significant figure.
- c) The client transfers, towards the therapist, feelings and attitudes associated with the significant person.
- d) The client becomes emotionally attached to the therapist and resents separation from the hospital environment.

11) A patient tells you that about organizing and reorganizing the closet, taking up to 5 hours daily doing so. You recognize this behavior as:

- a) A compulsion.
- b) A psychotic episode.
- c) An obsession.
- d) Ambivalence.

12) The nurse is performing an assessment on a 16-year-old female client who has been diagnosed with anorexia nervosa. The statement if made by the client, would the nurse identify as necessitating further assessment on a **priority** basis

- a) "I check my weight every day without fail."
- b) "I've been told that I am 10% below ideal body weight."
- c) "I exercise 3 to 4 hours every day to keep my slim figure."
- d) "My best friend was in the hospital with this disease a year ago."

13) A female client in a manic state emerges from her hospital room. She is topless and is making sexual remarks and gestures toward the staff and other clients. The **best initial** nursing action is:

- a) Ignore the client.
- b) Tell the client to go back to her room.
- c) Escort the client to her room and assist her in getting dressed.
- d) Tell the other clients to go into the nursing unit day room immediately.

14) During a psychiatric nursing assessment interview, a patient repeatedly makes rude comments about your race. The best respond would be:



- a) "Let's talk about why you're here today."
- b) "I'm going to get security if you keep talking in that manner."
- c) "Making those comments isn't permitted in this room."
- d) "You have no right to say those things to me."

15) During group therapy, a patient with conversion disorder complains of a severe headache. You should:

- a) Redirect the patient back to the group therapy session and deal with the headache later.
- b) Ignore the complaint and encourage the patient to continue with the session.
- c) Alleviate the patient's headache if possible.
- d) Have the patient discuss why the headache developed.

16) A communication strategy for working with a passive-aggressive patient is the use of:

- a) Aggressive voice.
- b) Passive-aggressive voice.
- c) Passive voice.
- d) Direct approach.

17) A response to stress that includes retreating to an earlier stage of development and the comfort level associated with that period is called

- a) Regression
- b) Introjection
- c) Denial
- d) Compensation

18) In this question, MATCH each of the sexual disorders given in Column-A with one most appropriate description from Column-B. A correct response earns you plus one half (1/2) of a mark.

COLUMN A

- A. Sexual Masochism
- B. Voyeurism

COLUMN B



- I. Sexual fantasies involving acts of being humiliated ,beaten or made to suffer
- II. Sexual fantasies involving psychological or physical suffering of the victim
- III. Persistent or recurrent delay in, or absence of, orgasm following a normal sexual excitement
- IV. Recurrent acts of observing unsuspecting person who is naked in the process of engaging in sexual activity
- V. Recurrent intense sexual arousing fantasies or behaviors involving the use of nonliving objects

19) A 60-year-old man is admitted to the psychiatric unit wearing a watch that he says he has had since he was 8 years old and he never takes off because he's afraid that he'll lose it.

You should advise him to:

- a) Send the watch home with a family member.
- b) Not wear the watch in the shower.
- c) Keep the watch in the locked drawer in his hospital room.
- d) Keep the watch on his wrist at all times.

20) One factor that contributes to an older person's vulnerability to abuse is:

- a) Established support systems.
- b) Active social life.
- c) Physical stamina.
- d) Physical frailty.



SECTION B: Answer ALL the questions in this section (40 marks; Use the answer booklet provided)

- 1) Explain four components under the cognition that you would assess during the mental status assessment (8 marks)
- 2) Highlight five diagnostic criteria under the DSM V for bipolar I disorder (5 marks)
- 3) State specific nursing interventions for a suicidal patient in psychiatry unit (6 marks)
- 4) Formulate five (5) nursing diagnosis for a patient with schizophrenia (5 marks)
- 5) State three (3) ways that can be used to prevent mental retardation (3 marks)
- 6) Explain two forms of tics disorders (4 marks)
- 7) Distinguish between delirium and dementia (4 marks)
- 8) State five signs of child neglect (5 marks)

SECTION C: Answer ALL the questions in this section (40 marks; Use the answer booklet provided)

- 1) Patient X, Fifty-five (55) year old male has been admitted in your ward and is scheduled for electroconvulsive therapy (ECT)
 - a) State three (3) indications for ECT (3 marks)
 - b) Describe the nursing care before, during and within the first 8 hours after ECT (14 marks)
 - c) State three complications of ECT (3 marks)
- 2) Mrs T is admitted to a psychiatry unit with a diagnosis of major depressive disorder.
 - a) Explain three classification of antidepressants (6 marks)
 - b) Discuss the nursing management of Mrs T while in the unit (14 marks)

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