MERU UNIVERSITY OF SCIENCE AND TECHNOLOGY

P.O. Box 972-60200 – Meru-Kenya.
Tel: +254 (0)799529958, +254 (0)799529959, +254 (0)712524293
Website: www.must.ac.ke Email: info@must.ac.ke

UNIVERSITY EXAMINATIONS 2024/2025

THIRD YEAR THIRD SEMESTER EXAMINATION FOR THE DEGREE OF BACHELOR OF SCIENCE IN NURSING

NND 3411 – MENTAL HEALTH AND PSYCHIATRIC NURSING

DATE: JANUARY 2025   **TIME: 3 HOURS**

INSTRUCTIONS: *All questions are compulsory*

Ensure that all your answers are properly numbered

Part 1 Multiple Choice Questions (MCQs): Write the correct answer on the space provided in the answer booklet. Each MCQ is one mark.

Part 11: Short Answer Questions-Answer questions following each other on the answer booklet

Part 111: Long Answer Questions-Answer

SECTION A: MCQ (20 MARKS)

1. What is the main goal of mental health nursing?
   a) Diagnosis of physical illnesses
   b) Support and care for individuals with mental health issues
   c) Legal defense of mental health patients
   d) Preventing all mental illnesses

2. The following describes the concept of mental health?
   a) The complete absence of mental disorders
   b) A state of well-being in which an individual can cope with normal stresses of life
   c) A severe disorder requiring long-term hospitalization

d) The presence of delusions

3. Who is considered the founder of modern psychiatric nursing?

      a) Sigmund Freud

      b) Florence Nightingale

      c) Dorothea Dix

      d) Hildegard Peplau

4. Which classification system is used for the diagnosis of mental disorders?

      a) WHO-20

      b) DSM-IV

      c) ICD-8

      d) CDC-6

5. What is the purpose of Mental Status Examination (MSE)?

      a) To measure intelligence

      b) To evaluate physical strength

      c) To assess a patient's mental state

      d) To identify cultural beliefs

6. What is the primary focus of community mental health nursing?

      a) Institutional care

      b) Disease prevention and health promotion in the community

      c) Administration of medications

      d) Physical therapy

7. Which act governs mental health issues in Kenya?

      a) Kenya Penal Code

      b) Kenya Mental Health Act (Cap 248)

      c) Public Health Act

      d) Children's Act

8. The following is an anxiety disorder?

      a) Bipolar disorder

      b) Schizophrenia

      c) Generalized anxiety disorder

      d) Dementia

9. What is therapeutic communication?

      a) Giving instructions to patients

b) Talking to patients about family issues

c) Using communication skills to establish trust and empathy with patients

d) Providing only non-verbal cues

10. Which term refers to a relationship where the nurse aims to help the patient achieve better mental health?

   a) Therapeutic relationship

   b) Casual conversation

   c) Supervisory relationship

   d) Social relationship

11. What is the legal document that describes the rights of patients receiving care?

   a) Criminal Procedure Code

   b) The Patient's Bill of Rights

   c) Health Act

   d) Informed Consent Act

12. Which is a biological approach to managing mental disorders?

   a) Group therapy

   b) Cognitive-behavioral therapy

   c) Psychopharmacology

   d) Psychoeducation

13. Which classification system is used worldwide for diseases, including mental disorders?

   a) ICD-IO

   b) ICD-20

   c) CDC-11

   d) DSM-V

14. The following is a somatoform disorder?

   a) Schizophrenia

   b) Conversion disorder

   c) Dementia

   d) bipolar disorder

15. Electroconvulsive therapy (ECT) is commonly used for which condition?

   a) Schizophrenia

   b) Major depressive disorder

c) anxiety disorder

d) Substance abuse

16. The following is a core principle of mental health nursing?

    a) Focus on medication alone

    b) Individualized patient-centered care

    c) Avoiding patient contact

    d) Isolating patients from society

17. What is a primary role of the community mental health nurse?

    a) Diagnosing mental illnesses

    b) Providing electroconvulsive therapy

    c) Linking patients with community resources

    d) Prescribing medication

18. What is the goal of rehabilitation in mental health care?

    a) Permanent hospitalization

    b) Improving daily functioning and quality of life

    c) Sedating patients

    d) Legal support

19. What does the multi-axial assessment evaluate?

    a) Only the physical health of a patient

    b) Various aspects of an individual's mental and physical health

    c) Family history of diseases

    d) Legal issues related to mental illness

20. What does the Criminal Procedure Code in Kenya regulate in terms of mental health?

    a) The rights of healthcare workers

    b) Criminal procedures involving individuals with mental disorders

    c) Regulations for hospital construction

    d) Guidelines for physical health assessments

SECTION 11: SHORT ANSWER QUESTIONS (40 MARKS)

1 Explain the management of anorexia nervosa.   (8 marks)

2 Describe Six (6) functions of mental health ACT.   (6 marks)

3 Outline Six (6) clinical features of child diagnosed with autism   (6marks)

4 State five (5) primary purpose of the DSM-5   (5Marks)

5   Explain the mechanisms of action of selective serotonin reuptake inhibitors (SSR1s)

(5Marks)

6   Explain Five (5) challenges faced by mental health nurses in providing care to children and adolescents with psychiatric disorders   (10 marks)

SECTION 111: LONG ANSWER QUESTIONS (40 MARKS)

Question One

Mr. John aged 40 years is admitted in the maximum-security unit of psychiatric hospital with schizophrenia. From the magistrate's court, he was found guilty of murder but insane at the five of committing the offense.

   a) Explain the legal admission requirements for Mr. John.   (5marks)

   b) Describe specific nursing management of Mr. John.   (15marks)

Question Two

As the new Nursing officer of health in Vihiga County you realize that there is a rise in reported cases of mental illness in this county compared to other counties in Kenya. Explain how you would design a prevention and control intervention plan of mental illness in Vihiga County

(20marks)