



PROGRAMME: BNSC NURSING SCIENCE

COURSE CODE: NSS401

COURSE TITLE: MENTAL HEALTH AND PSYCHIATRIC I

COURSE CREDIT UNITS: 4 UNITS

TIME ALLOWED: 2 ½ HOURS

TOTAL MARKS: 70 MARKS

INSTRUCTION: ANSWER ALL THE QUESTIONS

Question 1

Stress is defined as feelings of being overloaded, tensed and worried.

- a. Describe two (2) of the three types of stress **(5 marks)**
- b. State ten (10) causes and eight (8) complications of stress **(10 marks)**
- c. Describe five (5) methods of stress management **(10 marks)**

Question 2

The role of nurses in community mental health are quite enormous.

- a. Explain briefly (in not more than four sentences) five (5) roles of a nurse in community mental health promotion **(10 marks)**
- b. Discuss the primary, secondary and tertiary prevention in community mental health practice **(10 marks)**
- c. Highlight four (4) importance of deinstitutionalization **(2 marks)**
- d. List six (6) forms of anxiety disorder **(3 marks)**

Question 3

Write short notes on the following:

- a. Acute confusional state **(5 marks)**
- b. Delusion **(5 marks)**
- c. Postnatal depression **(5 marks)**
- d. Systematic Desensitization **(5 marks)**