

031306T4PSY

COUNSELLING PSYCHOLOGY LEVEL 6

PSY/OS/CO/CR/06/6

Provide Medical Conditions Counselling

July /August 2023



**TVET CURRICULUM DEVELOPMENT, ASSESSMENT AND CERTIFICATION
COUNCIL (TVET CDACC)**

WRITTEN ASSESSMENT

TIME: 3 HOURS

INSTRUCTIONS TO CANDIDATES

1. The paper consists of **TWO** sections: **A & B**
2. You are provided with a separate answer booklet.
3. Marks for each question are as indicated.
4. Do Not write on the question paper.

This paper consists of FOUR (4) printed pages.

Candidates should check the question paper to ascertain that all pages are printed as indicated and that no questions are missing.

SECTION A: (40 Marks)

Answer ALL the questions in this section.

1. Psychological testing and assessment are an essential element of healthcare. State any FOUR considerations in selecting assessment tools in medical conditions counselling. (4 Marks)
2. Dementia is a disorder that has been associated with aging though it is not part of the normal aging process. Identify any FOUR symptoms of dementia. (4 Marks)
3. Jackie has just been diagnosed with depression. List any FOUR risk factors associated with depression. (4 Marks)
4. Health is a state of complete physical, mental, and social wellbeing and not merely absence of disease or infirmity. Name any FOUR social determinants of health. (4 Marks)
5. Cancer is a killer disease that is a great concern due to its social and economic impact on an individual. Outline any FOUR impacts of cancer on an individual. (4 Marks)
6. A counsellor is called upon to refer a client as an ethical responsibility. List any FOUR conditions necessary for referral in providing medical conditions counselling. (4 Marks)
7. Intake session also known as intake interview is part of the assessment phase of counselling. Outline any FOUR benefits of conducting an intake session during medical conditions counselling. (4 Marks)
8. Treatment planning is an important stage in the counselling process. Mention any FOUR key areas that are covered by the treatment plan. (4 Marks)
9. Stella has been discharged from hospital after an attempted suicide. State any FOUR benefits of continuum of care. (4 Marks)
10. Psychosocial health is the result of complex interaction between a person's history and his or her thoughts about interpretations of the past. Identify any FOUR domains in psychosocial health care. (4Marks)

SECTION B: (60 MARKS)

Answer any THREE questions in this section.

11. TerryAnn is 35 years old. She was brought into the hospital after having shortness of breath, hyper ventilation, abdominal pain and severe headache. She is 4 foot 5 inches in height and weighs 98 kgs which makes her overweight for her height. She grew up in poverty but has always been a hard worker, which has brought her a lot of success. Her life motto is to enjoy everything she did not have when she was a child. She is a chain smoker, excessive drinker, uses recreational drugs and loves fatty and processed foods. She is also promiscuous. She has currently lost a lot of money from an investment she made a while ago. She has been diagnosed with a multiple medical condition.
- a. Identify any FIVE medical conditions that TerryAnn is likely to be diagnosed with. (5 Marks)
 - b. Outline any FIVE ways in which HIV/AIDS can be transmitted. (5 Marks)
 - c. Discuss the FIVE grief reactions TerryAnn might experience after receiving her diagnosis. (10 Marks)
12. Tom and Mary have been married for the past 10 years. Tom was diagnosed with diabetes 3 years ago and Mary has been diagnosed with ovarian cancer and is on chemotherapy.
- a. Discuss any FIVE sexual dysfunctions and sexual disorders that Mary and Tom may experienced. (10 Marks)
 - b. Explain any FIVE defence mechanisms Tom and Mary may use to deal with their medical conditions. (10 Marks)
13. Terrence has been a medical conditions counsellor for the past 20 years at Miondoko Teaching and Referral Hospital. He has been feeling sad, agitated, and not interested in his clients' narratives during sessions.
- a. Explain any FIVE types of supervision that Terrence's supervisor may apply. (10 Marks)
 - b. Describe the FIVE ethical principles in counselling that are applicable during supervision. (10Marks)

14. A counsellor can train a client with chronic heart disease in various stress management techniques to help them cope with their condition.
- a. Describe any FIVE stress management techniques that are recommended (10 Marks)
 - b. Ezron is 30 years old and was diagnosed with diabetes. He believes he is too young to have a chronic condition and has not been taking his medication nor adhering to his prescribed diet. Discuss FIVE basic concepts of adherence counselling. (10 Marks)