



AMREF INTERNATIONAL TRAINING CENTER

Qualification Code : 031306T4PSY
Qualification : Counselling Psychology Level 6
Unit Code : PSY/OS/CO/CR/06/6
Unit of Competency : Provide Medical Conditions Counselling

WRITTEN ASSESSMENT

CANDIDATE WRITTEN ASSESSMENT (March/April 2024)

INSTRUCTIONS TO CANDIDATE

1. You have **THREE** hours to answer all the questions.
2. This paper has two sections A and B.
3. You are provided with a separate answer booklet.
4. Marks for each question are indicated in the brackets.
5. Do not write on the question paper.

This paper consists of EIGHT (3) printed pages

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

SETION A: SHORT ANSWER QUESTIONS (40 MARKS)

(Answer all the questions in this section by writing down your responses/answers in answer booklet provided)

1. Highlight any four symptoms of dementia (4marks)
2. List three risk factors that can increase the chances of having hypertension. (3marks)
3. Name four aims of medical conditions counselling (4marks)
4. List any 3 assessment tools that counsellors may use in medical condition counselling (3marks)
5. Mention any five importance of support system for patients with HIV/ AIDS (5 marks)
6. Describe any three complications of Coronary Artery Disease (4marks)
7. List any five symptoms of a severe form of depression (5 marks)
8. Name any two risk factors of cancer (2marks)
9. State any five advantages of knowing one's HIV status (5marks)
10. Highlight any five medical conditions that may need referrals to counselling practitioners (5marks)

SECTION B: ANSWER ANY THREE QUESTIONS IN THIS SECTION (60 MARKS)

11. Depression is a mood disorder that affects many individuals around the globe
- a) Explain five signs and symptoms of depression (10 marks)
 - b) Discuss the effects of coronary heart disease to the client and family. (10 marks)
12. Lifestyle adjustments are the standard first-line treatment for hypertension.
- a) Discuss how any five lifestyle changes may help in treating hypertension (10 marks)
 - b) John suspects he might have HIV/AIDS, explain five steps that he may take (10 marks)
13. Psycho-education should be part of the management of all chronic medical conditions and should be offered in individual or group format.
- a) Explain the basic principles of care that a counselor may educate the family of a patient with dementia. (10 marks)
 - b) Discuss five ways in which counsellors can support patients/clients with HIV/AIDS (10 marks)
14. Counselling is a planned, structured dialogue between a counsellor and a client.
- a) Discuss five ways in which skilled therapists can support patients/clients with depression (10 marks)
 - b) Explain any five benefits of supportive counseling for HIV-positive clients (10 marks)