



### 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

#### 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 **THREE (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.*

**SECTION A: (40 MARKS)**

*(Answer all the questions in this section)*

1. Depression is a medical condition that is characterized by several symptoms. List **five** symptoms of a severe form of depression. (5 Marks)
2. Hypertension is a medical condition in which the force of blood against the artery walls is too high. State **three** risk factors that can increase the chances of having hypertension. (3 Marks)
3. Medical conditions counselling aims at assisting patients with various health conditions. Mention **four** aims of medical conditions counselling, (4 Marks)
4. List **three** assessment tools that counsellors may use in medical condition counselling. (3 Marks)
5. Social support networks play a vital role in HIV patients. Mention **five** benefits of a support system for patients with HIV/ AIDS. (5 Marks)
6. Dementia is a medical condition among elderly people. Highlight **four** symptoms of dementia. (4 Marks)
7. Coronary heart disease (CHD) is a medical condition that imposes psychological distress on the patient and his family members. Outline **three** complications of Coronary heart disease. (3 Marks)
8. Identify **three** negative effects of knowing one's HIV status. (3 Marks)
9. In Kenya, it is estimated that 1.6 million people are living with HIV/AIDS and 1.1 million children are orphans due to AIDS. List **five** advantages of knowing one's HIV status. (5 Marks)
10. Various medical conditions often require patients to seek counselling services. Highlight **five** medical conditions that may need referrals to counselling practitioners. (5 Marks)

**SECTION B: (60 MARKS)**

*Answer any three questions in this section*

11. According to American Psychological Association, depression is a mood disorder that affects many individuals around the globe. It can last for long periods and therefore interfering with the patient's daily life functioning.
- a) Explain **five** signs and symptoms of depression. (10 Marks)
  - b) Discuss **five** negative effects of cancer on the client and the family. (10 Marks)
12. Psycho-education should be part of the management of all chronic medical conditions and should be offered in individual or group format.
- a) Explain **five** basic principles of care that a counsellor may educate the family of a patient with hypertension. (10 Marks)
  - b) Discuss **five** ways in which counsellors can support patients with HIV/AIDS (10 Marks)
13. Counselling is a planned, structured dialogue between a counsellor and a client.
- a) Discuss **five** ways in which skilled therapists can support clients with depression (10 Marks)
  - b) Explain **five** benefits of supportive counselling for HIV-positive clients. (10 Marks)
14. Medical conditions counselling is essential for all patients across the globe. Choose one medical condition that you have learned and answer the following questions;
- a) Define the medical condition chosen. (1 Mark)
  - b) Identify **three** causes of the medical condition. (3 Marks)
  - c) Discuss **four** negative effects of the medical condition on the client and the family (8 Marks)
  - d) Explain **four** ways in which counsellors can support clients with this kind of medical condition (8 Marks)