

031306T4PSY

COUNSELLING PSYCHOLOGY LEVEL 6

PSY/OS/CO/CR/06/06

Provide Medical Conditions Counselling

July /August 2024



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

WRITTEN ASSESSMENT

CANDIDATE'S TOOL

TIME: 3 HOURS

INSTRUCTIONS TO CANDIDATE

1. Marks for each question are indicated in the brackets ().
2. The paper consists of **TWO (2)** sections; **A** and **B**.
3. Do not write anything on the question paper
4. You are provided with a separate answer booklet.

This paper consists of (3) 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. A chronic medical condition can significantly affect an individual's mental health and overall well-being. State any FOUR impacts of a chronic medical condition. (4 Marks)
2. Carol has been advised to continuously monitor her blood pressure after being diagnosed with hypertension or high blood pressure. List any FOUR uncontrollable risk factors which predispose a person to hypertension. (4 Marks)
3. Benson is 65 years old and has dementia. He can no longer recall events in the present time but can remember past events. Identify any FOUR causes of dementia. (4 Marks)
4. Individuals diagnosed with chronic conditions are required to feel supported. State FOUR ways of supportive counselling for cancer clients. (4 Marks)
5. Mary is a medical conditions counsellor stationed at the level 5 county hospital and has a client who is eight years old and diagnosed with HIV. State FOUR ethical considerations Mary should be mindful of when dealing with the child. (4 Marks)
6. Jack, a medical conditions counsellor, has specialized in using cognitive behavioural therapy (CBT). Identify FOUR significant factors of the CBT model that a counsellor needs to consider. (4 Marks)
7. Jason, a medical conditions counsellor, has a client with diabetes. Mention FOUR aspects he would consider when developing a counselling treatment plan. (4 Marks)
8. The medical conditions counsellor recognizes that referral is sometimes necessary. Identify FOUR situations when a referral can be done. (4 Marks)
9. Susan is obese and has been directed to a medical conditions counsellor for guidance on managing obesity. Identify FOUR counselling strategies for promoting healthy lifestyle modifications in individuals with obesity. (4 Marks)
10. Supervision plays a crucial role in supporting counsellors working with people living with disabilities (PLWD). Highlight FOUR benefits of supervision for counsellors working with PLWD. (4 Marks)

SECTION B (60 Marks)

Answer any THREE questions in this section

11. Joseph, a supervisor at the tanning factory, has been diagnosed with chronic asthma which has resulted in him being laid off from his job. He had finally completed building his home and moved his family three months ago. However, two days ago, during the rains, Joseph's house was flooded, destroying all his household goods. Joseph feels angry and sad at the misfortunes and loss that he is experiencing.
- a) Identify TWO types of losses that Joseph is experiencing. (2 Marks)
 - b) Explain FOUR ways in which Joseph can accept and adapt to life after loss, according to Worden. (8 Marks)
 - c) Discuss FIVE stages of grief according to Elizabeth Kubler Ross. (10 Marks)
12. Clive has chronic coronary heart disease and has been visiting the medical conditions counsellor Jane, for a year. He enjoys his visits and has developed a liking for Jane.
- a) Explain FIVE techniques Jane can use to terminate this client counsellor relationship. (10 Marks)
 - b) Jane intends to provide a continuum of care for Clive. Describe FIVE considerations of an appropriate plan of care for a progressive chronic condition. (10 Marks)
13. A medical conditions counsellor needs to work in collaboration with others in the health profession.
- a) Explain FIVE reasons why this collaboration is important. (10 Marks)
 - b) Discuss FIVE ways in which medical conditions counsellors can work effectively with other healthcare professionals. (10 Marks)
14. Psychoeducation is a counselling technique that medical conditions counsellors often use when supporting clients living with Human Immunodeficiency Virus (HIV).
- a) Explain FIVE main causes of Human Immunodeficiency Virus (HIV) transmission. (10 Marks)
 - b) Discuss FIVE strategies for HIV prevention. (10 Marks)