



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

CANDIDATE 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: SHORT ANSWER QUESTIONS (40 MARKS)

1. Hypertension is a medical condition in which the force of blood against the artery walls is too high. State FOUR risk factors that can increase the chances of having hypertension. (4 Marks)
2. Medical conditions counselling aims at assisting patients with various health conditions. Mention FOUR aims of medical conditions counselling (4 Marks)
3. Counsellors use various assessment tools during counselling sessions. Highlight FOUR assessment tools that counsellors may use in medical condition counselling (4 Marks)
4. Mention FOUR benefits of support system for patients with HIV/ AIDS (4 Marks)
5. There are some factors that may contribute to the increase of some medical conditions' cases. Mention FOUR factors that lead to increase in number of obesity cases (4 Marks)
6. Dementia is a medical condition among elderly people. It exposes the patients and their significant others to psychological disturbances. Identify FOUR symptoms of dementia (4 Marks)
7. Coronary heart disease (CHD) is a medical condition that imposes psychological distress to the patient and his family members. Outline FOUR complications of Coronary heart disease (4 Marks)
8. HIV/AIDS continues to be a major global health concern, with millions of people affected by the virus. Identify any FOUR negative effects of knowing one's HIV status (4 Marks)
9. Depression is a medical condition that is characterized by several symptoms. Enumerate FOUR symptoms of a severe form of depression (4 Marks)
10. There are various medical conditions that often require patients to seek counselling services. Highlight FOUR medical conditions that may need referrals to counselling practitioners. (4 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 characteristics of an effective medical conditions' counsellor (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 counselor may educate the family of a patient with hypertension. (10 Marks)
 - b) Discuss FIVE counselling skills the counsellor will use while conducting a counselling session (10 Marks)
13. Terry has been diagnosed of cancer stage four that is causing psychosomatic symptoms, stress and traumatic reactions. She is irritable to a point she doesn't want to see anybody around her. Doctors managing her have recommended counselling sessions for her.
- a) Explain FIVE psychological symptoms she might be experiencing (10 Marks)
 - b) Discuss FIVE benefits of medical conditions counselling to the client and the family (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 (2 Marks)
 - b) Explain TWO causes of the medical condition (4 Marks)
 - c) Discuss THREE negative effects of the medical condition to the client and the family (6 Marks)
 - d) Explain FOUR ways in which counsellors can support clients with this kind of medical condition (8 M)

AMMU