**NYAISHOZI COLLEGE OF HEALTH AND ALLIED SCIENCES**

**ready**

**BASIC CERTIFICATEIN CLINICAL MEDICINE (NTA LEVEL5)**

**SEMISTER 1**

**CONTINOUS ASSESSMENT CAT 1**

**MODULE CODE: CMT 05206**

**MODULE NAME: COUNSELLING**

**TIME: 2:30 HOURS DATE: ………………………….**

**GENERALINSTUCTIONS:**

1. **Read all the questions carefully.**
2. **Write your Registration number and NACTE registration number on each page you use.**
3. **Attempt all questions. The responses should be written in spaces provided as instructed in each section.**
4. **Cellular phones and unauthorized materials are NOT allowed in the Examination Room.**
5. **Each essay question to be answered on not more than 2 written pages.**
6. **No addition answer sheets would be provided**
7. **Failure to follow instructions will lead to loss of marks**
8. **The paper consists of FIVE (5) sections.**
9. **Observe all College examination regulations**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **SECTION** | **TYPEOFQUESTIONS** | **MARKS**  **ALLOCATION** | **SCORED**  **MARKS** | **INITIAL**  **SIGNATUREOF EXAMINATION MARKER** | **INITIAL**  **SIGNATUREOF EXAMINATION VERIFIER** |
| **A** | **MULTIPLE CHOICE** | **30** |  |  |  |
| **B** | **MULTIPLETRUE/FALSE** | **10** |  |  |  |
| **C** | **MATCHING** | **10** |  |  |  |
| **D** | **SHORT ANSWER** | **30** |  |  |  |
| **E** | **GUIDEDESSAY** | **30** |  |  |  |

**SECTION A: MULTIPLE CHOICE QUESTIONS (30 marks)**

* **This section consists of thirty (30) questions with five (5) options each.**
* **Circle the letter of the most correct answer, there is only one correct answer.**
* **One mark (1) will be awarded for each correct response**
  + 1. Adolescent

1. covers ages 10 to 19 years
2. covers ages 15 to 24 years
3. covers ages 10 to 24 years
4. Cover ages 10 to 11 years
5. Cover ages 14 to 24 years
   * 1. ‘Young people’
6. covers ages 10 to 19 years
7. covers ages 15 to 24 years
8. covers ages 10 to 24 years
9. Cover ages 10 to 11 years
10. Cover ages 14 to 24 years
    * 1. The following are **Characteristics of Adolescence except?**
11. Adolescence is characterized by an exceptionally rapid rate of growth and development
12. The body develops in size, strength and reproductive capabilities
13. The mind becomes capable of more abstract thinking
14. There is also an increase in emotional control
15. None of the above
    * 1. The following skills is needed by a family counselor.
16. Being respectful and judgmental.
17. Managing patient rights separately.
18. Shared confidentiality with other people’
19. Handling many people in a session at a time.
20. Disclosure of confidential information to relatives
    * 1. Post test counseling including
21. Provide test result
22. PITC
23. Assess the HIV knowledge
24. Assess the Risk reduction factors.
25. A and C are correct.
    * 1. Avoid moralizing, telling the client that they have done something wrong or bad.
26. Be non judgmental
27. Be open
28. Be patient
29. Be flexible
30. All the above are correct
    * 1. Counselling of adolescence may be difficult because
31. Youth like to use condom
32. Youth attend VCT willingly
33. Youth uses simple terminology
34. Youth express their fillings openly
35. Youth have difficult terminology
    * 1. Which of the following is role of the family in support of PLHIV?
36. Receive correct information about HIV/AIDS
37. To be decision maker of the patient
38. To get HIV counseling and testing.
39. To prescribe treatment to the patient.
40. Dress patient wound
    * 1. The following are the cultural attitudes and norms which favors transmission of HIV infection EXCEPT
41. Inheritance of widows
42. Women are not expected to talk in the presence of a man
43. Female genital mutilation.
44. Sexual abuse against women is higher
45. Proper use of condom
    * 1. Which of the following are the goal of prevention of mother to child transmission (PMTCT) Programme
46. To reduce MTCT of HIV infection
47. To prevent HIV infection in children
48. To give babies the chance to be healthy and HIV free
49. To improve care for infected parent and their children
    * 1. fIn assessment and management of substance use and related problems the ASSIST tool has undergone significant testing in three sequential phases I,II, and III to ensure that is :
50. Flexible, Feasible, Comprehensive, dependable
51. Reliable, variable, modifiable, feasible, flexible
52. Comprehensive, useful, valid, modifiable, feasible
53. Reliable, variable, comprehensive, flexible, modifiable
54. Feasible, reliable, valid, flexible and comprehensive
    * 1. A risk score is provided for each substance and score are grouped into:
55. No risk and risk
56. Low risk, moderate risk and high risk
57. No risk, low risk moderate risk and high risk
58. No risk, very low risk, low risk, moderate risk and high risk
59. No risk, very low risk, low risk, moderate risk, high risk, very high risk
    * 1. According to the national HIV rapid testing Algorithm during testing process,the counselor should retest with a second rapid test
60. When results are negative
61. When results are positive
62. When results are discordant
63. When results are concordant
64. When results are indeterminate
    * 1. In couple counseling when results are discordant, during posttest counselling process the health care provider
65. Disclose the results to wife only
66. Disclose the results to husband only
67. Start to give positive results then negative results
68. Start to give negative results then positive results
69. Do not disclose the results, provide take-home leaflets
    * 1. What is the main aim of counselling?
70. Give choices to client
71. Provide the best advice
72. Encourage clients to become dependent
73. Give direction on how to solve the problems
74. Focus on the problem the client could not solve
    * 1. Which of the following most correct concerning benefits of ARVs therapy and adherence?
75. Cure opportunistic infections
76. Give a hope of cure from the disease
77. Is more beneficial to adults than in children
78. Change from contamination to dissemination
79. Stabilize the immune system of the HIV client
    * 1. Which one of the following is a correct sequence for stages of counselling?
80. Rapport, understanding, exploration, action plan
81. Relationship building, exploration, understanding, rapport
82. Understanding, action plan, relationship building, exploration
83. Exploration, Relationship building, understanding, action plan
84. Relationship building, exploration, understanding, action plan
    * 1. Which one is most correct regarding Voluntary Counselling and Testing (VCT)?
85. Is initiated by the healthcare provider
86. The sessions are shorter lasting 30 minutes
87. Only available at health facilities and mobile units
88. Test is performed for the benefit the health care provider
89. The client goes to a health facility for the purpose of HIV counselling and testing
    * 1. For interpretation of HIV positive results, which of the following is seen on test kits?
90. One Red line
91. Two Red lines
92. Three red lines
93. One red and one blue line
94. Two red and one blue line
    * 1. What does concordant couple mean?
95. One partner is positive and another negative
96. One partner is positive and another is unknown
97. HIV test results of both partners are indeterminate
98. Both partners have the test results showing HIV negative
99. Both partners have the test results showing HIV positive

**SECTION B: TRUE AND FALSE QUESTIONS (10 MARKS)**

**INSTRUCTIONS**

* **This section consists of four (4) questions with five (5) options each.**
* **Write the word TRUE for correct statement and word FALSE for wrong statement in the space provided. DO NOT write letter T or F**
* **Half mark (1/2) will be awarded for each correct response.**
* **Answers written as T/F will not be awarded any mark**

1. The following are the steps used to deliver discordant result to couple.

1. Start to provide positive result then negative …………..
2. Provide both result at the same time ……………
3. Rearrange the day to provide result ………..
4. Allow time for sharing emotions …………….
5. Be sensitive when deliver result …………….

2 The following diseases require counseling in Tanzania.

1. Hypotension ……………
2. HIV/AIDS ……………
3. Diabetes mellitus ………..
4. Hypertension…………….
5. Uncomplicated Malaria…………

3. The following are Barriers to communication

1. PERCEPTION …………
2. SEMANTICS …………..
3. CHANNEL OF COMMUNICATION………….
4. SPIKING ………..
5. NON VERBAL COMMUNICATION…………

4. The following is true about VCT

1. Client come for HIV test……….
2. Client aspect to get tested for HIV………
3. Initiated by client………
4. Initiated by Provider………
5. More likely asymptomatic………..

**SECTION C:** **MATCHING QUESTIONS (10 marks)**

**INSTRUCTIONS:**

* **This section consists of two (2) matching items questions with five (5) questions each.**
* **Each item from column B must be used only once.**
* **One mark (1) will be awarded for each correct response.**

|  |  |
| --- | --- |
| **COLUMN A** | **COLUMN B** |
| 1.CULTURE | A. Occurs when two individual who had intend to have sexual relations wish to discuss issues concerning to HIV. |
| 2.CONCORDANT NEGATIVE | B. Homosexual male and homosexual female. |
| 3.CONCORDANT POSITIVE | C. Both test HIV -NEGATIVE |
| 4.DISCORDANT | D. Both test HIV –POSITIVE |
| 5.COUPLE COUNSELLING | E. One partner test HIV-negative and one partner test HIV positive |
|  | F, Both are neither positive nor Negative. |
|  | G. Habits, beliefs |
|  | H.HIV-NEGATIVE |

|  |  |
| --- | --- |
| **COLUMN A** | **COLUMN B** |
| 1.WINDOW PERIOD | A, Be flexible. |
| 2.SKILLS IN YOUTH COUNSELLING | B. Provide support  H.Is the time between HIV infection and the point when test give accurate result. |
| 3.CRISIS | C.A sudden or unexpected event. |
| 4.WRAP UP | D.A sudden or expected event |
| 5.NATIONAL HIV RAPID TESTING ALGORITHM | E. Allow time for equation |
|  | F. Be judgmental |
|  | G.UNIGOLD,SD BIOLINE |

**SECTION D: SHORT ANSWER QUESTIONS (30 marks)**

**INSTRUCTIONS**:

* **This section consists of six (6) questions.**
* **Write your answer in the space provided**
* **Marks to be awarded for each correct response are shown to specific question.**

1. A pregnant woman, HIV positive is normally counseled on the following issue: **(5 Marks)**

i)…………………………………………………………………………

ii)………………………………………………………………………..

iii)…………………………………………………………………………

iv)…………………………………………………………………………..

v)…………………………………………………………………………….

1. Importance of bringing her partner for counseling and testing List down six (5) roles of family in supporting HIV positive patient **(5 Marks)**

i)………………………………………………………………………………….

ii)……………………………………………………………………………………

iii)…………………………………………………………………………………..

iv)……………………………………………………………………………………….

v)…………………………………………………………………………………………

vi)……………………………………………………………………………………………

3 Mention five A are a key part of good care with adolescent living with HIV

1. …………………………………………………………………….
2. …………………………………………………………..
3. …………………………………………………………
4. …………………………………………………

4. Outline 5 advantages of couple counseling

1. …………………………………………………………………………………………
2. …………………………………………………………………………………………
3. …………………………………………………………………………………………
4. …………………………………………………………………………………………
5. …………………………………………………………………………………………

6 list 5 Advantages of Family Counselling

* 1. ………………………………………………………………………………………………
  2. ………………………………………………………………………………………………
  3. ………………………………………………………………………………………………
  4. ………………………………………………………………………………………………
  5. ………………………………………………………………………………………………………………………………………………

**SECTION E: GUIDED ESSAY 30 MARKS**

**INSTRUCTIONS**

* **This section consists of two (2) questions which are supposed to be answered in a narrative way**
* **Write your answer on a separate sheet of paper provided; each question should start on a new page DIRTY WORK IS NOT ALLOWED.**
* **Write your examination number on each answer sheet you are using.**

1. 30 year old long-distance truck driver is admitted to the hospital due high grade fever and chest pain for 2 weeks. Prior to admission; he has been treated several times for productive cough and evening fevers but gets relief for a short time. As counselor, you have been informed by a ward attendant that the patient is not ready for HIV test. Write an essay on this case explaining: The possible reasons for refusing HIV test, principles of counseling and testing you are going to use to convince him to accept a test, and then how you are going to conduct pre-test counseling. **(15 Marks)**

**ANSWERS:**

**Possible reasons for refusing HIV test**, (at least 4 points): **(2 Marks)**

………………………………………………………………………………………………………………………………………………

………………………………………………………………………………………………………………………………………………

………………………………………………………………………………………………………………………………………………

………………………………………………………………………………………………………………………………………………

**Principles guiding PITC, (1 mark for each elaborated point): (3 Marks)**

………………………………………………………………………………………………………………………………………………

………………………………………………………………………………………………………………………………………………

………………………………………………………………………………………………………………………………………………

**Pre-test counseling a counselor or health care provider should discuss the following** **(10 Marks)**.

* A counselor have to build relationship, building a rapport to a client
* Through greetings, introducing his or her name and professional
* Assessing client’s knowledge about HIV, TB, STIs, ARVs
* Assessing Risk/Risk reduction plan
  + Clients risk behavior, like multiple partners
  + Condom uses
* Assessing knowledge of HIV test, possible outcomes of the test and possible interventions.
* Example, what results client is expecting. If he will be HIV position, what his further plan
* Discuss about two types of HIV results HIV positive, HIV negative and its meaning.
  + HIV positive means your blood has HIV & virus
  + HIV Negative, your blood doesn’t have HIV virus
* Discuss about window period
* Getting informed consent for conducting HIV test

1. Kabwekere is a 35 year old married man who has been taking ART for four years now. He feels great and has had no illness in a long time and wants to give up the medication. He is tired of taking pills every day and is convinced he no longer needs them. Lately his lack of Motivation has caused him to miss a few doses. Describe how you are going to counsel Anorld for ART adherence. **(15 Marks)**

**Answers:**

Assess **(3 Marks)**

A review the medications with the patient and their treatment supports if patient has already stopped the medication a is just thinking of stopping.

Advice: **(2 Marks)**

* Determine whether there is an adherence problem
* Ask about stigma related to taking the Pills

Agree:  **(3 Marks)**

* Agree an any changes an treatment plan
* Discuss agreements you have reached and check for commitment

Assist:  **(3 Marks)**

* Recruitment the information given before
* Give additional information that may help adherence problem.
* Reinforce intervation which match the patient needs and adherence problem

Arrange: **(4 Marks)**

* Record adherence estimate on patients card
* Arrange for refill
* Arrange for next follow up visit
* Make sure that patient & supporter understood follow-up

CONTINOUS ASSESSMENT TEST ONE

(NTA LEVEL 5)

MODULE NAME: COUNSELLING

MODULE CODE: