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HIV/AIDS CARE AND COUNSELLING

Duration 2 Hours

70 Marks

EXAMINERS
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SECOND

Closed book examination

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This paper consists of 23 pages plus instructions for completion of a mark reading sheet.

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This paper consists of 70 multiple-choice questions which must be answered on the mark reading sheet.

Your mark for this examination will be converted to a mark out of 80. Note that your mark for Assignment 01 and 02 will be converted to your year mark (a mark out of 20) which will be added to the mark you obtain for this examination paper.

After completing your answers, you must hand in the following:

- (i) The mark reading sheet.
- (ii) This examination paper. (All the pages must be handed in)

ENSURE THAT YOU HAVE WRITTEN YOUR STUDENT NUMBER, MODULE CODE AND UNIQUE NUMBER ON THE MARK READING SHEET.

- ANSWER THE FOLLOWING SEVENTY MULTIPLE CHOICE QUESTIONS ON THE MARK READING SHEET.
- FOLLOW THE ATTACHED INSTRUCTIONS CAREFULLY.
- SUBMIT YOUR COMPLETED MARK READING SHEET TOGETHER WITH THIS EXAMINATION PAPER.

NO STAPLES PLEASE!

[TURNOVER]

Note: Section A (Question 1 to 60) is compulsory for all students. Students may then choose between Section B (Guidance track) and Section C (Care track)

SECTION A

QUESTION 1

Luc Montagnier from France is credited for the discovery of the HI virus in the year (a)____, while Robert Gallo from the USA is credited for developing the first HIV antibody test in the year (b)_____

- (1) (a) 1983, (b) 1985
- (2) (a) 1985, (b) 1990
- (3) (a) 1983, (b) 1990
- (4) (a) 1981, (b) 1985

QUESTION 2

UNAids (2008) describes Aids as follows

- (1) A chronic disease that seldom results in death
- (2) A fatal disease that can ultimately lead to death
- (3) A treatable and curable disease
- (4) An acute infection which can develop into a chronic disease

QUESTION 3

We know how many people are infected with HIV by looking at the HIV incidence and the HIV prevalence. What is the definition of HIV prevalence?

- (1) It is the percentage of people living with HIV (as a proportion of the total population) at a specific time
- (2) It is a 'snapshot' view of the number of people who were infected with HIV in a specific year in the past 5 years
- (3) It is the percentage of new cases of HIV infection in a defined period of time, for example in one year
- (4) It is a percentage which is calculated by dividing the number of new infections by the number of previously uninfected people

QUESTION 4

The reason why HIV is so dangerous to human beings is because HIV 'hijacks' the most important cells in the immune system, namely the (a) _____, and 'forces' them to (b) _____

- (1) (a) CD4+T cells, (b) manufacture more HI viruses
- (2) (a) macrophages, (b) kill all other invading organisms
- (3) (a) T helper cells, (b) change the viral DNA to viral RNA
- (4) (a) antibodies, (b) stop initiating their chemical reaction which kills viruses

[TURN OVER]

QUESTION 5

When a person is newly infected by HIV, the immune system responds in the following way
The plasma B cells

- (1) manufacture antibodies which attach themselves to the viral proteins in an unsuccessful attempt to protect the immune system against the virus
- (2) are the 'spies' of the immune system, but they are ineffective because the HI virus uses them to reproduce in the body
- (3) are the central regulatory cells of the immune system, and they stimulate the rest of the immune response to take action against the virus
- (4) is antigen-presenting cells, and they present the foreign HIV antigens in the body to the immune system so that it takes action against the virus

QUESTION 6

There are two forms of immunological memory or immunity namely active and passive immunity
Passive immunity

- (1) is a type of long-term immunity where memory T cells and memory B cells will be activated when a person becomes infected with the same pathogen again
- (2) consists of high levels of IgG antibodies that are present after passive infections
- (3) is part of the humoral immune response where antibodies are produced by the immune system to recognise and neutralise the pathogen
- (4) is the short-term immunity that a newborn baby gets from its mother through the placenta or/and from the first breast milk

QUESTION 7

According to research which of the following bodily fluids contains high concentrations of HIV?

- (1) Saliva, tears, serous fluid and vaginal secretions
- (2) Saliva, sweat, breast milk and vaginal fluid
- (3) Blood, sweat, semen and tears
- (4) Blood, semen, vaginal fluid and breast milk

QUESTION 8

Pauline and her brother (who was in the final stages of Aids) were involved in a serious car accident a month ago. She received a number of deep cuts in her hands. While trying to save her brother's life, a lot of his blood got on her hands. What do you think is Pauline's risk of having contracted HIV and what should she do now since it is a month after the accident?

- (1) Her risk is relatively low, but she should immediately start with post-exposure prophylaxis
- (2) Her risk is relatively high, but it is too long after the incident to start taking post-exposure prophylaxis
- (3) Her risk is very low because he was in the final stages of Aids, she therefore does not have to take post-exposure prophylaxis
- (4) Her risk is very high, but if she starts with antiretroviral therapy immediately, this may prove very effective in preventing HIV infection

[TURN OVER]

QUESTION 9

Albert is a young man in his early twenties. He is very scared of HIV and considers to be circumcised. What can you tell Albert about circumcision?

- (1) Circumcision is a dangerous practice and there is no proof that it prevents HIV infection. Rather abstain or use condoms.
- (2) Although it seems as if circumcised men may have a slightly lower risk of contracting HIV infection when circumcised before puberty, circumcision can never be seen as an alternative to safe sexual practices.
- (3) Circumcision plays a very important role in preventing HIV transmission, but it will not give you 100% protection and condoms should still be used.
- (4) Circumcision is a cultural practice and it should be respected as such, even though it has no place in modern medicine.

QUESTION 10

Which one of the following statements about exclusive breastfeeding is the most correct one?

- (1) The infant receives only breastfeeding and absolutely no other liquids or solids, but the baby may have some water when the weather is very hot.
- (2) The infant receives only breastfeeding and absolutely no other liquids or solids, but the baby may receive vitamins or medicines in drop or syrup format.
- (3) The infant receives only breastfeeding and absolutely no other liquids or solids, not even water or vitamins for the first six months.
- (4) The infant receives only breastfeeding and absolutely no other liquids or solids, not even water or vitamins for at least the first six months.

QUESTION 11

The minor symptomatic phase of HIV disease is characterised by

- (1) persistent generalised lymphadenopathy and persistent low fever
- (2) unexplained chronic diarrhoea, oral hairy leukoplakia and pulmonary TB
- (3) a CD4+T count between 200 and 350 cells / mm³
- (4) moderate unexplained weight loss, and recurrent respiratory tract and oral ulcers

QUESTION 12

Why is John more infectious to his sex partners shortly after sero-conversion has taken place?

- (1) The CD4+T cells are depleted during this phase and cannot protect John properly.
- (2) John does not yet know that he is infected so he cannot protect his sex partners.
- (3) The viral load in John's blood and semen is very high during this phase.
- (4) Sero-conversion is not completed, leaving insufficient time for CD4+T cells and antibodies to form.

[TURN OVER]

QUESTION 13

The treatment of sexually transmitted infections (STIs) is based on either the diagnostic or the syndromic management approach. The diagnostic approach is often used in so-called first world countries. Which one of the following is an advantage of diagnostic case management?

- (1) It does neither require laboratory support nor trained personnel
- (2) The chances of over-treating patients by giving them more drugs than are actually necessary are very slim
- (3) Patients do not have to wait for treatment since the results of diagnostic tests are available immediately
- (4) It does not involve diagnosis of the STI and symptoms-based treatment can start immediately

QUESTION 14

Which vaccine should **NOT** be given to symptomatic HIV-infected children?

- (1) Hep B (hepatitis B)
- (2) BCG (tuberculosis)
- (3) OPV (polio)
- (4) MMR (mumps, measles and rubella)

QUESTION 15

Read the following statement and indicate if you agree with the statement or not 'Tuberculosis is a very serious opportunistic infection in Africa, and prophylactic (preventive) treatment with INH (a TB medication used to prevent TB) should be offered to all HIV-infected individuals'

- (1) Yes. The combination of TB and HIV is very dangerous and the mortality rate for tuberculosis is much higher in people who are co-infected with HIV. Treatment with INH reduces the mortality rate by ten times.
- (2) No. INH as a prophylactic treatment for tuberculosis should only be offered to HIV infected individuals with a CD4+T count of under 350 cells/mm³ and who can adhere to the medication for at least three months until the CD4+T cells stabilise.
- (3) Yes. Most people in Africa have been exposed to the TB bacilli and will therefore test positive on a tuberculin skin test. Given the high prevalence of HIV infection in Africa, it therefore makes sense to treat all HIV positive individuals prophylactically with INH.
- (4) No. INH as prophylactic treatment for tuberculosis should never be offered to HIV positive people who already show signs of active tuberculosis.

QUESTION 16

The availability of rapid HIV antibody tests could be very useful in rural and resource poor communities, because

- (1) laboratory facilities are not necessary and the test can be done at the patient's bedside
- (2) it can be used as a home-test by clients, which therefore makes pre- and post-HIV test counselling unnecessary
- (3) the rapid test has a 100% reliability and specificity, making a second test to confirm the results, unnecessary
- (4) the rapid test detects the HI virus itself in the blood, making the window period much shorter

[TURN OVER]

QUESTION 17

Fourth generation ELISA tests can detect (a)_____. They are particularly useful in detecting (b)_____ and has a window period of (c)_____

- (1) (a) HIV antibodies, (b) HIV infection in babies, (c) 22 days
- (2) (a) p24 virus antigen, (b) mother-to-child transmission, (c) 12 days
- (3) (a) HIV antibodies and p24 virus antigens, (b) early HIV infection, (c) 16 days
- (4) (a) HIV antibodies, (b) HIV infection in general, (c) 30 days

QUESTION 18

Why should an HIV-antibody positive test result always be confirmed with a second confirmatory test?

- (1) To exclude the occurrence of a false positive result
- (2) Because HIV-antibody tests are not very reliable
- (3) To exclude the occurrence of a false negative result
- (4) Laboratories could make mistakes or mislabel the blood

QUESTION 19

According to the HIV testing algorithm for HIV-exposed babies younger than 18 months, the following should be done if the child's mother is HIV infected

- (1) Start the baby and the mother on co-trimoxazole as soon as possible and do an HIV DNA PCR on the baby
- (2) Do the ELISA or rapid antibody test as soon as possible and start the baby on ARVs
- (3) Start the baby on co-trimoxazole prophylaxis and do an HIV DNA PCR, both when the baby is six weeks or older
- (4) Start the baby on prophylactic ARVs and test the baby when it is 18 months old

QUESTION 20

The function of the protease enzymes are to

- (1) transform viral RNA into proviral DNA
- (2) assemble the new viral RNA and viral proteins
- (3) assist with HIV DNA integration into the CD4+T cells
- (4) assist the virus to enter the CD4+T cells from outside

QUESTION 21

It is recommended that antiretroviral therapy be initiated within (a)_____ of qualifying for ARVs, and within (b)_____ if fast-tracking is required

- (1) (a) two months (b) two weeks
- (2) (a) six months, (b) four weeks
- (3) (a) two months, (b) two days
- (4) (a) six months, (b) two weeks

QUESTION 22

The Southern African HIV Clinicians Society recommends that failure of antiretroviral therapy be defined on the basis of

- (1) CD4+T cell count, irrespective of viral load
- (2) viral load, irrespective of CD4+T cell count
- (3) a high viral load with a low CD4+T cell count
- (4) the development of drug-resistant viruses

QUESTION 23

It is recommended by the World Health Organisation that an HIV-infected pregnant woman with a CD4+T cell count > 350 cells/mm³ should receive

- (1) lifelong antiretroviral treatment to keep her healthy
- (2) AZT, Nevirapine and TDF from 14 weeks of pregnancy onwards
- (3) antiretroviral prophylaxis to prevent mother-to-child transmission
- (4) treatment for TB and other opportunistic infections

QUESTION 24

What is immune reconstitution inflammatory syndrome (or IRIS)?

- (1) It occurs when the immune system begins to recover due to ARVs, but instead of getting better, the patient initially gets sicker
- (2) It occurs when a patient on ARVs gets tuberculosis which further depletes the immune system
- (3) It occurs when the patient gets sicker instead of better due to ARVs and it usually is an indication of ARV drug failure
- (4) It occurs when a patient gets serious side-effects of ARVs instead of improved immunity

QUESTION 25

One of the main reasons why people do not change their behaviour is because they believe that there are obstacles in the way of the behaviour change. Which one of the following factors has been identified by researchers as obstacles that often hinder change in people's sexual behaviour?

- (1) Flooding the market with free condoms. This leads to 'over-sensitisation' and gets in the way of behaviour change
- (2) High self-efficacy. A person with high self-efficacy usually believes that condoms are effective in preventing the spread of HIV, but the opinion of their partners may prevent the use of condoms
- (3) The use of certain medications. These drugs diminishes the power of individuals to make responsible decisions
- (4) The lack of communication skills. People find it hard to change their sexual behaviour if they do not know how to discuss sex with their partners

[TURN OVER]

QUESTION 26

One of the principles of behaviour change is that the counsellor should be absolutely specific about the behaviour that needs to be changed. It is therefore important to identify the action, target, context and time of the behaviour that you want to change. The important conceptual difference between (1) a primary long-term relationship and (2) casual sex, refers to the _____ of the behaviour

- (1) action
- (2) target
- (3) context
- (4) time

QUESTION 27

Thandiwe is a sex worker. One of her clients, John, told her that he has nothing against condoms, but he refuses to use them because all his friends believe that 'real men do not use condoms'. According to the theories of behaviour change, John's refusal to use condoms is under

- (1) normative control, because it is very important for John to impress and please his friends
- (2) intentional control, because John has no intention of using condoms
- (3) attitudinal control, because John has very negative attitudes towards condom use
- (4) subjective control, because John does what he thinks is best for him personally

QUESTION 28

Which one of the following people is in the contemplation phase of behaviour change according to the Transtheoretical Model?

- (1) Maboe knows about the dangers of Aids, but he believes that it will never happen to him. Therefore he continues with his sexual behaviour without implementing any changes
- (2) John is seriously thinking of changing his behaviour and to be faithful to his girlfriend. He even said no to sex with random women on a couple of occasions now
- (3) Lebo is considering the advantages and the disadvantages of using condoms, but she is not sure yet if it is worth the trouble to use condoms
- (4) Puleng has decided to use condoms every time she has sex. She is very proud of herself because she consistently used condoms now for the past six months

QUESTION 29

What advice would you provide to presenters who plan to offer a safer sex workshop for sex workers?

- (a) Although factual medical information can best be explained by lectures, people learn best when they participate in learning. The presenters should therefore alternate their lectures with group discussions and other group activities.
- (b) Peer education and support are very important, and the presenters should give the people a chance to discuss their problems and to come up with their own solutions.
- (c) Condom distribution should always be an important component of any HIV prevention programme, especially in a context where the presenters are working with sex workers.
- (d) Research has shown that people learn best with the help of visual learning aids, and therefore the presenters should, instead, show a video without any group discussions or mini lectures.

The correct answer is

- (1) (a), (c) and (d)
- (2) (a), (b) and (c)
- (3) (b), (c) and (d)
- (4) (a), (b) and (d)

QUESTION 30

An oversimplified, one-sided and relatively fixed generalisation of an individual, a group or of certain roles is an example of

- (1) a stereotype
- (2) prejudice
- (3) a negative attitude
- (4) discrimination

QUESTION 31

Rinse your mouth with (a)_____ if it has come into contact with semen and (b)_____ immediately afterwards

- (1) (a) warm water, (b) brush your teeth
- (2) (a) a strong mouthwash, (b) do not brush your teeth
- (3) (a) cold water, (b) do not brush your teeth
- (4) (a) hot water, (b) use a strong mouthwash

QUESTION 32

If sexual behaviours can be placed on a continuum from no-risk to high-risk behaviours, oral sex constitutes

- (1) low risk, if a condom is used or if a latex barrier, such as a spliced-open condom, is used to cover the genitalia
- (2) no risk, if pre-seminal fluids are allowed into the partner's mouth, because pre-seminal fluids do not contain the HI virus
- (3) very high risk unless a condom or latex barrier is used
- (4) no risk. There is no proof that oral sex causes HIV infection

[TURN OVER]

QUESTION 33

Charles went to a traditional healer, and complained about feeling dizzy and sick. On questioning Charles, the traditional healer established that Charles only suffers from these symptoms when he has sex with his girlfriend while she is menstruating. He diagnosed the sickness as caused by

- (1) God because Charles is not supposed to have pre-marital sex with his girlfriend
- (2) pollution because Charles committed a ritual impurity by sleeping with a menstruating woman
- (3) a witch or sorcerer because the girlfriend's jealous lover probably hired the witch to 'punish' Charles
- (4) HIV because the girlfriend's menstrual blood contains the HI virus

QUESTION 34

According to Sow, traditional African beliefs are based on principles such as

- (1) independence
- (2) the interest of the individual
- (3) union with nature
- (4) the survival of the fittest

QUESTION 35

Cultural beliefs and customs should be respected by Aids educators who work in Africa. The following cultural practices practised by some traditional Africans are, however, dangerous and should be changed

- (1) Prostitution and 'thigh' sex
- (2) Dry sex and widow cleansing
- (3) Dry sex, widow cleansing and 'thigh' sex
- (4) Dry sex, prostitution, herbal remedies and offerings to the ancestors

QUESTION 36

Counselling is a structured conversation aimed at facilitating a client's quality of life in the face of adversity. This definition means that

- (1) the client has problems and the counsellor, as the expert, gives him or her advice on what to do to overcome these problems
- (2) the counselling sessions must be structured in such a way that the client experiences it as a social conversation and feels comfortable discussing problems with the counsellor
- (3) the counsellor facilitates the process of change by helping the client to review his or her problems and to make his or her own choices on how to solve these problems
- (4) the counsellor must allow the client to tell his or her story so that the counsellor can develop a plan of action to help the client face his or her adversities

[TURN OVER]

QUESTION 37

While listening to the client's story, the counsellor makes a number of remarks about whether the client's understanding was good or bad, and acceptable or unacceptable. According to Egan, which one of the following hindrances to effective listening is the counsellor demonstrating?

- (1) Inadequate listening
- (2) Labels as filters.
- (3) Evaluative listening
- (4) Fact-centred listening.

QUESTION 38

An HIV positive client says the following to you: 'My wife does not want to talk to me at all and she ignores me completely. She does not eat anything and is getting thinner by the day'. What would be the most empathic and appropriate response from you as the counsellor?

- (1) You seem to be concerned about your wife's well-being and you also seem to feel a bit rejected because she no longer seems to be interested in what you have to say to her?
- (2) You certainly sound very angry about the way your wife is behaving. I would have felt the same.
- (3) You sound very distressed over this situation. How would you like me to help you?
- (4) I know exactly how you feel. I went through a period when my wife did not want to talk to me at all. Fortunately she got over whatever bothered her.

QUESTION 39

During one of their counselling sessions, the counsellor responded as follows: 'Puleng, I get the feeling that the fact that I am white and you are black stands in our way. Maybe we should talk about it?'. The counsellor used the advanced communication skill of

- (1) reflective commenting
- (2) advanced empathy
- (3) self-disclosure
- (4) immediacy

QUESTION 40

Which one of the following four counsellors complies with the aims and tasks of counselling as proposed by Egan?

- (1) Juan helps his clients, by attentive listening and probing, to discover their own problems. He then gives them various options based on his previous experiences and allows them to choose the option that will suit their circumstances the best.
- (2) Marian helps her clients to explore their problems. She then encourages them to manage their problems more effectively by developing their unused and underused opportunities so that they can cope better in future.
- (3) Vusi empowers his clients by allowing them to tell their stories without any interruptions. He then shares the experiences of other clients with them so that they have a good example of how to become more effective self-helpers in future.
- (4) Julie divides the counselling process into four phases and, in the first session, concentrates only on relationship building and trust. She then sends the client home to think about the second phase (telling the story) so that they can both start working in the second session.

[TURN OVER]

QUESTION 41

Khumo said 'My life is a mess I am discouraged! Everything is going wrong in my life It seems that everything I do is doomed to failure – and now this! I might as well not even try' Which communication skill did the counsellor use if she responded as follows 'Everything you do seems to be going wrong and you feel trapped in this mess'

- (1) Clarification
- (2) Reflective commenting
- (3) Probing
- (4) Summarising

QUESTION 42

The following cultural differences should be kept in mind in cross-cultural counselling in Africa

- (1) Due to an external locus of control, clients are often not prepared to make decisions in the counselling session, and have to discuss it with their family first
- (2) It is impossible to facilitate group-orientated cultures to show insight into personal feelings or emotions
- (3) Touching is a universal sign of empathy, and the counsellor should make a point of touching their clients
- (4) Traditional healers are directive and the successful counsellor should learn from this and advise their clients on what to do and what not to do

QUESTION 43

When the counsellor at the clinic advised Nomsa to be tested for HIV, Nomsa asked her why it is so important to know one's HIV status What do you think the counsellor said that convinced Nomsa to be tested?

- (1) If we want to de-stigmatise Aids in Africa, it is important for everybody to know and disclose their HIV status
- (2) It is important to know your HIV status because this will determine your future plans For example, not looking for a new job if you know you are HIV positive
- (3) If we know your status, we can start treating you with anti-retroviral medications to stop the infection
- (4) If you know that you are HIV positive, it is easier to confirm and treat symptoms, we can try to prevent opportunistic diseases and we can get you onto an ART programme when necessary

QUESTION 44

When responding to a client's needs during post-test counselling,

- (1) advice giving is more important than reflection because this is often the only time the counsellor has to spend with the client
- (2) talking is more important than listening as the client is often too shocked to talk
- (3) an attitude of empathic attentiveness is more important than doing or saying specific things
- (4) taking action is more important than silence and merely being with the client

[TURN OVER]

QUESTION 45

What are some of the disadvantages of provider-initiated counselling and testing (PICT)?

- (a) Clients may not refuse to be tested when providers request testing
- (b) Vulnerable communities may not come to the attention of healthcare workers
- (c) Clients do not necessarily understand the concept of 'opting-out' of testing
- (d) Worldwide this approach has yielded disappointing results

- (1) (a) and (d)
- (2) (c) and (d)
- (3) (b) and (a)
- (4) (b) and (c)

QUESTION 46

Which one of the following lay counsellors is applying the principles of couple counselling correctly?

- (1) Counsellor A acknowledges past issues such as previous relationships, past hurts and childhood and upbringing issues, and she encourages the couple to talk about these issues extensively
- (2) Counsellor B acknowledges both points of view and identifies the dominating partner so that she can concentrate on what the dominant partner has to say as this is usually where the truth lies
- (3) Counsellor C is alert to communication patterns and styles such as blaming and distracting and she encourages the partners to think about the communication process between them rather than about individual incidents
- (4) Counsellor D listens attentively to the couple and teaches them empathy skills so that, together, they can identify the problematic incidents and make plans to change the situation

QUESTION 47

During the course of the counselling session, your client tells you that he thinks his family will be better off without him. Later in the same session he alludes to the fact that you will not be seeing him again. You are of the opinion that your client may be feeling suicidal. In which one of the following alternatives are you responding ethically to your perception?

- (1) You convince your client that he is not feeling suicidal, but is experiencing depressed feelings that come with an HIV positive diagnosis
- (2) You divert the conversation and make no mention of suicide, since this may encourage your client to attempt suicide
- (3) You openly talk about your perception, involve a trusted family member, and encourage your client to promise not to commit suicide within the following week leading up to your next session
- (4) You consider your client's threat to be very serious and immediately phone your supervisor after your client has left to ask him or her what you should do

[TURN OVER]

QUESTION 48

Which of the following clients experienced post-traumatic stress disorder?

- (1) Sue's father died unexpectedly. She experienced excessive distress and she could not properly function at work. Sue started feeling better 5 months after the funeral, when she learned to adapt to her father not being there for her.
- (2) Cary was diagnosed as HIV positive and she experienced severe feelings of anxiety and helplessness for the first two weeks after the diagnosis. She got nightmares and could think of nothing else than her positive diagnosis. Cary came to terms with her diagnosis and felt better 4 weeks after her diagnosis.
- (3) Pete was in a car accident where he lost his wife. For the first 5 months or so, Pete seemed to cope well, but then the death of his wife really hit him. He felt anxious and helpless, experienced problems with sleeping, could not concentrate and lost all interest in social contact with others. This condition lasted for about a year before Pete went to a psychologist for help in coping with his wife's death.
- (4) Luke lost his job and took it very hard. He felt sad, pessimistic and hopeless all the time, could not sleep, did not wash or take care of his hygiene in any way, and he did not eat properly. His friends were very concerned because he showed a radical change from his previous levels of functioning.

QUESTION 49

When counselling children it is

- (1) important not to discredit or blame any of the adults in the child's world
- (2) not always necessary to get the consent of the parents before counselling starts
- (3) necessary to disclose what was discussed during the counselling sessions to the parents
- (4) important to ensure that a child pays attention by insisting that the child stops all other activities

QUESTION 50

The process of bereavement

- (1) is always triggered only after the actual loss of something dear to you
- (2) is triggered by the death of someone who was loved by the bereaved person
- (3) can be triggered by an anticipated loss of something dear to you
- (4) is triggered when the loved ones were not properly prepared for the death of the diseased

QUESTION 51

Which one of the following people whose spouses have died is involved in the bereavement task of reinvesting emotional energy?

- (1) Susan is trying very hard not to think about her deceased husband and, although she loved him very much, she tries to forget him.
- (2) Peter is denying himself the opportunity of experiencing the pain of his loss by using every spare minute to watch old movies.
- (3) Mabel does not have time to socialise with her friends, preferring to focus all her energy on thinking about her loss.
- (4) John opens himself up to new experiences by getting involved in new friendships and relationships.

[TURN OVER]

QUESTION 52

Terry's partner died from an Aids-related illness. Which one of the following examples most accurately illustrates Terry as openly and effectively experiencing the emotional pain of her grief after the loss of her partner?

- (1) Terry felt angry and blamed her deceased partner, because she believed that he could have lived more positively and thus have prolonged his life
- (2) Terry practised the technique of positive thinking by short-circuiting her painful thoughts and stimulating pleasant thoughts instead
- (3) Terry made sure that she spent most of her time alone in order to prevent others from distracting her from experiencing her pain
- (4) Terry felt herself becoming more and more depressed over time and there were days when she felt as if she were about to have a complete breakdown

QUESTION 53

Which of the following techniques can the counsellor use to facilitate the process of bereavement?

- (1) Open-chair techniques, brainstorming and weighing up solutions
- (2) Objects, role playing, concreteness and advanced empathy
- (3) Cognitive restructuring, brainstorming, genuineness and selecting solutions
- (4) Memory books, imagery, drawings and using photographs of the deceased

QUESTION 54

Which of the following body fluids should be considered to be as likely to transmit HIV infection as HIV-infected blood?

- (1) Vaginal secretions, vomit with blood in it and sputum
- (2) Vaginal secretions, pregnancy fluid and vomit with blood in it
- (3) Saliva, urine and lung mucus
- (4) Vaginal secretions, pregnancy fluid, saliva and lung mucus

QUESTION 55

What advice would you give an HIV positive person, to keep her immune system as healthy as possible?

- (1) She must take pain medication regularly to feel that she is in control of her life
- (2) She must eat defensively and avoid raw or undercooked meat, fish or eggs
- (3) She must understand the relationship between too much sleep and rest and depression
- (4) She must practice alternative therapies such as psychoneuroimmunology

QUESTION 56

Trudy is a nurse with a very heavy workload. Which of the following may be an indication that Trudy is experiencing stress and burnout?

- (a) Trudy experiences a loss of sensitivity in dealing with her patients
- (b) Trudy shows an increased commitment towards her work
- (c) Trudy is always late for work and she neglects her duties
- (d) Trudy shows a tendency to spend more and more time with her patients

[TURN OVER]

The correct answer is.

- (1) (b) and (c)
- (2) (a) and (c)
- (3) (a) and (d)
- (4) (b) and (d)

QUESTION 57

Which one of the following steps may help Trudy to manage her stress and burnout?

- (1) She should re-evaluate her belief in her own abilities and strive to achieve her performance goals, rather than to view them as unrealistically high and lowering her standards
- (2) She should start a support group with other nurses and counsellors at her hospital, in order to create a space in which they can share their concerns, problems and fears
- (3) She should learn to trust and accept the knowledge she already has, rather than further pressurise herself to attend the additional refresher and training courses
- (4) She must learn how to draw firm boundaries between herself and her clients so that she can remain unaffected should one of them die

QUESTION 58

According to the National Policy on HIV and Aids for Learners and Educators, may a learner refuse to be taught by an HIV positive teacher?

- (1) No Learners may not refuse to be taught by an HIV positive teacher if they are still under aged
- (2) Yes It is the right of students and their parents to refuse to be taught by an HIV positive person
- (3) No Disciplinary actions can be taken against learners who, after counselling, refuse to be taught by an HIV positive person
- (4) It depends If the teacher has any kind of physical contact with learners (for example the rugby or soccer coach), the learner may refuse to be taught by this teacher

QUESTION 59

Sarah is HIV positive, ten weeks pregnant and unmarried She visits the pre-natal clinic and asks the counsellor for her advice Which one of the following responses is the best according to the Bill of rights?

- (1) The counsellor should strongly advise Sarah to keep the baby and to take antiretroviral drugs to prevent MTCT of HIV
- (2) Although Sarah has the right to reproductive care, she should be advised to go for an abortion because the chances of bringing a sick baby into the world are too big
- (3) Sarah should be advised to think of the baby's human rights and to give him or her up for adoption
- (4) The counsellor should discuss all Sarah's options with her, but Sarah has the right to make her own decisions about her pregnancy

[TURN OVER]

QUESTION 60

When Pete was tested HIV positive by his local clinic, they informed his family of his status without his consent. Which one of Pete's basic human rights was infringed upon?

- (1) The right to bodily and psychological integrity
- (2) The right not to be subjected to medical experiments without his informed consent
- (3) The right not to be unfairly discriminated against
- (4) The right not to have the privacy of one's communications infringed

NOTE: If you have chosen the GUIDANCE TRACK, do Section B, Questions 61 to 70. If you have chosen the CARE TRACK, go to Section C on page 21 and answer Questions 61 to 70.

Please note: You do not have to indicate your choice between Section B or Section C because the correct alternatives are the same for equivalent questions.

SECTION B: GUIDANCE TRACK**QUESTION 61**

In which school phase will Aids education deal primarily with fear and anxiety, re-assurances that children do not easily contract Aids, and with an explanation of what sexual abuse is, without going into details about sexual matters?

- (1) Foundation school phase (Grades 1 to 3)
- (2) Intermediate school phase (Grades 4 to 6).
- (3) Senior school phase (Grades 7 to 9)
- (4) Further education and training (Grades 10 to 12)

QUESTION 62

Juan and Kevin are brothers. Juan is in Grade 4 (intermediate school phase), while Kevin is in Grade 8 (senior school phase) In terms of their cognitive development and their perception of illness in general, what would you teach them about HIV and Aids?

- (1) In Juan's case, I would concentrate on life skills and a healthy lifestyle, because he is too young to understand the concepts of causes, symptoms and transmission of HIV In Kevin's case, I would concentrate on all the aspects of HIV and Aids, including prevention
- (2) I would make no differentiation between the Aids education of Juan and Kevin, and I would teach them exactly the same in terms of the causes, symptoms, transmission and prevention of HIV and Aids
- (3) Both Juan and Kevin are not old enough to conceptualise or understand the complexities of prevention, and therefore I would only concentrate on the causes, symptoms and transmission of HIV
- (4) I would teach Juan about the causes, symptoms and ways of transmission of HIV, without going into too much detail about prevention I would teach Kevin about the prevention of HIV infection as well

QUESTION 63

Adolescents are often very self-absorbed and egocentric Adolescent egocentricity manifests in two ways that may have important implications for their health-related beliefs and decisions Which one of the following adolescent's behaviour illustrates the influence of personal fable?

- (1) Mat is so self-centered that he gossips about other students being HIV positive and tells personal fables about them.
- (2) Jacob refuses to use condoms because he truly believes that Aids is a disease that other people get and that he personally is safe from it
- (3) Karen, who is HIV positive, does not want to take her medication to school because she believes that everybody will notice that she takes medication and know that she is HIV positive
- (4) Ethel practises safer sex only when she personally thinks that a man is HIV positive

[TURN OVER]

QUESTION 64

School environments are

- (1) usually safe, but any blood spills or body fluids containing blood should be handled with care (eg by wearing latex gloves)
- (2) high risk areas for HIV infection and universal precautions, such as having a first aid kit, should therefore be taken
- (3) usually low risk environments and no specific precautions are necessary to prevent HIV infection
- (4) often unsafe because of close contact between children and the high risks of HIV transmission during contact play

QUESTION 65

Teachers with children in the middle childhood years should take note of _____ thinking, which at this stage is especially relevant for Aids education

- (1) personal fable
- (2) egocentric
- (3) abstract
- (4) all of the above

QUESTION 66

Nomsa belongs to a Christian church, but believes that her HIV infection was caused by witchcraft. As an empathic religious counsellor what would you tell her?

- (1) HIV infection is caused by a virus and witchcraft or religion has nothing to do with it. You have to focus now on strengthening your immune system
- (2) Witchcraft has nothing to do with illness and it is incompatible with Christian beliefs. As a Christian you should distance yourself from such beliefs
- (3) It is sometimes difficult for believers to understand why bad things happen to them, but if it is important to you, you should consult a traditional healer to help you deal with the disease
- (4) You should confess your sins and cleanse yourself from thoughts about witches. Afterwards we can work on the healing process

QUESTION 67

If you are a Christian counsellor, how would you counsel HIV positive clients from other religions, such as Muslims or Buddhists?

- (a) Stress the importance of and reverence for life
- (b) Encourage people to partake in purification rituals, to meditate and/or restructure their lives
- (c) Urge them to convert to Christianity
- (d) Explain to them that religion is not important and that they should rather concentrate on medical and psychological aspects of the disease

The correct answer is

- (1) (a) and (c)
- (2) (a) and (b)
- (3) (c) and (d)
- (4) (b) and (d)

[TURN OVER]

QUESTION 68

Which aspects should be emphasised, when a religious counsellor is dealing with secularised (Westernised) HIV positive clients?

- (a) People are not machines. Nobody is perfect and therefore people sometimes do take risks
- (b) The acceptance that a high-risk lifestyle will sometimes have negative consequences, for example, HIV infection
- (c) Repentance and believing in the true God that controls their lives, including illnesses and disasters
- (d) The importance of purification rituals, meditation and restructuring of their lives

The correct answer is

- (1) (a) and (c)
- (2) (a) and (b)
- (3) (c) and (d)
- (4) (b) and (d)

QUESTION 69

Orphanages are not generally seen as the most appropriate interventions for orphans or other children made vulnerable by HIV and Aids. Orphanages often function as a (a) ___ satisfier by providing food, shelter and clothes to satisfy a child's (b) ___ needs. Care for orphans should rather be based on the fulfilment of all the needs of the child by using a care model that use (c) ___ satisfiers.

- (1) (a) singular, (b) subsistence, (c) synergistic
- (2) (a) pseudo, (b) protection, (c) true
- (3) (a) inhibiting, (b) basic, (c) transcendence
- (4) (a) synergistic, (b) affection, (c) singular

QUESTION 70

The fundamental need for transcendence will be fulfilled by

- (1) allowing children to experience and express their independence and to honour the rights of children
- (2) providing the child unconditionally with a family home, adequate nutritious food, clothing and primary health care
- (3) adults who provide life skills, insight and guidance to build a child's knowledge of his or her family and community
- (4) adults who inculcate in children a sense of wonder at the larger world and who encourage cultural and religious practices

NOTE: If you have chosen the CARE TRACK, do Section C, Questions 61 to 70.

Please note: You do not have to indicate your choice between Section B or Section C because the correct alternatives are the same for equivalent questions

SECTION C: CARE TRACK**QUESTION 61**

Which one of the following statements illustrates an advantage of home-based-care?

- (1) Home-based care is less expensive for the family, and care can be more comprehensive than in the local hospital that is overflowing with patients
- (2) The patient's HIV positive diagnosis can be kept a secret from the family if a home-based-caregiver takes care of him or her in the privacy of the home
- (3) It is easier for the patient to comply with a complicated treatment or medication regime in the home than in the hospital
- (4) The family understands the patient's sickness much better than a health care professional, as they understand the patient's emotions

QUESTION 62

Aids makes demands on the local community and society at large that cannot be met by hospitals alone. How would you develop a home-based care programme in a rural community in KwaZulu-Natal?

- (1) Compile a community profile to establish the extent of HIV infection in the community
- (2) Exclude community leaders from your preliminary profiling of the community, because research has shown that politics hinders health programme development
- (3) Appoint volunteer workers to take over the tasks of the primary caregivers because they are usually not trained to care for Aids patients and might unintentionally do more harm than good
- (4) Put together a multidisciplinary team consisting of professional caregivers and community volunteers to offer a comprehensive care service to patients with Aids

QUESTION 63

Volunteers play a very important role in home-based-care programmes. Which of the following statements are true in terms of the selection of volunteers?

- (1) Volunteers should be used where they are needed. We are coping with a crisis and there is no time to place volunteers in terms of their personalities, qualities, expertise and interest
- (2) Volunteers should be selected and used in a community where they fit best in terms of their personalities, qualities, expertise and interest
- (3) There should be no selection procedure for volunteers. Health care professionals and communities should be thankful for all the help they can get, and should therefore not be choosy
- (4) The only prerequisites for a volunteer worker is that he or she should be able to read, write, calculate, and speak the language of the patient

QUESTION 64

What precautions should be taken to keep the risk of HIV transmission from a mother to her baby as low as possible during delivery if the mother has been diagnosed as HIV positive?

- (a) Rupture the membranes as soon as possible to get the baby out
- (b) Avoid an episiotomy whenever possible
- (c) Use foetal scalp electrodes to monitor the baby's progress
- (d) Wipe blood and maternal secretions off the baby as soon as possible after birth

[TURN OVER]

The correct answer is

- (1) (b) and (d)
- (2) (a) and (d)
- (3) (b) and (c)
- (4) (a) and (c)

QUESTION 65

The following guidelines should always be followed to avoid being pricked with a needle and other injuries with sharp instruments in hospitals and clinics

- (a) Do not resheath, bend or break needles or other sharp objects
- (b) Always discard the needle and syringe in separate containers
- (c) Dispose of needles in the rubbish bin immediately after use
- (d) Do not leave used sharp objects lying around

The correct answer is

- (1) (a) and (c)
- (2) (a) and (d)
- (3) (b) and (c)
- (4) (b) and (d)

QUESTION 66

The purpose of palliative care is to

- (1) alleviate a patient's suffering by terminating all medical treatment to bring death and thus relief to the patient as soon as possible
- (2) take care of the patient's physical needs, because the patient is too sick to care about psychological or spiritual needs
- (3) provide relief from pain and other distressing symptoms, without hastening or postponing death
- (4) do anything in one's power to preserve life and therefore to try new anti-retroviral medications and other therapies

QUESTION 67

When should a patient with Aids be isolated in a special room in the hospital?

- (1) Patients with Aids should never be isolated, because being HIV positive is no reason to isolate a patient
- (2) An Aids patient who is severely immune-depressed should be isolated to protect him or her from secondary infections
- (3) Patients with Aids should be isolated when they are hospitalised to protect them from diseases
- (4) An Aids patient should be isolated when the other patients in the ward feel uncomfortable about having an Aids patient in their midst

[TURN OVER]

QUESTION 68

Peter has oral thrush and his mouth and throat are very painful. Owing to this he has difficulty eating and swallowing. To alleviate his discomfort, his mother could

- (a) give him bland pureed foods to eat and make sure that he drinks enough fluids
- (b) give him a lemon to suck to slow down the thrush
- (c) give him soup with a spoon to avoid food from touching the sore areas
- (d) help him to brush his teeth with a soft brush

The correct answer is

- (1) (a), (b) and (c)
- (2) (a), (b) and (d)
- (3) (a), (c) and (d)
- (4) (b), (c) and (d)

QUESTION 69

Palliative care takes over when

- (1) the side-effects of treatment outweighs the benefits
- (2) the patient is in Clinical Stage 4
- (3) the child's condition becomes unbearable for the family
- (4) the patient's immune system becomes weakened

QUESTION 70

Sarah, a young child with an HIV infection, has a high fever. You could care for her in the following way

- (1) Remove extra clothing or dress her with wet clothes
- (2) Give her medicine, such as aspirin, to reduce her fever
- (3) Bath her in cold water for a long time
- (4) Make sure she eats nutritious foods

[70]

ARE YOUR STUDENT NUMBER, UNIQUE NUMBER AND MODULE CODE FILLED IN ON THE MARK READING SHEET?

PART 1 (GENERAL/ALGEMEEN) DEEL 1

STUDY UNIT (e.g. PSY100-X)
STUDIE EENHEID (bv. PSY100-X)

INITIALS AND SURNAME
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
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For use by examination invigilator
Vir gebruik deur eksamenopsiener

IMPORTANT

- 1 USE ONLY AN HB PENCIL TO COMPLETE THIS SHEET
- 2 MARK LIKE THIS 
- 3 CHECK THAT YOUR INITIALS AND SURNAME HAS BEEN FILLED IN CORRECTLY
- 4 ENTER YOUR STUDENT NUMBER FROM LEFT TO RIGHT
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- 6 CHECK THAT THE UNIQUE NUMBER HAS BEEN FILLED IN CORRECTLY
- 7 CHECK THAT ONLY ONE ANSWER PER QUESTION HAS BEEN MARKED
- 8 DO NOT FOLD

BELANGRIK

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PART 2 (ANSWERS/ANTWOORDE) DEEL 2

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Specimen only

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Your mark reading sheet is marked by computer and should therefore be filled in thoroughly and correctly

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PLEASE DO NOT FOLD OR DAMAGE YOUR MARK READING SHEET

Consult the illustration of a mark reading sheet on the reverse of this page and follow the instructions step by step when working on your sheet

Instruction numbers ① to ⑩ refer to spaces on your mark reading sheet which you should fill in as follows

- ① Write your paper code in these eight squares, for instance

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- ② The paper number pertains only to first-level courses consisting of two papers

WRITE

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 for the second. If only one paper, then leave blank

- ③ Fill in your initials and surname
- ④ Fill in the date of the examination
- ⑤ Fill in the name of the examination centre
- ⑥ WRITE the digits of your student number HORIZONTALLY (from left to right). Begin by filling in the first digit of your student number in the first square on the left, then fill in the other digits, each one in a separate square
- ⑦ In each vertical column mark the digit that corresponds to the digit in your student number as follows [-]
- ⑧ WRITE your unique paper number HORIZONTALLY
NB Your unique paper number appears at the top of your examination paper and consists only of digits (e.g. 403326)
- ⑨ In each vertical column mark the digit that corresponds to the digit number in your unique paper number as follows [-]
- ⑩ Question numbers 1 to 140 indicate corresponding question numbers in your examination paper. The five spaces with digits 1 to 5 next to each question number indicate an alternative answer to each question. The spaces of which the number correspond to the answer you have chosen for each question and should be marked as follows [-]

◆ For official use by the invigilator. Do not fill in any information here