

PYC2605 (499170)
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HIV/AIDS CARE AND COUNSELLING

Duration 2 Hours

70 Marks

EXAMINERS

FIRST

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Closed book examination

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This paper consists of 21 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!

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

When was the HI virus first isolated by scientists?

- (1) 1953
- (2) 1973
- (3) 1983
- (4) 1992

QUESTION 2

Choose the MOST CORRECT and most COMPLETE answer to complete the following sentence
Aids is called an 'acquired' disease because it is

- (1) caused by an organism that enters the body from outside
- (2) caused by an organism that enters the body from outside, and is therefore primarily acquired by malnourished people living in poor conditions
- (3) acquired and not genetically inherited, and therefore a person can do nothing to prevent it
- (4) acquired and not genetically inherited, and is caused by an organism that enters the body from outside

QUESTION 3

Two viruses are associated with Aids, namely HIV-1 and HIV-2. The difference between the two viruses is

- (1) HIV-1 progresses faster to final stage Aids than HIV-2
- (2) HIV-1 infections have a longer latency period than HIV-2 before the disease develops
- (3) HIV-2 is more pathogenic than HIV-1
- (4) HIV-1 has lower viral counts than HIV-2

QUESTION 4

When a person is newly infected with HIV, his or her immune system responds with phagocytes which, as a group, have the following general function

- (1) They manufacture antibodies which attach themselves to the viral proteins in an unsuccessful attempt to protect the immune system against the virus
- (2) They are the 'lookout guards' of the immune system who first of all need to identify any pathogen as a potentially damaging agent before they try to kill it
- (3) They are the 'spies' or the regulatory cells of the immune system, and they stimulate the rest of the immune response to act against the virus
- (4) They are antigen-presenting cells, and they present the foreign HIV antigens in the person's body to the immune system so that the immune system acts against the virus

QUESTION 5

What feature of the HI virus makes it so effective and so difficult for the immune system to kill?

- (1) Although it is a very fragile virus, it has the ability to survive harsh conditions and environments
- (2) The important defensive cells of the human immune system (i.e. the CD4+T cells) have no way of defending themselves against the HI virus
- (3) The fact that the HI virus reproduces inside the human body
- (4) The reproduction rate of the virus takes place in latent memory cells which makes it difficult for the immune system to detect

QUESTION 6

The immune system recognises a foreign pathogen by its unique proteins, called

- (1) antibodies
- (2) antigens
- (3) organelles
- (4) genes

QUESTION 7

What role does antibodies play in the immune response to foreign pathogens?

- (1) They attach themselves to the outermost antigens of the pathogen and act as a shield between the pathogen and the host cell
- (2) They generate antigens to present to the CD4+T cells so that the CD4+T cells can organise a proper immune response against the pathogens
- (3) In collaboration with the killer T cells, they directly attack and kill pathogens
- (4) They attach themselves to the outermost antigens of the pathogens to accelerate the movement of the pathogens, which makes them easy victims for the phagocytes to ingest

QUESTION 8

Rebecca is a young HIV positive woman, who gave birth to a baby whom she breastfed. When the baby was one year old, it was established that it was also HIV positive. How did Rebecca's baby probably get infected?

- (1) Rebecca's baby definitely got infected during pregnancy, because the virus can pass through the placenta from the mother to the baby
- (2) Rebecca's baby definitely got infected during childbirth because there is always blood involved in childbirth
- (3) The baby definitely got infected through breastfeeding
- (4) It is difficult to say how Rebecca's baby got infected, because it could have been during pregnancy, during childbirth or through breastfeeding

QUESTION 9

Mlungisi is a young teenage boy and considers going to an initiation school to be circumcised. He wants to do it as it is part of his culture, and he strongly believes that young people should respect the culture of their parents. What would you advise him?

- (1) Do not go! Traditional circumcision is a dangerous practice and always leads to HIV infection. Hundreds of boys die every year.
- (2) Mlungisi's wish to be circumcised for cultural reasons should be respected, as long as he makes sure that it is done by a reputable person who uses sterile blades, or, alternatively he should take his own sterile blade with him.
- (3) Research findings are very controversial and there is no proof yet that circumcision might prevent HIV infection. It would be better for Mlungisi to wait until there is more proof that circumcision definitely prevents HIV infection.
- (4) It is not the counsellor's place to give Mlungisi any advice about cultural issues. If he wants to go the circumcision is a matter between him and the traditional healer only.

QUESTION 10

Why do injecting drug users have a high risk of contracting HIV?

- (1) Drugs - especially street drugs - are often accidentally contaminated and infected with the HI virus during the manufacturing process.
- (2) Drug users often share needles which contain minute quantities of blood from the previous user.
- (3) Drug users always resort to prostitution to pay for their drugs and thus become infected by the HI virus.
- (4) Drug users often need blood transfusions to cleanse their systems of accumulated drugs.

QUESTION 11

The use of condoms is an example of intervention to prevent HIV infection

- (1) structural
- (2) biomedical
- (3) behavioural
- (4) political

QUESTION 12

Why do many doctors in Africa believe that controlling STIs (sexually transmitted infections) could play a key role in combating HIV?

- (1) Medication for STIs is also effective in lowering the viral load in HIV positive people
- (2) The presence of STIs makes the transmission of HIV easier – so if we control STIs we also combat HIV
- (3) People who have previously had an STI will be more careful, in the future, not to contract HIV
- (4) People are more willing to admit that they have an STI than to disclose their HIV status

QUESTION 13

Being HIV positive, Karel is most infectious to his sex partners in the final phase of Aids, as well as in the

- (1) primary stage when sero-conversion has taken place
- (2) asymptomatic latent stage
- (3) minor symptomatic stage
- (4) secondary infection stage

QUESTION 14

The minor symptomatic stage of HIV disease

- (1) is the third stage of HIV infection
- (2) is characterised by persistent hairy leucoplakia, cough and reactivated tuberculosis
- (3) is usually associated with a CD4+T cell count between 350 and 499 cells/mm³
- (4) is the ideal time to start treating the patient with ARVs

QUESTION 15

One usually only says that a patient has Aids when

- (1) sero-conversion has taken place and the person tests HIV positive
- (2) the person has passed the asymptomatic latent phase and has started showing symptoms of HIV disease
- (3) certain key opportunistic infections, such as swelling of the lymph nodes, become evident
- (4) the symptoms of HIV disease become more severe and acute and more persistent and untreatable conditions begin to manifest themselves

QUESTION 16

Which important sexually transmitted infection cannot be treated by antibiotics because it is caused by a virus?

- (1) Gonorrhoea
- (2) Syphilis
- (3) Acute Pelvic Inflammatory Disease (PID)
- (4) Genital herpes (herpes simplex)

QUESTION 17

Susan is HIV positive and she is worried about the HIV status of her six-month old baby. She took her baby to the hospital to be tested for HIV, but the nurse said that the baby is 'too young to be tested' with the Rapid HIV antibody test that they use at the hospital. What did the nurse mean?

- (1) The Rapid HIV antibody test is a very painful test and it is traumatic to do the test on a baby younger than 18 months of age
- (2) During pregnancy the mother's antibodies are transferred to the baby through the placenta and it is therefore not possible before the baby is approximately 18 months old to establish if the HIV antibodies in the baby's blood are those of the baby or of the mother
- (3) The hospital uses only Rapid HIV antibody tests, and babies younger than 18 months old should only be tested with the ELISA test to give reliable results and to make sure that the antibodies are indeed those of the baby and not of the mother
- (4) A baby's immune system does not function properly before the baby is at least 18 months old and a baby does not, therefore, have the ability to produce HIV antibodies before he or she is older

QUESTION 18

If you were a health care worker in a remote rural clinic where only Rapid HIV antibody tests are available, which procedures would you follow to eliminate possible false negative or false positive test results?

- (a) Making sure that the tests are used correctly
- (b) Always using the tests within two weeks of receiving them
- (c) Confirming all positive results with a second Rapid test from the same batch of tests
- (d) Confirming all positive results with a second Rapid test from a different batch of tests

The correct answer is

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

QUESTION 19

The HIV PCR technique can be used as a qualitative or a quantitative test for either diagnostic or post-diagnostic purposes. A qualitative PCR test is used

- (1) to diagnose an individual as HIV positive or negative
- (2) for treatment purposes after diagnosis of the HIV infection
- (3) to measure the amount of viruses in a person's blood after diagnosis
- (4) to establish the health of the immune system

QUESTION 20

HIV-exposed but uninfected breastfed babies must receive a/an (a) test (b) after breastfeeding is stopped

- (1) (a) HIV DNA PCR (b) six weeks
- (2) (a) proviral DNA (b) immediately
- (3) (a) rapid HIV-antibody (b) six weeks
- (4) (a) ELISA (b) three months

QUESTION 21

Which one of the following statements about anti-retroviral therapy (ART) is true?

- (1) The general aim of anti-retroviral therapy is to reduce the HI viral load in the blood as much as possible for as long as possible
- (2) Although anti-retroviral therapy kills all the HIV viruses in the blood, people can get very sick from the side-effects of the medication
- (3) One of the advantages of anti-retroviral therapy is that a person can stop taking the medication as soon as the HIV viral load drops and the CD4+T cell count increases
- (4) One of the disadvantages of anti-retroviral therapy is that it can only be started when a patient has reached a CD4+T cell count of 350 or less

QUESTION 22

Anti-retroviral therapy is, in some cases, so effective that the viral load becomes undetectable in a person's blood. This means that

- (1) the person tests HIV negative, an indication that the virus has been completely eliminated from the body
- (2) the virus is still present in the blood, but at such low levels that the tests are not sensitive enough to detect its presence
- (3) the virus has become dormant and the viral load became undetectable
- (4) the virus has been completely eliminated from the blood, but is still active in the other cells of the body

QUESTION 23

In order to manage HIV infection, it is important for the clinician to monitor the individual's CD4+T cell count, as well as the viral load in his or her blood, on an ongoing basis. A viral load test (RNA PCR) is important to

- (a) assess the severity of the HIV infection
- (b) evaluate the status of the immune system
- (c) measure the client's response to anti-retroviral medication
- (d) prevent or treat opportunistic infections; prescribe relevant anti-retroviral medication

The correct answer is

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

QUESTION 24

The anti-retroviral class, Reverse Transcriptase Inhibitors, disturb the life cycle of the HI virus by interfering with the (a) enzyme. Interference with this enzyme (b)

- (1) (a) protease, (b) prevents the virus from changing its RNA into proviral DNA
- (2) (a) reverse transcriptase, (b) prevents the virus from changing its RNA into proviral DNA
- (3) (a) protease, (b) prevents the formation and release of new HI viruses from the infected cells
- (4) (a) integrase, (b) prevents the formation and release of new HI viruses from the infected cells

QUESTION 25

Read the following statement and assess if the statement is **false** or **true** 'If there is a need to discontinue antiretroviral therapy, all antiretroviral medications must be stopped together'

- (1) The statement is true If only one drug is stopped, drug-resistance can develop
- (2) The statement is false If all the ARVs are stopped together, the viral load will increase and the patient will die
- (3) The statement is true If all drugs are stopped together, all side-effects will immediately disappear and the patient will feel better
- (4) The statement is false Only the drug that causes the problem must be discontinued

QUESTION 26

Susan always asks her customers to use condoms, but she usually gives in to their wishes not to use them When an Aids educator asks her about this, she says 'The customer is always right, and I am a very shy and weak woman I do not have the guts or the ability to convince men to use condoms if they do not want to use them Anyway, I can't help what is happening to me' According to theories of behaviour change, Susan has a

- (1) low self-efficacy and an external locus of control
- (2) low self-efficacy and an internal locus of control
- (3) high self-efficacy and an external locus of control
- (4) high self-efficacy and an internal locus of control

QUESTION 27

Which one of the following situations is a barrier towards change as a determinant of behaviour change?

- (1) Sarah is shy and finds it difficult to ask people to change behaviour placing her at risk
- (2) Mpho likes to please his friends and to do things they approve of
- (3) Peter believes that he can change any behaviour he desires to change
- (4) Anna has always believed that her ancestors control her health and happiness

QUESTION 28

Before a person's behaviour can be changed, it is important to establish if this specific behaviour is under attitudinal control or under normative control Normative control means that

- (1) the person's positive or negative attitude towards the specific behaviour will determine whether or not the person changes his or her behaviour
- (2) a person's beliefs in his or her own control over the health and life of loved ones, will determine whether or not the person will change his or her behaviour
- (3) the beliefs and attitudes of a person's friends will determine whether the person changes his or her behaviour
- (4) the person's subjective feelings about the desired behaviour, its consequences, obstacles and rewards will determine whether the person changes his or her behaviour

QUESTION 29

According to the theory of gender and power which one of the following interventions could reduce the HIV risk of disempowered women?

- (1) Asking the partners on behalf of these women to start using condoms
- (2) Teaching these women the negative effects HIV infection could have on their lives
- (3) Advising disempowered women on how to manage their relationships
- (4) Enforcing legal policies prohibiting violence against women

QUESTION 30

According to the theories of reasoned action and planned behaviour, people are defined as reasonable beings who systematically process and use all information available to them when they plan their behaviour. The implication of these theories for behaviour change is that

- (1) people should be trusted to plan and change their own cognitive processes and behaviour without outside interference
- (2) people can only reason about their planned behaviour change if they have the means to change their behaviour. In the HIV context, this means that condoms should always be available
- (3) information and knowledge are enough to enable people to change their behaviour, as long as they systematically plan their new behaviour
- (4) people's intentions, beliefs, attitudes, subjective norms and self-efficacy should be taken into account before their behaviour can be changed

QUESTION 31

There are many teaching methods or strategies that can promote learning. One of the advantages of role play is that

- (1) it develops feelings of group safety because it is a relaxing exercise
- (2) learners find it beneficial to practise new learning by acting in or observing simulated exercises
- (3) it is empowering for learners if the facilitator builds on their successes by strictly structuring the role play
- (4) it forces silent members to play the lead roles in role-play exercises, because then they do not have to be themselves

QUESTION 32

A negative attitude to members of a group, based solely on their membership of that group, is called

- (1) a stereotype
- (2) prejudice
- (3) a misconception
- (4) discrimination

QUESTION 33

By using latex condoms people can protect themselves from HIV infection. Which of the following practices, however, make the usage of the male condom more risky?

- (a) The usage of oil-based lubricants such as Vaseline with the condom
- (b) The usage of water-based lubricants with latex condoms
- (c) Not squeezing out the air in the nipple of the condom when putting on the condom
- (d) Unrolling the condom only halfway down the penis

The correct answer is

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

QUESTION 34

Which of the following statements about the risk of anilingus or oral-anal sex are true?

- (a) Anilingus carries a very high risk of infection with the hepatitis-B and the herpes simplex viruses
- (b) Anilingus carries a very high risk of HIV infection
- (c) Anilingus carries a high risk of infection from all sorts of parasites
- (d) Anilingus does not carry a high risk of HIV infection unless there is blood present

The correct answer is

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

QUESTION 35

According to the traditional African worldview, ancestors form a very important and intrinsic part of the daily lives of traditional Africans. Ancestors are seen as

- (1) vindictive spirits with only one purpose to punish their people with illness and death if they misbehave
- (2) supreme beings who have withdrawn themselves from human beings
- (3) benevolent spirits who preserve the honour and the traditions of the tribe
- (4) good but powerless beings who cannot protect their people against evil and destructive forces

QUESTION 36

The collective existence of traditional Africans should be kept in mind by Aids educators when they work in Africa. What is meant by the concept 'collective existence'?

- (1) Collective existence is based on the unity of the person with his or her community, with the emphasis on the self
- (2) Collective existence is based on principles such as the interest of the group, independence and individualism
- (3) Collective existence is based on values such as the interests of the group, survival of the community and total control and power over nature
- (4) Collective existence is based on the notion that the traditional African cannot exist alone and that his or her identity is totally embedded in the community or tribe

QUESTION 37

John went to the traditional healer, and complained about feeling dizzy and sick every time he has sex with his girlfriend when she is menstruating. According to the traditional African worldview as discussed in your prescribed book, the traditional healer would diagnose the sickness as caused by (a) _____, and he would probably prescribe the following treatment (b) _____

- (1) (a) a witch, (b) John must find out who has something against him or his girlfriend
- (2) (a) God, (b) John should ask forgiveness for his sins and marry his girlfriend
- (3) (a) pollution, (b) John should cleanse himself by performing a cleansing ritual
- (4) (a) a germ, (b) John should not have sex with his girlfriend while she is menstruating

QUESTION 38

Language barriers between counsellors and clients often pose problems, especially in South Africa with its 11 official languages. A counsellor at a rural clinic uses an interpreter when she interviews an elderly woman. The woman is not happy with the experience. Which of the following actions on the part of the counsellor do you think can lead to an unhappy client?

- (a) The counsellor used a young child as an interpreter
- (b) The counsellor asked only one question at a time, which was time consuming
- (c) The counsellor never looked at the woman but concentrated only on what the interpreter said
- (d) The counsellor interrupted the woman when her answer was too long

The correct answer is

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

QUESTION 39

A hindrance to effective listening that counsellors should be aware of is inadequate listening, for example

- (1) thinking with prejudice about your client
- (2) mentally rehearsing your response to the client
- (3) thinking about a possible reply to the client
- (4) judging and labelling your client

QUESTION 40

Counsellors working in the Aids field often feel the need to 'rescue' their clients by taking responsibility for them. Which statement about rescuing is true?

- (1) To try and rescue a client is often the counsellor's selfish need to feel important, or need to feel that he or she is needed by somebody else
- (2) It is usually not a good thing to try and rescue your clients, but we need to make an exception in the case of Aids, because the Aids client often has nobody on their side but the counsellor
- (3) When a counsellor shows the need to rescue his or her client, the counsellor shows confidence in the client's ability to take responsibility for himself or herself
- (4) Rescuing implicitly communicates deep respect for the client's ability to cope, and also a caring attitude on the part of the counsellor

QUESTION 41

A counsellor responds as follows to her client 'Do I understand correctly? Are you saying that you contemplated suicide after you received your HIV test results?' Which communication skill is the counsellor using?

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

QUESTION 42

From the counsellor's responses provided below, select the most empathic response to the following reaction from Khumo, one of your HIV positive clients '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.'

- (1) You feel discouraged and ready to give up because things aren't working out for you
- (2) Your whole life is a mess and you feel suicidal
- (3) Do I understand you correctly if I say that you are feeling very discouraged because things aren't working out for you?
- (4) Am I correct in saying that you are feeling very unhappy right now?

QUESTION 43

Active listening is not an easy skill to acquire and counsellors should be aware of hindrances to effective listening. Which one of the following thoughts is an example of labels as filter?

- (1) That woman with Aids has a sad story
- (2) I will respond that I understand that she feels hurt
- (3) I wonder what I should make for supper tonight?
- (4) What she is saying now is right. Her previous understanding was wrong

QUESTION 44

Your client tells you during a session that he is furious because his partner did not tell him that she was HIV positive. You reply by saying 'You feel angry because she did not tell you, but perhaps you also feel a bit hurt?' This is an example of advanced empathy, because you

- (1) highlighted the explicit message hiding behind your client's covert (implicit) message
- (2) did not become distracted by what your client was actually trying to say, and still managed to provide your own interpretation
- (3) really 'stepped into the shoes of your client' and tried to understand the client's world as he or she experienced it
- (4) brought to the fore something your client was only half hinting at, namely the feeling of hurt

QUESTION 45

Thandiwe was tested for HIV when she was hospitalised for the birth of her baby. The doctor gave her the following form to fill in: 'I, the undersigned, agree to the drawing of a blood specimen to be tested for the presence of blood transmissible pathogens.' Is the use of this form legal or illegal?

- (1) The form is legal. Thandiwe gave permission for her blood to be drawn and tested for HIV, because HIV is a blood transmissible pathogen.
- (2) The form is illegal. Thandiwe gave her permission for a blood test to be done, but she did not know that it was an HIV test, and nobody explained the consequences of the test to her.
- (3) The form is legal. Thandiwe was a hospital patient and hospital patients know that they can be tested for HIV on admission.
- (4) The form is illegal. Thandiwe gave permission for an HIV test to be done, but the form does not explicitly state that pre-HIV test counselling was done.

QUESTION 46

The health care worker in a tuberculosis clinic suggests that a client go for an HIV test. She should explain the following to the client beforehand:

- (a) The reasons for requesting the test
- (b) That the test is in the interest of treatment
- (c) That testing for HIV is compulsory owing to the TB-HIV co-infection problem in Africa
- (d) That testing is voluntary and the client has the right to choose not to be tested

The correct answer is

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

QUESTION 47

To tell a client that he or she is HIV positive is one of the most difficult things that a counsellor can do. Although there are no hard and fast rules when sharing the news, which of the following issues below is important?

- (1) Never give the positive results to a client if he or she is alone. Always call a family member or friend to be with the client when the results are given.
- (2) Tell the client as soon as he or she enters your office that you have very bad news and that he or she had better sit down. Give the bad news as soon as the client is seated comfortably.
- (3) It helps people a lot to cope and take their mind off things if they are inundated with new information. So give the client as much information as possible after you have given him or her the bad news.
- (4) Be there for your client and respond to his/her needs. Let the client's lead your counselling after you gave him or her the positive HIV test result.

QUESTION 48

The clinic in Thandiwe's town encourages people to go for HIV counselling and testing (or HCT) and to disclose their status. What are the advantages of disclosing one's HIV status?

- (a) It always reduces the stigma, discrimination and denial that surround HIV and Aids
- (b) It helps other people to make the road to full disclosure – the ultimate purpose of HCT – more easily
- (c) It gives people access to much needed medical and counselling services
- (d) It can help the HIV positive person to reduce the stress of coping on his or her own

The correct answer is

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

QUESTION 49

What does it mean when we say that disclosing to a child that he or she is HIV positive is 'a process and not an event'?

- (a) You do not have to tell the child everything at once
- (b) The child's age and development stage must be kept in mind
- (c) Assuring the child that the virus is not contagious and that his or her friends will not get it
- (d) Not making a special event out of the disclosure process – taking the child to a comfortable place such as a park or a garden

The correct answer is

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

QUESTION 50

Important symptoms of depression that health care professionals should look out for in their patients or clients are

- (1) anger, denial and hyperactivity
- (2) a radical change in the individual's previous level of functioning that lasts at least one or two days at a time
- (3) increasing activity and negative behaviour
- (4) continuous feelings of sadness and apathy, loss of motivation and interest, and sleep and appetite disturbances

QUESTION 51

Which of the following clients experienced an adjustment disorder?

- (1) Sue's father died unexpectedly. She experienced excessive distress and she could not function properly 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 had nightmares and could think of nothing else except 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 52

Sean is an eight year old boy whose mother recently died of Aids. Sean never cries about his mother and he goes on with his life like before. He told his father that he sees his mother in the kitchen all the time, and that he hears her voice. Sean's father often hears him speaking to his mother. According to the Kubler-Ross stages of bereavement Sean is in the stage of

- (1) bargaining
- (2) acceptance
- (3) denial
- (4) depression

QUESTION 53

Terry, whose partner died from an Aids related illness, shows signs of withdrawing her emotional energy when she

- (1) accepts that her partner was the love of her life and that she will never love anyone else in the same way again.
- (2) is able to accept her 'death-in-life', in that, while she may not be physically dead, the loss has resulted in her own emotional and spiritual death.
- (3) starts to build new friendships and redefine existing relationships.
- (4) is able to reckon with the devastating reality that her life has prematurely stopped.

QUESTION 54

Which of the following statements about the counsellor's own grief is the most accurate?

- (1) Counsellors in the Aids field who have lost their own loved ones to the epidemic are less likely to experience pain when witnessing their client's grief, because they would have worked through the mourning process themselves.
- (2) Only those who have not been exposed to the loss of a loved one should provide bereavement counselling.
- (3) By counselling the HIV infected person and his/her significant others, counsellors become more aware of their own losses because they are regularly confronted with others' losses.
- (4) Counsellors who become anxious and stressed as a result of bereavement counselling should retire from practice in order to prevent further emotional burnout.

QUESTION 55

What behaviour should be seen as complicated grief?

- (1) Denying yourself the opportunity of experiencing the pain of loss
- (2) Debilitating depression lasting much longer than three months and the acute part of the bereavement process stretches over a period longer than a year
- (3) Keeping as busy as possible by travelling, socialising or working long hours so that you do not have time to think about your loss
- (4) Denying the importance of this life/ with an overemphasis on the life hereafter

QUESTION 56

A nurse said the following about her HIV and Aids work 'I am so overwhelmed by Aids. It traumatises me. Every time I get sick, I suspect that I have Aids. I am worried the whole time because I see in myself the same symptoms my patients have. I have become obsessed. I also do not trust my teenage children and this causes a lot of problems at home. I cannot forget my poor patients.' This example is an indication that the nurse experiences _____ which can lead to burnout if she doesn't get help

- (1) grief and bereavement overload
- (2) secondary stigma
- (3) over-identification with her patients
- (4) role expansion and lack of skills

QUESTION 57

Which one of the following nurses experiences over-involvement and over-identification with her patients?

- (1) Nurse A cannot 'get the patients out of her head'. She thinks of them all night at home and she cries about their problems
- (2) Nurse B is very caring towards her patients but when she goes home she completely forgets about them till the next day
- (3) Nurse C is profoundly touched by the negative effects of stigmatisation on her patients' lives but also by the secondary stigmatisation on her own life
- (4) Nurse D is overwhelmed by the Aids statistics and she wonders how the country will cope with the Aids crisis in the future

QUESTION 58

Dudu informed her employers that she has Aids and they took steps to lighten her workload. Her condition, however, worsened and for the last couple of months she has only been able to work for four days in a month. Her employers have decided to terminate her employment. Were they legally permitted to dismiss Dudu and on what grounds?

- (1) Yes. Dudu was no longer able to do her work and the law recognises permanent incapacity as a ground for termination of employment
- (2) No. It is unfair labour practice and thus unlawful to dismiss an employee on the basis of her HIV status
- (3) Yes. Dudu was no longer qualified to do the job that she was appointed to do in the first place
- (4) No. The law required employers to make reasonable accommodation for employees with Aids and they should have done more to accommodate her

QUESTION 59

When may a woman who is 18 weeks pregnant have her pregnancy terminated?

- (1) Never, because it is already too late and will pose a serious risk to the mother and her baby
- (2) Whenever she wishes to do so, and she does not have to give a reason why she needs to terminate her pregnancy
- (3) If she was raped
- (4) If she is estranged from the father of the child

QUESTION 60

According to the law, an HIV test may not be done without a person's informed consent. What does this mean?

- (a) The client must understand the purpose and the nature of the test
- (b) The client must understand the possible implications of the test
- (c) The client must give his or her consent for the test to be done, preferably in writing
- (d) The client must inform his or her partner, friends and family that he or she is going for an HIV test

The correct answer is

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

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 18 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 Thandiwe's children's school the education programme pays a lot of attention to what children need to know (e.g. how their bodies work, problems they may experience and how to prevent HIV infection) as well as assertiveness skills (e.g. how to say 'no' and how to resist sexual abusers). What important building block for successful Aids education is missing from this programme?

- (1) A holistic skills development programme
- (2) Sex education and giving explicit details about condom usage to children of all ages
- (3) Dealing with attitudes and values (e.g. positive self-esteem)
- (4) How to deal effectively with peer group pressure

QUESTION 62

Adolescents often adhere to the idea of a 'personal fable'. What does this mean in the HIV and Aids context?

- (1) That adolescents do not yet fully grasp the concept that all behaviour has consequences. It is therefore difficult for HIV and Aids educators to convince them that their sexual activities may have serious consequences.
- (2) That adolescents will often believe that HIV is a fable which was invented by adults to prevent them from experimenting with sex.
- (3) That adolescents are prone towards emphasising the fabulous and hence perceive the spread of HIV not merely in physical terms but essentially in a fatalistic way – they can do nothing to prevent infection.
- (4) That adolescents, while fully able to grasp cause and effect, nonetheless may firmly believe that they are personally exempted from the consequences of high risk behaviour.

QUESTION 63

Your school principal wants to implement a new HIV and Aids and life skills educational programme. What requirements and standards does the principal have to comply with in order for the programme to be successful?

- (1) Aids education should preferably be presented in isolation, in a special HIV and Aids period.
- (2) Aids education should preferably be presented by an outsider (not one of the known teachers).
- (3) Aids education should always be presented as part of religious instruction.
- (4) Aids information should preferably be integrated into the existing school curriculum.

QUESTION 64

What is meant by the term 'reversed' prejudice in children in the intermediate school phase (grades 4 to 6), with regard to Aids?

- (1) When children become opposed to society's prejudices and refuse to accept them.
- (2) When children label other people as HIV positive on the basis of attributes which they personally dislike (e.g. when another child is dirty, fat or has a disagreeable personality).
- (3) When children feel that other children discriminate against them because of some imaginary attribute.
- (4) When children become jealous of those children who are HIV positive, because they receive more attention, albeit sometimes negative attention.

QUESTION 65

In which school phase are children especially prone to the acquisition of myths (e.g. about Aids)?

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

QUESTION 66

Which one of the following statements is true in terms of the child in the intermediate phases' (grades 4-6) perception of the causes, effect and prevention of illness?

- (1) They are too young to have formed any perceptions of illness and can therefore not distinguish between cause, effect and prevention
- (2) They understand the difference between internal and external symptoms, but they find it difficult to distinguish between cause of illness and prevention
- (3) They can distinguish between the causes and symptoms of disease, but they find it difficult to conceptualise prevention
- (4) They are old enough to distinguish between the cause and effect of illness, and they have a good understanding of prevention

QUESTION 67

What are the implications for Aids counsellors when dealing with secularised HIV infected clients?

- (1) Counsellors should try to win their clients over to their own religious views
- (2) They should recognise the fact that their clients will not necessarily blame God or a higher agent for their illness
- (3) They should deal more extensively with the possible role of black magic in the client's infection
- (4) They should refrain from any kind of spiritual counselling because secularised people do not have any spiritual needs

QUESTION 68

Coming to terms with death is an important aspect of spiritual counselling with HIV positive people. There are, however, two extreme views regarding life after death. They are a) A total denial of life after death, b) Despising earthly life and yearning only for the life hereafter. How do you think a spiritual counsellor should deal with these two extremes?

- (1) Disregard the life hereafter to a large extent because people need to live their lives to the fullest
- (2) Promote a balanced view, emphasising the importance of both this life and the life hereafter, even when the client does not accept the existence of a life hereafter
- (3) Emphasise the life hereafter, because it will give HIV positive people hope
- (4) Promote a balanced view, emphasising the importance of both this life and the life hereafter only when the client accepts the existence of a life hereafter

QUESTION 69

The Convention on the Rights of the Child is a legal document that sets minimum acceptable standards for the well-being of all children. Which basic right of a street child is violated when the child is deprived of shelter and primary healthcare?

- (1) Survival
- (2) Protection
- (3) Development
- (4) Participation

QUESTION 70

Max-Neef et al (1991) identified five different types of satisfiers that satisfy human needs. They termed the satisfier that satisfies a given need and stimulates and contributes to the fulfillment of other needs a/an (a) . An example of this type of satisfier is (b)

- (1) (a) pseudo-satisfier, (b) a refugee camp for displaced children
- (2) (a) synergistic satisfier, (b) effective education
- (3) (a) singular satisfier, (b) preventive medicine
- (4) (a) inhibitor, (b) the indiscriminate distribution of food to poor children

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

The prevention of constipation in an HIV positive person should involve the following measures

- (a) The intake of fluids, such as water and fruit juices, as well as an increase in fresh fruits and vegetables
- (b) The intake of a low-fibre diet, rich in nutrients, should be increased if tolerated well by the patient
- (c) Certain medications that can cause constipation (e.g. codeine) should be avoided
- (d) The patient should be encouraged to exercise

The correct answer is

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

QUESTION 62

Some people in the later stages of Aids may experience continuous pain. One of the conditions that can cause pain is peripheral neuropathy. What is peripheral neuropathy?

- (1) It is a viral infection that is caused by the same virus that causes chicken pox. It affects nerve cells and it is extremely painful.
- (2) It is a bacterial skin infection which causes a peripheral skin rash, as well as tiny blisters on the limbs.
- (3) It is a mental condition that was previously referred to as Aids dementia. It is characterised by symptoms such as severe headaches and seizures.
- (4) It is an infection that is caused by the HI virus attacking nerve cells. It causes extreme pain in the lower extremities.

QUESTION 63

Why are Aids patients prone to falling, and what would you do to limit the risk of falling?
(Choose the most correct answer)

- (1) Severe diarrhoea often leads to falling accidents in Aids patients. Patients should be persuaded not to walk to the toilet, but rather to stay in the toilet until the diarrhoea is over
- (2) Sedation (e.g. pain medicine) often leads to falling accidents in Aids patients. Catheterise the patient so that he or she does not have to walk to the toilet
- (3) Aids patients are often prone to falling due to mental confusion. Use signs to orient mentally confused patients to their surroundings
- (4) Aids patients are often prone to falling due to hypotension or low blood pressure. Assist the patient when he/she wants to get out of the bed, or out of a chair

QUESTION 64

The purpose of palliative care is to

- (a) affirm life while regarding dying as a normal process
- (b) make treatment choices for the patient and family
- (c) provide relief from pain and other distressing symptoms
- (d) integrate the psychological and the spiritual aspects of care

The correct answer is

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

QUESTION 65

Aids can often make a person feel very tired and weak due to problems such as diarrhoea, anaemia, poor nutrition and depression. When should a home-based caregiver, who cares for a patient who experiences general fatigue and weakness, seek professional help?

- (a) If the patient suddenly becomes very weak and cannot walk anymore
- (b) If the patient develops a high fever
- (c) If the patient is confused
- (d) If the patient complains of a headache

The correct answer is

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

QUESTION 66

What advice would you give a home-based caregiver on how to care for a patient with shingles to alleviate the symptoms?

- (1) Relief pain with aspirin or paracetamol and put the patient on bed rest
- (2) If the sores are infected, red or full of puss, apply heat packs on the skin
- (3) Bathe the sores with clean water 3 times a day and apply calamine lotion twice a day
- (4) Give the patient lots of fluids to drink to keep the patient and the skin hydrated

QUESTION 67

Complete the following sentence. Precautions should be taken during vaginal or caesarean deliveries to decrease the chances of transmission of HIV

- (a) while performing internal vaginal examinations on the mother
- (b) when cutting the umbilical cord
- (c) when suturing episiotomies
- (d) while handling the baby until all amnion fluid has been removed

The correct answer is

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

QUESTION 68

You are working in a rural area where there is a critical water shortage. What advice would you give your colleagues in terms of washing their hands?

- (1) Pour water in a basin or container and use the same water to wash and rinse your hands. Change the water at least once a day.
- (2) It is not necessary to wash your hands between patients if you treat all the patients with a healthy skin first, and give attention to those with skin lesions last.
- (3) Use a wet face cloth and wipe your hands on the cloth after contact with each patient. Wash the face cloth a few times a day and hang it on a tree.
- (4) Pour clean water in a 2 litre milk bottle with holes in the cap, and ask somebody to pour the water over your hands while you wash and rinse them.

QUESTION 69

Home-based care is often the best way to look after someone with Aids. There are, however, certain potential problems associated with community home-based care, such as

- (a) families often do not want home-based caregivers in their homes due to stigma, ignorance and superstition
- (b) patients often feel very isolated when they have to stay at home or in the bed all day
- (c) patients often show symptoms of burnout by being cared for by the same home-based caregivers day-in and day-out
- (d) many family caregivers are afraid of looking after Aids patients due to a lack of knowledge and fear that they might become infected themselves

The correct answer is

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

QUESTION 70

The following are factors to consider when selecting volunteers who are directly involved in the physical care of the patient in home-based care programmes

- (a) The ability to read and write, and to speak the language of the sick person
- (b) The ability to obtain objective distance. It is therefore preferable that the volunteer come from outside the community
- (c) The willingness to render a service to the sick person, irrespective of the volunteer's personality or abilities
- (d) A basic knowledge about caring for sick people

The correct answer is

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

[70]

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PART 1 (GENERAL/ALGEMEEN) DEEL 1

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DATE OF EXAMINATION DATUM VAN EKSAMEN		EXAMINATION CENTRE (E.G. PRETORIA) EKSAMENSENTRUM (BY PRETORIA)	
PAPER NUMBER VRAESTELNOMMER		STUDENT NUMBER STUDENTENOMMER	
UNIQUE PAPER NO. UNIEKE VRAESTEL NR			

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Vir gebruik deur eksamenopsiener

IMPORTANT

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PART 2 (ANSWERS/ANTWOORDE) DEEL 2

1	11	21	31	41	51	61	71	81	91	101	111
2	12	22	32	42	52	62	72	82	92	102	112
3	13	23	33	43	53	63	73	83	93	103	113
4	14	24	34	44	54	64	74	84	94	104	114
5	15	25	35	45	55	65	75	85	95	105	115
6	16	26	36	46	56	66	76	86	96	106	116
7	17	27	37	47	57	67	77	87	97	107	117
8	18	28	38	48	58	68	78	88	98	108	118
9	19	29	39	49	59	69	79	89	99	109	119
10	20	30	40	50	60	70	80	90	100	110	120
11	21	31	41	51	61	71	81	91	101	111	121
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13	23	33	43	53	63	73	83	93	103	113	123
14	24	34	44	54	64	74	84	94	104	114	124
15	25	35	45	55	65	75	85	95	105	115	125
16	26	36	46	56	66	76	86	96	106	116	126
17	27	37	47	57	67	77	87	97	107	117	127
18	28	38	48	58	68	78	88	98	108	118	128
19	29	39	49	59	69	79	89	99	109	119	129
20	30	40	50	60	70	80	90	100	110	120	130
21	31	41	51	61	71	81	91	101	111	121	131
22	32	42	52	62	72	82	92	102	112	122	132
23	33	43	53	63	73	83	93	103	113	123	133
24	34	44	54	64	74	84	94	104	114	124	134
25	35	45	55	65	75	85	95	105	115	125	135
26	36	46	56	66	76	86	96	106	116	126	136
27	37	47	57	67	77	87	97	107	117	127	137
28	38	48	58	68	78	88	98	108	118	128	138
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34	44	54	64	74	84	94	104	114	124	134	144
35	45	55	65	75	85	95	105	115	125	135	145

Specimen only