



**JARAMOGI OGINGA ODINGA UNIVERSITY OF SCIENCE AND TECHNOLOGY
SCHOOL OF EDUCATION, HUMANITIES AND SOCIAL SCIENCES**

**UNIVERSITY EXAMINATION FOR LEVEL 6 IN COUNSELING PSYCHOLOGY
2ND Year 1ST SEMESTER 2024/2025 ACADEMIC YEAR
MAIN REGULAR**

COURSE CODE: PSY/OS/CO/CR/06/6

COURSE TITLE: Provide Medical Conditions Counseling

EXAM VENUE:

STREAM: Counselling Psychology

DATE:

EXAM SESSION: January, 2025

TIME: 2.00 HOURS

Instructions:

This assessment requires you to demonstrate competence against unit of competency: **Provide Medical Conditions Counseling**

- i. Marks for each question are indicated in the brackets.
- ii. The paper consists of **TWO** sections: **A** and **B**.
- iii. Candidates are provided with a separate answer booklet
- iv. **DO NOT** write on this question paper
- v. Candidates must hand in their answer booklets to the invigilator while in the examination room

SECTION A [40 MARKS]

Answer all questions

1. A counselling contract is a mutual agreement between the counsellor and the client. Highlight FOUR components of a counselling contract when dealing with a client with a medical condition (4 Marks)
2. Identify any FOUR forms of unethical behaviour according to the Counsellors' code of ethics (4 Marks)
3. Violet is a medical conditions counsellor. She is feeling fatigued, overwhelmed and no longer interested in handling medical conditions issues. Her emotions are in a turmoil and she decides to go for supervision. Suggest FOUR ways that supervision will be important to Violet (4 Marks)
4. List any TWO fluids associated with HIV transmission. (2 Marks)
5. Care givers / family members can significantly impact on individuals with medical conditions progress, well-being and good health. Identify THREE roles care givers/ family members can play in the counselling process for clients with medical conditions (3 Marks)
6. Ethical principles form the foundation of ethical practice with established codes of ethics that guide counsellors in their work. Highlight FOUR key ethical principles applied in medical conditions counselling (4 Marks)
7. State the FOUR components of adherence counselling (4 Marks)
8. List any four professionals to whom you are most likely to refer clients to as a medical conditions counsellor (4 Marks)
9. Identify any THREE Psychosomatic disorders resulting from stress (3 Marks)
10. Wanyama is suffering from diabetes. His lifestyle history indicates that he consumes a lot of carbohydrates and processed sugar. He stubbornly refuses to take medication and says that he won't change his eating habits since that would be equivalent to "dying while alive". Highlight any TWO counselling techniques from any theory that you would employ to help Mambo adopt a healthier lifestyle (2 Marks)
11. Explain any THREE multicultural issues considered in medical conditions counselling (3 Marks)

12. Medical conditions counselling can be emotionally overwhelming for a counsellor. seeking Supervision is one way in which a counsellor can maintain their vitality. Briefly explain any THREE other ways for keeping vitality (3 Marks)

SECTION B (60 MARKS)

Answer Any THREE Questions in This Section

13. You have recently secured employment at a hospital. They have requested you to psycho-educate a group of elderly people on the medical conditions that they are most vulnerable to based on their age. Identify and discuss any FOUR. (20 Marks)
14. Rehema is 25 years old. She has been in hospital for the past 2 months due to Kidney failure. Her Condition however, keeps deteriorating; because she was already suffering from diabetes. The doctors say they have done all they could for her.
- a) Discuss any FIVE reactions that you would expect from Rehema on hearing the doctor's report (10 Marks)
 - b) Explain any FIVE techniques you would use to address the issues that are likely to emerge (10 Marks)
15. Oscar a medical conditions counsellor has been working in the cancer ward.
- a) Explain FIVE ways skilled counsellors' can work with a palliative care client (10 Marks)
 - b) Discuss FIVE benefits of supportive counselling for cancer clients (10 Marks)
16. Njagi is a director of one of the well performing parastatals in the country. He has been doing well but recently was diagnosed with hypertension, the diagnosis has overwhelmed him with worry, sleep disturbance and lack of appetite for the past one month.
- a) Explain FOUR strategies you will use for rapport building with Njagi (4 Marks)
 - b) Explain FOUR counselling skills you will apply (4 Marks)
 - c) Discuss any TWO theories you will anchor your counselling (4 Marks)
 - d) Explain any TWO standardized tools you will use for assessment (8 Marks)

END