This paper consists of 4 pages including cover page

Examiner
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Moderator
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Instructions

1). Answer all questions

2). Write clearly and legibly
Question 1

1.1 Ms K, a 43 year-old alcoholic and a heavy smoker fell pregnant for the first time and gave birth to a baby boy. She never attended antenatal care and gave birth without any professional assistance. Unfortunately, her son’s milestones of development were delayed and was later diagnosed with intellectual disability.

1.1.1 Outline the most common responses of families with a member who is intellectually disabled. (5)

1.1.2 Describe the methods of support for parents of a child with an intellectual disability. (7)

1.1.3 Describe the effective teaching behaviours to be carried out when working with people who are intellectually disabled. (13)

{25}

Question 2

2.1 You are a mental health care practitioner, in the institution where you are working, some staff members are abusing alcohol. There is no active rehabilitation programme at place to rectify this behaviour.

2.1.1 Describe the normalization pressure which is done in the work situation to ignore the drinking problem. (16)

2.1.2 Associate the following information with suitable terminology in relation to substance use.

2.1.2.1 Family members assist the substance-dependent person in maintaining addictive behaviours. (1)

2.1.2.2 Dysfunctional behavioural patterns of family members who have been significantly affected by a family member’s substance use or dependence. (1)

2.1.2.3 The compulsive substance-taking behaviour seen in some substance users. (1)

2.1.2.4 The feeling of wanting or needing the drug. (1)

2.1.2.5 A cluster of cognitive, behavioural and physiological symptoms indicating that the individual continues using the substance despite significant substance-related problems. (1)

2.1.2.6 Pattern of substance misuse that damages the person’s physical or mental health. (1)

2.1.2.7 Pattern of substance misuse that increases someone’s risk of harmful consequences to him/herself. (1)

2.1.2.8 A substance is used in excess or in a way that differs from its prescribed or intended use. (1)

2.1.2.9 The taking of a drug and may even refer to legal use of prescribed drugs. (1)

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Question 3

3.1 In the unit where you are working you are responsible for conducting group therapy as part of the rehabilitation process. The users are cooperative although group dynamics are present like in any other groups. The advantage of conducting these sessions is to prevent institutional neurosis and ensure that nurses portray a positive attitude, counselling is conducted when necessary.

State the correct curative factors that can be associated with the following statements.

3.1.1 A group member gains confidence through helping out other fellow group mates. (1)
3.1.2 A bond is created amongst group members. (1)
3.1.3 Although group members have embarked on this journey, eventually they will succeed. (1)
3.1.4 The group member conducts self-introspection, therefore unpleasant emotions are removed. (1)
3.1.5 The group member will understand the do's and don'ts in the society. (1)
3.1.6 The group member starts to understand that whatever that is bothering him/her is shared amongst fellow group members. (1)
3.1.7 A fellow group member will examine his/her emotional state in order to understand what other fellow members have gone through. (1)
3.1.8 The group member is unique but is still similar to fellow group mates. (1)
3.1.9 Group members have assurance in the remedy progression as they see light beyond the tunnel. (1)
3.1.10 Group members are politely corrected when they have done wrong and are shown the right path to follow. (1)

3.2 Outline the causes of institutional neurosis (4)
3.3 Describe a therapeutic behaviour that can be portrayed through positive staff attitudes. (6)

3.4 Describe the stages of a counselling interview. (5)
3.5 Discuss what is entailed by the constructive confrontation counselling interview. (5)

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Question 4

4.1 Mr and Mrs G have a 16-year-old child who is diagnosed with mental illness. They are struggling to accept their child’s condition as it will affect their careers. More than anything, they possess insufficient knowledge regarding coping with challenges which are brought about this illness.

4.1.1 Outline the strategies for coping with crisis. (8)

4.1.2 Explain the various approaches of Mental Health Education. (10)

4.1.3 List the four types of cards that are used in the board game for children who are aged between eight to fourteen years. (2)

TOTAL 100