



University of Fort Hare  
*Together in Excellence*

UNIVERSITY OF FORT HARE

Psychiatric Nursing Science Practical  
NBP 402E

OSCE EXAMS

November 2019

Time: 20 MINUTES

Marks: 50

This paper consists of 6 pages

INTERNAL EXAMINERS

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EXTERNAL EXAMINER

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INSTRUCTIONS

COMPLETE THE SKILL IN 20 MINUTES



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## SKILL: COUNSELLING

Name of student: \_\_\_\_\_

Student Number: \_\_\_\_\_

Station Number: \_\_\_\_\_

Mark obtained: \_\_\_\_\_

Percentage obtained: \_\_\_\_\_

### Rating scale mark allocation:

#### Rating of 3:

- Excellent performance exceeding expectations
- Display confidence and competence consistently
- Student displays comprehensive knowledge related to the skill
- Integrates theory with practice
- Performed the skill within the allocated time

#### Rating of 2:

- Satisfactory performance, meet required expectations
- Student should display knowledge related to the skill
- Integrates theory with practice
- Performed the skills within the allocated time

#### Rating of 1

- Poor performance, does not meet the basic requirements
- Student should display knowledge related to the skill
- Does not integrate theory with practice
- Performed the skills within the allocated time

#### Rating of 0:

- Does not meet the expected minimum

**N/A: If the item is not applicable, the mark(s) should be deducted from the total marks.**



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Student Name: .....

Student Number: .....

Date: .....

### PURPOSE OF THE SKILL

- To evaluate the student's cognitive, psychomotor and affective skills while counselling a client.
- To assess the students ability to integrate theory into practice with relation to counselling

PHASES	MARK OBTAINED
Assessment	/12
Diagnoses	/9
Planning	/4
Implementation	/15
Evaluation	/5
Recording	/6
Total Mark obtained	/ 52
Percentage	%

## EVALUATION TOOL ON COUNSELLING

Phases and Criteria		Rating Scale				
		3	2	1	0	NA
<b>Identification and Interpersonal skills</b>						
1	<ul style="list-style-type: none"> <li>• Greet the client</li> <li>• Introduce yourself</li> <li>• Introduce assessors</li> </ul>					
2	Identify the client: <ul style="list-style-type: none"> <li>• Ask name and surname</li> <li>• Confirm with records</li> <li>• Ask the client how she/he would prefer to be addressed</li> </ul>					
3	Ask the client the purpose of the visit: <ul style="list-style-type: none"> <li>• What brought you here today?</li> <li>• How can we assist?</li> </ul>					
4	Ask client if you can perform the skill					
5	Explain the purpose of the intervention *To relieve distress * Provide emotional support *To assist the client to make decision and solve problems					
<b>Total</b>						/12
<b>Assessment</b>		<b>3</b>	<b>2</b>	<b>1</b>	<b>0</b>	<b>NA</b>
1	Assess the general appearance of the client <ul style="list-style-type: none"> <li>• Dress code</li> <li>• Hygiene</li> </ul>					
2	Explore presenting problems <ul style="list-style-type: none"> <li>• What happened?</li> <li>• When did it happen?</li> <li>• Who was involved?</li> </ul>					
3	Assess symptoms of depression and anxiety <ul style="list-style-type: none"> <li>• Depression - How is your mood? (sad, feeling down, happy etc.)</li> <li>• Anxiety (feeling of panic, heart beating fast, difficult to control breathing etc.)</li> </ul>					
4	Explore coping skills <ul style="list-style-type: none"> <li>• What coping skills used before?</li> <li>• Effects?</li> </ul>					
<b>Total</b>						/9

	<b>NURSING DIAGNOSIS</b>	<b>3</b>	<b>2</b>	<b>1</b>	<b>0</b>	<b>NA</b>
1	Inability to cope with problems					
<b>Total</b>					/1	
	<b>PLANNING</b>	<b>3</b>	<b>2</b>	<b>1</b>	<b>0</b>	<b>NA</b>
1	Offer client a seat					
2	Ensure privacy by closing the door					
3	Ensure confidentiality <ul style="list-style-type: none"> <li>Explain to the client that you working with a multidisciplinary team and relevant information will be shared with them.</li> </ul>					
4	Ensemble records					
<b>Total</b>					/4	
	<b>IMPLEMENTATION</b>	<b>3</b>	<b>2</b>	<b>1</b>	<b>0</b>	<b>NA</b>
1	Explore the clients thought and feelings about the presenting problem <ul style="list-style-type: none"> <li>What brought you to the clinic today?</li> <li>How can I help?</li> </ul>					
2	Explore superficial feelings reflect on body language					
3	Explore hidden feelings by reflecting on emotional expressions					
4	Show empathy by listening and understanding the clients concerns					
5	Clarify issues by asking questions					
6	Reflect on the clients feelings to understand patients perception and feelings about the problem					
7	Explore risk for suicide <ul style="list-style-type: none"> <li>How do you feel about life?</li> <li>What do you mean when you say that?</li> <li>What have you done when you felt like that?</li> </ul>					
8	Focus on the main problem					
9	Assist the client to decide on what steps to take to solve the problem					
10	Look at alternate options and allow the client to choose best option					
11	Summarise what you have discussed during the session					
<b>Total</b>					/15	
	<b>EVALUATION</b>	<b>3</b>	<b>2</b>	<b>1</b>	<b>0</b>	<b>NA</b>
1	Allow the client to evaluate the effectiveness of session <ul style="list-style-type: none"> <li>Ask client what he/she have benefit from the session</li> <li>Ask questions and answer questions from the client</li> </ul>					
2	Assist with how to cope with similar situations in					

	future					
	• Establish relevant support systems					
3	Refer if required and arrange follow up					
4	Thank the client and end the session					
	<b>Total</b>					/5
	<b>RECORDING</b>	<b>3</b>	<b>2</b>	<b>1</b>	<b>0</b>	<b>NA</b>
1	Record what you have done					
2	Date and time					
3	Signature and designation					
	<b>Total</b>					/6
	<b>GRAND TOTAL</b> /50					
	<b>PERCENTAGE</b>					

**ASSESSOR'S 1 COMMENTS:**

.....  
 .....  
 .....  
 .....

**SIGNATURE:** .....

**DATE:**

.....

**ASSESSOR 2 COMMENTS:**

.....  
 .....  
 .....  
 .....

**SIGNATURE:** .....

**DATE:**

.....



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*Togeltha ntu Faw Nona*

## **OSCE Examination**

**November 2019**

**Psychiatric Nursing Science (Practical)**

**NBP 402**

### **Scenario**

Mrs. Z has arrived at the clinic where you are working as a professional nurse. The operational manager has asked you to conduct counselling on Mrs. Z. Mrs. Z relates that she has lost her husband who was a pilot in an air crash five months ago. She is crying while relating the incident. Mrs. Z is unemployed and have two children, a daughter aged 4 years and a son aged 8 years. She is worried on how she will afford to raise her kids.

### **Instruction to the student:**

- Conduct a counselling session with Mrs Z.

### **Instruction to Mrs. Z.**

- Be tearful/cry
- Look worried
- Repeat over and over “ How will I be able raising my kids on my own”