higher education & training

Department:
Higher Education and Training
REPUBLIC OF SOUTH AFRICA

MARKING GUIDELINE

NATIONAL CERTIFICATE

MEDICAL PRACTICE N6
(Second Paper)

11 JUNE 2019

This marking guideline consists of 6 pages.

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SECTION A

QUESTION 1

1.1	1.1.1	Strange		
	1.1.2	Sense of independence		
	1.1.3	Privacy		
	1.1.4	Embarrassed		
	1.1.5	Routine		
	1.1.6	Regression		
	1.1.7	Defence mechanism		
	1.1.8	Elderly		
	1.1.9	Unlearned		
	1.1.10	Psychiatrists		
			(10 × 2)	(20)
1.2	1.2.1	True		
	1.2.2	True		
	1.2.3	False		
	1.2.4	True		
	1.2.5	False		
	1.2.6	False		
	1.2.7	True		
	1.2.8	True		
	1.2.9	True		
	1.2.10	False		
			(10 × 2)	(20)
				[40]

TOTAL SECTION A: 40

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SECTION B

QUESTION 2

2.1
- Extension of the self
- Warm relations with others
- Self-acceptance and emotional security/self-affirmation
- Realistic perception
- Meaningful work and service/problem-centeredness
- Self-insight/ self-awareness/self-objectification and humour
- A unifying philosophy of life/religious sentiment (7)

2.2
- Realising you are not alone
- Groups provide a sounding board for thoughts and ideas
- More feedback and different perspectives
- The opportunity to learn how others cope with similar issues
- Groups facilitate giving and receiving support
- More affordable than individual therapy
- Learning more effective communication skills by interacting with more people (Any relevant 4 × 2) (8)

2.3
- A sick person might be confined to his/her bedroom.
- The bedroom, which used to be a haven, now becomes a sickroom.
- The bedroom thus changes from a place of safety to a prison.
- If the person is bedridden, then this feeling is even worse, as he/she cannot even move around the room.
- Having to stay in bed makes one feel constrained by the surroundings.
- Clothes, shoes, and other times in the room become reminders of the world outside the present surroundings that the person currently feels removed from. (Any relevant 5 × 1) (5)

[20]

QUESTION 3

3.1
- Neurodevelopmental disorders
- Schizophrenia spectrum and other psychotic disorders
- Bipolar and related disorders
- Depressive disorders
- Anxiety disorders
- Obsessive-compulsive and related disorders
- Trauma- and stressor-related disorders
- Dissociative disorders
- Somatic symptom and related disorders
- Feeding and eating disorders
- Elimination disorders
- Sleep-wake disorders
- Sexual dysfunctions
- Gender dysplasia
- Disruptive, impulse-control, and conduct disorders
- Substance-related and addictive disorders
- Neurocognitive disorders
- Personality disorders
- Paraphilia disorders (Any 2 × 1) (2)

3.2
- Somnifacients and sedatives
- Tranquilisers
- Antidepressants
- Electroconvulsive therapy
- Psychosurgery
- Hypnosis (Any 5 × 1) (5)

3.3
- Stay calm.
- Be diplomatic.
- Be careful not to instinctively respond with anger or annoyance.
- Try to understand why the patient is being difficult.
- Show empathy.
- Be on the patient's side and show that you are concerned about their wellbeing.
- Help the patient if possible to resolve the source of frustration.
- If the problem cannot be corrected, calmly explain why things are the way they are, explaining how current policy/medical aid/et cetera benefits them as well.
- Remember that the patient's behaviour might be a defence mechanism.
- Remember that the patient may be suffering pain, anxiety, fear or depression, et cetera.
- If you think that you might be giving in to your own emotions, excuse yourself until you are composed, or ask a colleague to take over handling the patient instead. (Any relevant 8 × 1) (8)

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3.4
- A combination of factors may make a person feel trapped.
- Inability to cope with a life situation.
- Pain and continuous suffering may feel unbearable or overwhelming.
- The person may believe that their situation will never change or improve, that no one can help, and that they can no longer deal with it.
- The person may lack a healthy support system.
- The person may not have learnt healthy coping strategies or may not be able to access coping resources. (Any relevant 5 × 1) (5)

[20]

QUESTION 4

4.1
- The Department of Health (DOH)
- The National Council of Mental Health
- Child Care Clinics
- Occupational training/Vocational training
- Aftercare homes
- Special schools
- Marriage advisory offices (Any 2 × 1) (2)

4.2
- Cultural factors
- Previous experiences
- The meaning of the situation
- Attention
- Fear or anxiety
- Psychology/psychogenic pain (Any 5 × 1) (5)

4.3
- Ensure that you yourself get enough rest and sleep.
- Take time out when needed.
- Ask for help and delegate responsibilities when needed.
- Do not ignore your own health.
- Take a break if you feel exhausted.
- Maintain a healthy diet.
- Exercise regularly.
- Maintain hobbies.
- Manage stress. (Any relevant 8 × 1) (8)

4.4
- A medical secretary will encounter many different types of patients with different personalities in his/her career.
- These patients will be suffering illness, pain and other problems.
- Some will be easy to deal with, and others more difficult.
- The medical secretary needs to be able to deal with each personality fairly, with compassion and empathy.
- Patients are more likely to communicate better, receive better care, adhere to treatment, and return if needed, if they feel understood and well-treated.
- Understanding different personalities will help a medical secretary ensure all of this. (Any relevant 5 × 1) (5)

[20]

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QUESTION 5

5.1
- Exsanguination (slitting wrists or artery)
- Carbon monoxide poisoning
- Hanging
- Drowning
- Electric shock
- Jumping from a height
- Suffocation
- Poisoning
- Drug/alcohol overdose
- Gunshot (Any 7 × 1) (7)

5.2
- Physical pain warns us that something harmful is happening to our bodies.
- We are less likely to engage in harmful acts when they are associated with the sensation of pain.
- Pain can induce positive change in behaviour.
- Pain alerts us to diseases or conditions and helps identify which organs or areas of the body are affected.
- Pain reminds us of the importance of looking after ourselves and our health.
- We are likely to appreciate our health more when pain stops.
- Emotional pain may alert us that something (e.g. a relationship) is bad for us or needs to change.
- Experiencing pain may help us understand the suffering of others and develop more empathy. (Any relevant 4 × 2) (8)

5.3
- Humour is important in developing self-insight because it prevents unnecessary self-glorification.
- Humour allows for the ability to laugh at oneself and one's identified faults.
- Courage is necessary to acknowledge and face one's faults with honesty.
- You need to be courageous in order to understand and accept who you are.
- Taking the steps needed to improve on faults takes courage.
- Some things can be more difficult to change than others, and both humour and courage can make the process easier. (Any relevant 5 × 1) (5)

[20]

TOTAL SECTION B: 60
GRAND TOTAL: 100

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