higher education & training

Department:
Higher Education and Training
REPUBLIC OF SOUTH AFRICA

MARKING GUIDELINE

NATIONAL CERTIFICATE

MEDICAL PRACTICE N6
(Second paper)

9 June 2021

This marking guideline consists of 7 pages.

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SECTION A

QUESTION 1

1.1	1.1.1	Biofeedback		
	1.1.2	Denial		
	1.1.3	Anxiety		
	1.1.4	Regression		
	1.1.5	Isolation		
	1.1.6	Body and mind		
	1.1.7	Maturity		
	1.1.8	Personality		
	1.1.9	Ethical behaviour		
	1.1.10	Acceptance		
			(10 × 2)	(20)
1.2	1.2.1	True		
	1.2.2	False		
	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

SECTION B

Mark only THREE questions from this section.

QUESTION 2

2.1
- Dressing
- Bathing
- Grooming
- Transferring
- Movement to prevent bedsores
- Toilet/Bowel routine
- Catheter sanitation
- Meal preparation
- Eating/Feeding
- Taking medication
- Mental health care
- Transportation
- Housework
- Shopping (Any relevant 7 × 1) (7)

2.2
- Take time to work through overwhelming thoughts and emotions
- Honestly examine fears
- Consider the negative consequences of not taking action and getting adequate treatment
- Allow oneself to express fears and emotions
- Identify irrational beliefs about the situation
- Write down thoughts/keep a journal about the experience
- Speak to/open up to a loved one or trusted friend
- Participate in a support group
- Research healthy ways to cope with the situation
- Speak to a professional/mental health provider (Any relevant 8 × 1) (8)

2.3
- Both are trained to deal with mental health issues
- Both can listen to your problems
- Both aim to help you find a way to manage the issues you seek help with
- Both are registered with the Health Professionals Council of South Africa (HPCSA)
- Psychologists have completed at least 7 years of undergraduate and postgraduate studies, training and a board exam, and can conduct psychological assessments.
  Psychiatrists are medical doctors and can prescribe medication and conduct physical examinations.
- Psychiatrists often prioritise physiological explanations and pharmacotherapy.
  Psychologists are more likely to focus on behaviour, thought processes, emotions and life experiences, and engage in psychotherapy.

(Any relevant 5 × 1) (5)

[20]

QUESTION 3

3.1
- Biology
- Psychology
- Intellect
- Interest in sport
- Choice of career
- Social differences
- Sex/Gender differences (Any relevant 7 × 1) (7)

3.2
- Remain calm.
- Don't argue.
- Engage in conversation to elicit and understand their feelings.
- Be diplomatic.
- Set clear boundaries to protect yourself and your wellbeing, as well as to avoid escalating anger (e.g. let them know you will check in on them in 10 minutes, then follow through)
- Show empathy.
- Let the patient know that you are concerned about their wellbeing.
- Help the patient resolve the source of frustration if possible.
- If the problem cannot be corrected, calmly explain why things are the way they are; explain how the policy, medical aid, etc. benefits them as well.
- Remember that the patient's behaviour might be a defence mechanism.
- Remember that the patient is likely suffering pain, anxiety, fear, depression, etc.
- 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.
- After an unpleasant interaction, acknowledge that it is normal for you to feel upset or angry, then try to shake it off and move on.

(Any relevant 8 × 1) (8)

3.3 Fear of:
- invasion of privacy
- loss of independence and control
- change in body image or appearance, e.g. after an operation
- death
- disability
- difficulty communicating with nursing staff/ healthcare providers
- missing out or loss of status in/ separation from peer group
- the impact on parents or their finances
- not being able to keep up with schoolwork and ending up behind one year

(Any relevant 5 × 1) (5)
[20]

QUESTION 4

4.1
- Gunshot
- Jumping from a height
- Exsanguination (slitting wrists or artery)
- Carbon monoxide poisoning
- Hanging
- Drowning
- Drug/Alcohol overdose
- Electrocution
- Suffocation
- Vehicular impact
- Poisoning
- Hypothermia
- Immolation
- Ritual suicide, e.g. Seppuku/hara-kiri (Any relevant 7 × 1) (7)

4.2
- Research and learn as much as you can about the condition.
- Get in touch with other families experiencing this to share tips, for support, and for the child to know that they are not alone.
- Childproof the house and make sure that anything hot or dangerous is not easily accessible to the child.
- The child could wear protective eyewear to avoid scratching the eyes.
- Parents should teach the child to get help immediately if he/she sees blood, even if they don't feel any pain.
- Swimming might be a good sport to encourage as there is less chance of injury than with other sports.
- Check young children all over for injuries regularly.
- Set a timer for bathroom breaks as they may not feel when to go.
- Occupational therapy can teach ways to do things that put less stress on joints.
- Have teeth filed to smooth sharp edges or use a mouth guard if needed.
- Apply lubricating eye drops or ointments for dry eyes.
- Apply moisturiser to treat dry skin to reduce the risk of skin infections.
- Ensure that environmental temperatures are controlled.
- Ensure that appropriate footwear is worn and non-weight bearing periods are observed. (Any relevant 8 × 1) (8)

4.3
- It helps participants realise that they are not alone.
- Participants are able to learn how others cope with similar issues.
- It facilitates the giving and receiving of support.
- It gives participants access to different perspectives and more feedback.
- It provides a safety net in which to practice certain skills before applying them outside the group.
- It can help individuals become more aware of their own feelings and needs in comparison to those of others.
- It helps participants learn to relate to others in healthier ways.
- Group therapy is usually less expensive than individual therapy.

(Any relevant 5 × 1) (5)

[20]

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QUESTION 5

5.1
- Antidepressants
- Antipsychotics
- Anxiolytics
- Hypnotics/Depressants/Sedatives
- Mood stabilisers
- Stimulants
- Electroconvulsive therapy
- Psychosurgery/neurosurgery for mental disorders
- Hypnosis (Any relevant 7 × 1) (7)

5.2
- Be kind and compassionate/show empathy to others.
- Educate yourself about suicide and mental illness.
- Decrease the stigma linked to mental illness and seeking help.
- Be alert to the warning signs for suicide.
- Learn how to reach out and connect to others
- Reach out to individuals who seem to be isolated and show that someone cares.
- Reach out to someone if you feel that they might be suicidal.
- Allow someone who is suicidal to express his/her feelings and listen to them.
- Check on an individual and his/her safety if you think that he/she may be suicidal.
- Remove potential means of suicide if you are able to e.g. move and lock away guns/weapons in the house.
- Encourage someone who is suicidal to get professional help.
- Encourage healthy lifestyle choices.
- Ensure that appropriate people are aware of the situation if a friend/family member is suicidal – let someone who is close to them, who cares, know in order to help
- Be familiar with helpful resources and support services and know who an individual can be referred to for help, or who to contact in an emergency.
- Encourage local media to portray suicide in a responsible manner that reduces copycatting.
- Get specialised training in dealing with a suicidal person if you are in any helping profession. (Any relevant 8 × 1) (8)

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5.3
- Some elderly patients experience delirium/confusion, disorientation and agitation while hospitalised
- These effects may linger or lead to long-term cognitive decline.
- Patients often experience a lack of mental stimulation.
- Boredom is common.
- Patients often become weaker in hospital and less able to resume daily routines once discharged, resulting in feelings of helplessness.
- Feelings of helplessness may affect their self-esteem.
- A hospital stay can be lonely and isolating.
- An extended hospital stay can disrupt a daily routine and result in lingering stress.
- Hospitalised seniors often feel as if they have lost control of their lives, especially when others are making decisions for them.

(Any relevant 5 × 1) (5)
[20]

TOTAL SECTION B: 60
GRAND TOTAL: 100

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