higher education & training

Department:
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REPUBLIC OF SOUTH AFRICA

MARKING GUIDELINE

NATIONAL CERTIFICATE

MEDICAL PRACTICE N6
(Second Paper)

28 NOVEMBER 2018

This marking guideline consists of 7 pages.

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SECTION A

QUESTION 1

1.1 1.1.1 A personality that is busy developing and coming to light

1.1.2 The inabillity to move

1.1.3 To understand the problem of a person, but not to feel sorry for the person

1.1.4 The intellectual ability of a person

1.1.5 To change the behaviour of a person by repeating the right things

(5 × 2) (10)

1.2
1.2.1 True
1.2.2 True
1.2.3 False
1.2.4 False
1.2.5 False
1.2.6 True
1.2.7 True
1.2.8 False
1.2.9 False
1.2.10 True

(10 × 2) (20)

1.3
- Contact
- Examination
- Returning to the patient (3)

1.4 True (2)

1.5
- Relation with other people (5)
- Self-acceptance and emotional security
- Realistic and setting realistic tasks
- Self-insight and humour
- Own life philosophy

[40]

TOTAL SECTION A: 40

SECTION B

QUESTION 2

It has been reasoned often about the value of heredity and environment in the development of the personality.✓ The question has also been asked which one of the two plays the biggest role in the forming process.✓

The supporters of heredity often quoted the Kallikak family history. Martin Kallikak was an American soldier who took part in the Napoleonic wars.✓ In Paris he met a retarded girl from the slums and became the father of an illegitimate child.✓ More than 400 descendants of this temporary liaison have been found. Among them were found a large number of mental defectives, illegitimate children, prostitutes and alcoholics.

After the war Martin returned to America where he legally married a young girl of good descent.✓ Nearly the same number of descendants was traced. Among them were found a large number of famous legal practitioners, educators and persons of high-ranking ethical character.✓

The contention was that these facts stressed the meaning of heredity clearly.✓ What should not be forgotten are the social circumstances in which all these descendants grew up.✓

All people inherit certain potentialities, but no person is born outside an environment.✓ The environment plays a big role in connection with development and extension, as well as the retardations and impediments of man's inborn potential.✓

The question is whether a person is what he/she is as a result of hereditary factors or environmental factors.✓ The answer is that not only heredity or environment is decisive in the determination or development of the human personality. Both play a role in the formation of the personality.✓ The question is not whether it is heredity or environment which makes one as one is, but how much of the one plus how many of the other made a person what he/she is.

What we have not inherited, cannot be developed. Possibilities of development are determined by the mass of heredity.✓ How far a person will succeed in life, does not only depend on what he/she received at conception, but what he/she does with what he/she has inherited.✓

Favourable environmental circumstances improve the development of inherited potential.✓ Unfavourable environmental factors may restrict development. This restriction may only be temporary and sometimes lead to unforeseen growth and development.✓

Man is, however, not only a product of heredity and the environment. There are also factors, such as education, discipline and punishment which play a role.✓ Heredity determines how far we can go and the environment determines how far we really get.✓

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Temperament is inherited. It determines the constitutional composition of the individual, including his/her emotional reactions.✓ Under the influence of proper environmental factors we can be taught to develop our good characteristics further and control the bad ones. The character is a product of heredity and environment.✓

One of the outstanding characteristics of man is his/her astonishing adaptive ability. Man is also by nature, weak and sinful. He/She is conquered more easily by evil than good. The best inherited characteristics are sometimes degraded under the influence of a negative environment.

Because of his/her hereditary tendencies, inherited characteristics and the environment, each individual forms his/her own ethical code and therefore develops his/her own personality. **[20]**

QUESTION 3

3.1

- Parents' attitude is very important and therefore they have to be careful with criticism towards hospitals, doctors and nurses.✓ Children should never be threatened', because then they will associate it with a feeling of guilt and punishment.✓ Successful hospitalisation is to a large degree dependent on a relationship of trust. If possible the child can be conditioned and prepared for the hospitalisation beforehand.✓
- Because of the close relationship between parent and child the nurse must not only treat the child's illness, but must also reassure the parents.✓ Parents are subjective in their approach and easily get the impression that something is being hidden.✓ Often the nurse gets the impression that she is not trusted and this gives rise to frustration.✓
- In the case of difficult parents it is worth her/his while to place him/herself in the parents' shoes. In a case where the child is seriously ill, his/her calm and efficient conduct can help build confidence.✓
- By making friends with the little patient the nurse can prepare him/herself an advocate to make the parents feel happier.✓ The secret lies in obtaining the co-operation of the family. Even if it is a very emotional matter the nurse must be prepared and he/she must learn to control his/her emotions.✓
- Nurses are of the opinion that the less the child sees his/her family, the more difficult he/she is after visiting hours.✓ Even so, the hospital may not do anything that will disrupt family relatives.✓

3.2
- In general the adolescent is very healthy and strong, and has a strong resistance against disease.✓ Unfortunately many neglect their health and pay dearly later.✓ Too little rest, untimely meals and an agitated lifestyle are detrimental to one's health.✓ To be considered 'grand' an adolescent may start smoking, drinking and having late nights.✓
- As a result of rapid growth and development they sometimes get pains in their limbs, headaches and heart palpitations,✓ and experience a loss of appetite, constipation and insomnia.✓
- Fear and tension, especially emotional disruption and frustration, often lead to nervous upsets and psychosomatic conditions.✓
- Most adolescents who are hospitalised are however the victims of an accident✓ or injury, for example in rowing, swimming, wrestling, mountaineering and driving – which causes an annual death toll.✓

(2 × 10) **[20]**

QUESTION 4

4.1
- Cultural values – play an important role in the way a person perceives pain and responds to it, e.g. childbirth – different races
- Often supposed – variations in pain perception from person to person - due to different 'pain thresholds'
- People assumed to be physiologically different – some low threshold and feel pain after slight injury
- Others high threshold and feel pain in only intense injury
- Evidence that all people, regardless of cultural backgrounds, have a uniform sensation threshold
- This refers to the lowest stimulus value at which sensation is first reported

(Any 5 × 2)

4.2 Everybody fears illness and death, but we do not like to talk about it.✓ We pretend that it does not exist. We do not talk to other people about it, least of all to ourselves.✓

Previously age, illness and death were noticeable by everyone.✓ People suffering from leprosy walked around, announcing their presence with a rattle.✓ People suffering from the plague and cholera were noticed daily by everybody. Death was announced by the ringing of the church bell.✓

In our day and age ill people are admitted to hospitals and institutions, and therefore they are taken out of public life.✓ Even when people visit these places, little is seen of these diseases, suffering and death.✓ Dying people are taken out of their rooms before they actually die. Death becomes only a whisper through the wards.✓

Even for the dying person death is being camouflaged, because his/her suffering is relieved through the administration of morphine.✓ Nowadays cemeteries are on the outskirts of towns, whereas they once used to surround the church in the middle of town.✓

(2 × 10) **[20]**

QUESTION 5

5.1 Contrary to popular belief, suicide is not generally the result of a rational weighing-up of the 'pros' and 'cons' of living.✓ Though an individual may have had suicidal thoughts, the final decision to kill him/herself is usually made impulsively under severe emotional stress.✓

Usually there are a combination of factors which drive an otherwise normal person 'over the edge' into the desperate act of suicide.✓ A major misfortune or life change, such as the end of a marriage or relationship, the death of a loved one or the loss of a job, may trigger the despair which precedes suicide.✓ The rising rates of unemployment have been linked to the rising rate of suicide.✓ In the early months of 1980 in Great Britain, when levels of unemployment passed the 1 500 000 mark, suicide rose by 50 per cent and 'redundancy depression' was blamed for a marked increase of suicides in steel-working towns. Social factors have been found to contribute to causing suicide in two-thirds of cases; in one-third of suicides they were the principal cause.✓

Nearly a third of those who kill themselves are physically ill. It has been estimated that for one in five of all suicide cases poor physical health was the primary reason for the action.✓ An unhappy love affair appears to be the motivation for suicide in only one out of twenty cases and failed examinations or unmarried pregnancy are even less common as a cause.✓

Loneliness and alienation from the community are an important cause of suicide.✓ The person who kills him/herself is likely to experience a high level of isolation and separation from the society he/she lives in.✓ High rates of suicide are found where communities have disintegrated and are unstable, and where the needs of the individual are not satisfied.

The majority of those who kill themselves are severely depressed, and indeed a similar psychological state underlies depression and suicide. In both cases the individual turns against him/herself hostile impulses which were originally meant for other people. If he/she is unable to express angry or aggressive feelings externally, they may turn into self-aggression, which is expressed in the self-criticism and self-hatred of the depressive person or in the more extreme actions of self-injury and self-destruction in the case of potential suicide.

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Alongside the urge towards self-destruction there is frequently found a contrasting urge towards human contact and communication with other people. People who commit suicide know their act will affect others and usually give warning before or during it. Sometimes an individual may use the act of suicide as a means of forcing others to express their love and concern for him/her.

(Any 10 × 1) (10)

5.2 With this method the therapist can follow two procedures. Firstly there is the direct method.✓ The therapist talks to the patient and tries to find out everything as far as possible about the person.✓ The patient is then placed on a couch to relax and tells all to the therapist.✓ The therapist places the person in such a manner that the patient cannot see him/her, in order to prevent inhibitions. After talking the therapist makes proposals, gives advice, et cetera. in an attempt to stabilise the patient's life.✓ The key to this method is that the therapist plays an active and authoritative role.✓

Secondly there is the indirect method. In this case the patient is responsible for his/her own cure.✓ The same procedure is followed, but instead of the therapist giving advice and guidance directly to the patient, the patient must find a solution him/herself.✓ The therapist only guides the patient inadvertently in a direction to come to a solution.✓ This method is more difficult than the direct, although the role of the therapist is smaller.✓ People receiving little advice by this method are the psychotic, people with low intelligence, lots of dependants and people who find it difficult to verbalise.✓

Therapeutic advice is an effective method for less serious psychological deflections. (5)

5.3 Research has proven that a person’s behaviour can be changed to a more acceptable form through fine selected compensation and schedules of strengthening.✓ In the treatment process certain compensations are given to the patient as soon as he/she responds to certain standards.✓ This technique is applied in the treatment of people suffering from anorexia nervosa.✓ A list of the person's references with that which he/she would prefer most on the last item.✓ For example, a person should reach a certain weight goal of his/her preference by starting at the first preference on his/her list.✓ The person must then try to get to the preference he/she would like.✓

'Token economy' is another method whereby certain types of gifts or compensation are given to the patient as soon as he/she conforms with certain demands in behaviour.✓ (5)

[20]

TOTAL SECTION B: 60
GRAND TOTAL: 100

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