

The
Management
University
of Africa



Sponsored by the Kenya Institute of Management

DIPLOMA UNIVERSITY EXAMINATIONS
SCHOOL OF MANAGEMENT AND LEADERSHIP
DIPLOMA IN COUNSELLING AND PSYCHOLOGY

DCP 103 : HIV AND AIDS COUNSELLING

DATE: 4TH DECEMBER 2024

DURATION: 2 HOURS

MAXIMUM MARKS: 70

INSTRUCTIONS:

1. Write your registration number on the answer booklet.
2. **DO NOT** write on this question paper.
3. This paper contains **SIX (6)** questions.
4. Question **ONE** is compulsory.
5. Answer any other **FOUR** questions.
6. Question **ONE** carries **30 MARKS** and the rest carry **10 MARKS** each.
7. **Write all your answers in the Examination answer booklet provided.**

QUESTION ONE

Read the Case Study below carefully and answer the questions that follow:

Aisha was admitted to hospital because she had pains in her legs. When a test was conducted, she was found to have a blood clot. The diagnosis did not make sense to the doctors and so they decided to do further tests. This was because Aisha was a young woman, aged 26, new mother of a 2 month old baby and therefore according to the doctors that condition affects elderly women. Upon further investigations, Aisha was found to be HIV positive. The doctor then deduced this was the reason she developed the clot due to complications arising from her immunity being compromised. The doctor however wondered why Aisha had not disclosed her status as it is now a requirement for every pregnant woman to be tested for HIV virus. She reported that when the test was done she was found to be negative. Aisha called her husband to inform him of the diagnosis and he came to be tested. He was found to be negative. The child too was found to be negative. The husband was at pains to understand how this was the situation as he trusted the wife. Aisha too was at pains to explain how she was positive and her husband was negative. Many of the medical staff felt that Aisha was being dishonest and that she had deliberately withheld it from her husband.

The husband decided he was going to stay by Aisha's side despite the situation however he requested to be given psychological and moral support throughout. The doctors also advised him to have the test repeated after a period of 6 months, together with that of the child. Since Aisha had already began exclusively breastfeeding the child, it was also agreed she continues as withdrawing could have negative consequences. They agreed to tell their parents of the situation for moral support. Before being discharged however, Aisha was asked to have her CD-4 count checked and the results indicated her levels were low. The doctors then advised on what treatment she was going to be put on in order to raise the levels.

Required:

- a) Describe the counseling process appropriate for Aisha and her husband
(10 Marks)
- b) Evaluate symptoms of depression arising from HIV/AIDS
(10 Marks)

- c) State any five possible Aisha's reactions to testing HIV positive (5 Marks)
- d) Discuss the main themes to note when conducting a pretest counselling (5 Marks)

QUESTION TWO

- a) State any two myths and misconceptions of HIV/ AIDS (2 Marks)
- b) Describe any four theories explaining the origin of HIV/ AIDS (8 Marks)

QUESTION THREE

Discuss ways through which transmission of HIV/ AIDS can be prevented.

(10 Marks)

QUESTION FOUR

- a) Highlight the goals of pre and post - test counseling (2 marks)
- b) Discuss the burden of HIV/ AIDS on individual, family and society (8 marks)

QUESTION FIVE

Describe the various ways that the government of Kenya is involved in fighting the HIV/ AIDS pandemic (10 Marks)

QUESTION SIX

- a) State any four advantages of homebased care for PLWA (4 Marks)
- b) Describe six advantages of good nutrition to PLWA (6 Marks)

