

UNIVERSITY OF ESWATINI
FACULTY OF HEALTH SCIENCES
DEPARTMENT OF COMMUNITY HEALTH NURSING SCIENCE
FINAL EXAMINATION: MAY, 2019

COURSE TITLE: DRUG AND ALCOHOL COUNSELLING

COURSE CODE: CMH 412

TIME ALLOCATED: 2 HOURS

TOTAL MARKS ALLOCATED: 75

INSTRUCTIONS:

- 1. PLEASE WRITE LEGIBLE**
- 2. THE PAPER HAS THREE QUESTIONS, PLEASE ANSWER ALL OF THEM.**
- 3. USE THE PROVIDED ANSWER BOOKLET FOR ALL YOUR ANSWERS**
- 4. START A NEW QUESTION IN A NEW PAGE**
- 5. MAKE SURE THAT ALL YOUR ANSWERS ARE NUMBERED CORRECTLY**

**PLEASE DO NOT OPEN THIS QUESTION PAPER UNTIL
PERMISSION HAS BEEN GRANTED BY THE CHIEF
INVIGILATOR OR HIS/HER REPRESENTATIVE**

Section A: Multiple choice questions

1. What does drug effect depend upon?
 - A. Poly drug use, setting, and circumstance
 - B. The amount taken and past drug experiences
 - C. The modality of administration
 - D. All of these answer choices
2. What happens as tolerance for barbiturates develops?
 - A. The margin between intoxication and lethality decreases
 - B. The margin between intoxication and lethality increases
 - C. Tolerance does not develop for barbiturates
 - D. The margin between intoxication and lethality stays the same
3. What is/are the organ(s) most damaged by cocaine abuse?
 - A. The kidneys
 - B. The heart
 - C. The brain
 - D. The Liver
4. Substance abuse How is drug tolerance BEST described?
 - A. The inability to get intoxicated
 - B. The need for more of a drug to get intoxicated
 - C. Decreased sensitivity to a drug over time
 - D. Increased sensitivity to a drug over time
5. Psychoactive drugs are drugs that...
 - A. alter only behaviour
 - B. have little or no effect on mood or behaviour
 - C. alter only mood
 - D. alter behaviour or mood
6. The magnitude of a drug's effect is...
 - A. the rate of absorption of the drug into the user's system
 - B. the dosage of the drug
 - C. the level of quality of the drug
 - D. how intensely the user feels the drug's effects

7. How are drugs MOST often removed from the body?
- A. by vomiting
 - B. by pumping the stomach contents
 - C. through exhalation
 - D. through the user's urine
8. When a drug is ingested orally, which of the following BEST describes how the drug enters the bloodstream?
- A. through the stomach or small intestines
 - B. via nasal membranes
 - C. through the lungs
 - D. directly via a blood vessel
9. Why do some users prefer the route of injection for drug administration?
- A. Needles are safer to use than other routes
 - B. It provides a fast and high-peak effect
 - C. It is easier to inject a drug than to take it other ways
 - D. Injection has a lower chance of overdose
10. A 39-year-old carpenter has taken two bottles of liquor from the local shop. After about an hour he develops confusion, vomiting, and blurring of vision. He has been brought to the emergency outpatient department. He should be given:
- A. Naloxon
 - B. Diazepam
 - C. Flumazenit
 - D. Ethyl alcohol
11. An alcoholic is brought to the emergency OPD with the complaint of irrelevant talking. He had stopped using alcohol three days back. On examination he is found to be disoriented to time, place, and person. He also has visual hallucinations and illusions. There is no history of head injury. The most likely diagnosis is:
- A. Dementia praecox
 - B. Delirium tremens
 - C. Schizophrenia
 - D. Korsakoff's psychosis

12. The drug of choice in delirium tremens is:

- A. Diazepam
- B. Phenytoin
- C. Chlordiazepoxide
- D. Morphine.

13. The basic intervention of drug abuse is:

- A. Vitamin B-complex therapy
- B. High intelligence
- C. Motivational interviewing
- D. Behaviour therapy

14. Drug dependence occurs due to:

- A. One having curiosity about use of drugs
- B. Sudden withdrawal symptoms
- C. Development of tolerance
- D. All of the above

15. By which of the following is alcohol dependence best indicated:

- A. Black outs
- B. Withdrawal symptoms
- C. Early morning drinking
- D. Physical complaints

16. A 42-year-old chronic alcoholic meets with an accident and suddenly stops drinking. He presents with tremor, immaturity, poor attention span, and an inability to identify his family members 24 hours later. The diagnosis is:

- A. Wernicke's encephalopathy
- B. Delirium tremens
- C. Alcohol intoxication
- D. Acute psychosis

17. A person drinking alcohol says that he is doing so to overcome family problems. The defense mechanism involved is:

- A. Rationalization
- B. Denial

- C. Regression
- D. Minimalization

18. Constructive confrontation can be described as...

- A. A planned intervention by the confronter to facilitate growth through drawing responsibility for actions.
- B. A planned intervention by the confronter to facilitate growth through time management
- C. A planned intervention by the confronter to facilitate growth through drawing attention to inconsistencies.
- D. A planned intervention by the confronter to facilitate growth in performance.

19. One of the following is not an element of motivational interviewing

- A. Express empathy
- B. Support self-motivation
- C. Emphasize on personal responsibility
- D. Avoid arguments

20-25 TABLE BELOW Match the elements of effective brief intervention with the conversation by councillor:

Elements of effective brief intervention	Conversation by councillor
20. Feed back	A. "The best way you can reduce your risk of gastritis is to cut down or stop drinking"
21. Responsibility	B. "Do you want advise on how you can stop drinking"
22. Menu	C. " I know that if you put your mind on stopping drinking I believe you can do it"
23. Advice	D. " what you do with this information I'm giving you is up to you"
24. Empathy	E. "I understand you have been suspended from work due to late comings because of drinking, having counselling sessions will make you improve"
25 Self -efficacy	F. "The cause of your stomach pain is gastritis and alcohol seems to have contributed to this"

Structured questions

Question 2

Describe the characteristics of a drug and alcohol counsellor under the following subheadings

- a. Personal qualities (5 Marks)
- b. Interpersonal (5Marks)
- c. Conceptualisation (5Marks)
- d. Intervention (5Marks)
- e. Cultural competence skills (5Marks)

(25 Marks)

Question 3

Describe the disease progression of substance under the following headings:

- a. Initiation (5 Marks)
- b. Continuation (5 Marks)
- c. Transition (5 Marks)
- d. Cessation (5 Marks)
- e. Relapse (5 Marks)

(25 Marks)