

**TUNIVERSITY OF ESWATINI**  
**FACULTY OF HEALTH SCIENCES**  
**DEPARTMENT OF COMMUNITY HEALTH NURSING SCIENCE**  
**FINAL EXAMINATION: AUGUST 2020**

**COURSE TITLE: DRUG AND ALCOHOL COUNSELING**

**COURSE CODE: CHN 412**

**TIME ALLOCATED: 2 HOURS**

**TOTAL MARKS ALLOCATED: 75**

**INSTRUCTIONS:**

- 1. PLEASE WRITE LEGIBLE**
- 2. PLEASE ANSWER ALL QUESTIONS**
- 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**

### QUESTION 1: Multiple choice questions

1. For establishing rapport and trust with a new substance use client, which would you do first?
  - a) Tell the client what you expect to accomplish in this session
  - b) Ask the client permission to address the subject of change
  - c) Inform the client how long your first session should be
  - d) Tell your client what you want to achieve in the long term
  
2. Of the following symptoms, which is most typical of intoxication with alcohol, tranquilizers and/ or opioids, but not with amphetamines?
  - a) Low blood pressure
  - b) Ataxia
  - c) Disinhibition
  - d) Nystagmus
  
3. When giving a new client feedback about assessment results, which of these should you do first
  - a) Ask the client whether s/he had any problems with testing
  - b) Encourage the client to ask any questions s/he may have
  - c) Express your appreciation for client effort in responding
  - d) Ask the client how testing affected hi/ her perceptions
  
4. Of the following, which is considered a key element of effective referrals
  - a) Ensure independence
  - b) Ensure information giving
  - c) Ensure collaboration
  - d) Ensure competition
  
5. Which statement reflects an approach that is most realistic and also engages the client in treatment
  - a) A client who is homeless cannot even consider treatment until more basic needs are met
  - b) A client who is homeless can get treatment and shelter as an inpatient in the Psychiatric Referral Hospital or rehabilitation centre
  - c) A client who needs substance free community living skills is out of a mental health nurses' scope
  - d) A client who needs everyday living skills must have modeling from peers

6. A counselor is working with a client, individually and in group, on ways to predict and prevent relapse. This best relates to which of the following stages of readiness to change?
- Contemplation
  - Maintenance
  - Preparation
  - Action
7. Which of the following is/ are long-term effects of heavy alcohol use?
- Halitosis
  - Hangovers
  - Liver damage
  - Impaired judgment
8. A client in substance use disorder treatment is having difficulties at work. The mental health nurse counselor knows this. In this situation, what is correct regarding confidentiality of information?
- In this case the Mental Health nurse should disregard the usual confidentiality regulations to preserve the client's job
  - The Mental Health nurse must comply with confidentiality regulations not to share any client information
  - Within the parameters of confidentiality regulations, the Mental Health nurse may need to tell the treatment provider
  - Client information exchange between Mental Health nurse and treatment provider is not confidential
9. Which term refers to client's projecting past emotional feelings and/ or attitude towards the counselor
- Transference
  - Counter- transference
  - Reaction formation
  - Sublimation
10. Client's files should be readily accessible to:
- Client
  - All staff of the facility
  - Only those persons directly involved in providing clinical services
  - All hospital managers

11. If the orientation process is neglected or incomplete a client may:
- Have incorrect information and unanswered questions about the program
  - Need education about addiction
  - Need to be referred to another counselor
  - Remain in denial about his/ her addiction
12. The completion of various forms, including confidentiality, treatment options happens during the client's:
- Psychosocial assessment
  - Orientation
  - Admission
  - Case review
13. The primary purpose of the screening process in alcohol and substance use is to:
- Identify the client's strengths and weaknesses
  - Determine the existence of various problems
  - Have the client sign appropriate documents
  - Develop a treatment plan
14. According to DSM 5, all the following are maladaptive patterns of behaviours related to substance use except:
- Impaired control
  - Social impairment
  - Co-occurring psychiatric disorders
  - Tolerance and withdrawal
15. Which of the following statements about dysfunctional families in substance use is true:
- The family cannot get well until the dependent person seeks help
  - The divorce rate in dysfunctional families is highest after recovery has been initiated
  - The children in a dysfunctional family can be protected from the problems caused by dependence
  - Family problems develop in the later phase of addiction problem
16. While taking drug history, which of the following is a good clue to alcohol dependence
- Recurring incidents of driving under influence
  - Continued use despite experiencing problems that result from drinking
  - Depression and lethargy

d) Increased tolerance and withdrawal symptoms when abstinence is attempted

17. Of the following statements made by a client in a group session, which would most warrant documentation in the client's progress notes?

- a) "Getting caught for drunk driving was a mixed blessing"
- b) "I'm finding the support from this group to be very helpful"
- c) "Let's change the subject. Did anyone see the Uzalo soapy last night?"
- d) "Ever since I stopped drinking, my emotional swings have been quite intense"

18. If a client appears to be in denial due to discrepancies stated in an intake interview, which of the following statements by the counselor would be most appropriate?

- a) "First you tell me one thing, then another. Which is really the truth"
- b) "Addiction fosters denial"
- c) "I'm not sure I understand. Let me check you said.....and now you say....."
- d) "there is a lot of confusion in your story"

19. A common mistake that counselors make when conducting an assessment is:

- a) Asking too many question
- b) Due to limited time avoiding the mental status examination
- c) Processing the data collected from the client
- d) Ignoring strengths and weaknesses of the client

20. A single mother with three young children enters your clinic and begins to discuss her current drug use. She tells you that she hasn't been home for several days and has left the 8 year old in charge. What do you do?

- a) Explain to her the limits of confidentiality and plan for management of the issue
- b) Contact Eswatini Royal Police to have her arrested for child abuse and neglect
- c) Discuss issues of admitting her for treatment and arrangement for Social Welfare services
- d) Contact child protection unit and report this incident

21. During the assessment process, a critical task the counselor has is to:

- a) Develop a treatment plan
- b) Engage the client's family in treatment
- c) Establish rapport with the client
- d) Complete all forms available

22. You are having difficulty engaging with a client early on in this case. The BEST thing for you as a counselor to do is:
- a) Seek out supervision with a colleague or supervisor
  - b) Give the relationship time to develop
  - c) Challenge the client about his/ her resistance to treatment
  - d) Transfer the client to another counselor
23. A client tells a counselor that she is unhappy with the way her treatment is progressing. The counselor should:
- a) Discuss these concerns with the client and make necessary changes in the treatment goals
  - b) Draw up a new contract with the client
  - c) Create new goals and objectives and suggest alternate forms of therapy
  - d) Talk to the client about possible denial
24. A reward is something given for a special behaviour, whereas positive reinforcement is
- a) A mutual reward to reinforce appropriate behaviour
  - b) A type of learning in which behaviours are increased as the result of the consequences
  - c) Something specifically designed to increase the occurrence of a particular behaviour
  - d) The process of observing behaviour of others
25. Cocaine- dependent client admits being fired from his job for absenteeism, loosing his home and car by defaulting on his loans and associating only with peers who use cocaine. He states that he does not require residential treatment because his problem is not serious. He further states that he has lost his house and car because his wife didn't work enough hours. Which defense is this client displaying?
- a) Sublimation, displacement and compensation
  - b) Identification, minimization and sublimation
  - c) Denial, minimization and rationalization
  - d) Projection, denial and displacement

**(Total Marks 25)**

**QUESTION 2: structured questions (one mark for every correct point stated)**

Motivational Interview (MI) is a short term, directive style of counseling that helps clients explore and resolve ambivalence. Answer (i) and (ii) in relation to MI

- (i) Describe the three Motivational Interviewing goals (6 Marks)
- (ii) Describe how reflective listening can influence behaviour change as used in Motivational interviewing (4 Marks)
- (iii) Describe the reason for having family therapy in substance use disorder (2 Marks)
- (iv) Describe the intrapersonal determinants or factors influencing relapse at the individual level (13 Marks)

**(Total Marks 25)**

**QUESTION 3 (one mark for every correct point stated)**

- (i) Discuss the importance of substance use history and what history is to be included (related to substance history) in substance use assessment (5 Marks)
- (ii) Discuss the importance of social history and what social history should be included in substance use assessment (5Marks)
- (iii) Describe the DSM 5 diagnostic criteria for a client with substance use disorders under the following headings: (15 Marks)
  - (a) Impaired control (4 Marks)
  - (b) Social impairment (4 Marks)
  - (c) Risky use (3 Marks)
  - (d) Tolerance and withdrawal (3 Marks)
  - (e) Severity ratings (1 mark)

**(Total Marks 25)**