

**THE OPEN UNIVERSITY OF SRI LANKA**  
**FACULTY OF HEALTH SCIENCES**  
**DEPARTMENT OF PSYCHOLOGY & COUNSELLING**  
**2022/2023 – SEMESTER II – FINAL EXAMINATION**



**BSC (HONS) IN PSYCHOLOGY**  
**PLU6305 – CHRONIC ILLNESS AND PALLIATIVE CARE – LEVEL 6**  
**FINAL EXAMINATION PAPER**  
**DURATION: 03 HOURS**

DATE: 15.09.2023

TIME: 9.30 am- 12.30 pm

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**SECTION 2: STRUCTURED ESSAY QUESTIONS (60 MARKS)**

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Choose 04 out of the 06 questions given below and answer using the provided answer sheets.

**2.1 Most of the health problems in contemporary society are due to social and economic disequilibrium and the cause/s of ill health lies in the malfunctioning of the social system.**

- a) List five (05) factors of social determinants of health. (5 marks)
- b) Discuss how one of the above-mentioned factors determines the health with examples. (5 marks)
- c) Explain how does well-being impact on quality of life. (5 marks)

**2.2 People suffer with acute and chronic diseases. Chronic illnesses last for a long period of time and have profound effects on people's day-to-day lives and experiences.**

- a) List six (06) differences between acute and chronic diseases. (3 marks)
- b) Discuss psychological burden of chronic diseases providing examples. (6 marks)
- c) Outline an assessment of adjustment to chronic diseases. (6 marks)

**2.3 There are three stages a person encounters during the acute illness course. It suggests that providing psychological support and management to maladaptive responses in each stage to be crucial.**

- a) State the three (03) stages. (3 marks)
- b) Discuss the maladaptive responses of each stage you mentioned in 2.3a. (6 marks)
- c) Outline the psychological support you would provide. (6 marks)

**2.4 “Covid -19 pandemic in Sri Lanka brought about extreme responses of disproportionate degrees of fear among people when dealing with this rapidly spreading, invisible diseases.”**

- a) Justify above statement. *(8 marks)*
- b) Outline psychological interventions you suggest addressing this issue. *(7 marks)*

**2.5 Joint pain and deformities cripple patients with Rheumatoid arthritis.**

- a) Describe how a patient develops depression as a consequence of chronic pain. *(5 marks)*
- b) Discuss how does chronic pain affect the mental health of a person. *(5 marks)*
- c) Explain a psychological intervention you would suggest in coping with chronic disease. *(5 marks)*

**2.6 Effective communication can be defined as “a two-way process-sending the right message that is also being correctly received and understood by the other person”.**

- a) Briefly describe basic communication skills. *(7 marks)*
- b) Briefly explain how you would break the serious news of diagnosis of a cancer using the SPIKES model to a 56-year-old mother who presented with a breast lump. *(8 marks)*

-----END OF QUESTION PAPER-----