



**PROGRAM** : NATIONAL DIPLOMA  
*SOMATOLOGY*

**SUBJECT** : **MANUAL LYMPH DRAINAGE**

**CODE** : **STE311C**

**DATE** : SUPPLEMENTARY EXAMINATION  
DECEMBER 2016

**DURATION** : SESSION

**WEIGHT** : 50 : 50

**TOTAL MARKS** : 130

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**EXAMINER** : DR K HENRICO (Section A)  
MS D CAMBELL (Section B)

**MODERATOR** : MS M GONSALVES (Section A)  
MS N MATHENJWA (Section B)

**NUMBER OF PAGES** : 4 PAGES + 1 Annexure

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**INSTRUCTIONS** : **THIS EXAM PAPER AS WITH THE EXAMINATION  
SCRIPTS HAS TO BE RETURN.**

**REQUIREMENTS** : EXAMINATION

**INSTRUCTIONS TO CANDIDATES:**

- a. Please answer all the questions. Read the questions carefully.
  - b. Please answer the questions in order (1, 2, etc.)
  - c. Please answer section A and section B in different examination scripts
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QUESTION 1:

- 1.1. Tabulate the difference between MLD and classical massage. (9)
- 1.2. Discuss the significance of optimal massage pressure. (4)
- [13]
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QUESTION 2:

- 2.1. Identify three types of connective tissue. (3)
- 2.2. Examine the effect of MLD on correcting the autonomic nervous system. (3)
- 2.3. Explain the function of the parasympathetic nervous system in the body. Also indicate the importance of this with regards to MLD. (5)
- [11]
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QUESTION 3:

- 3.1. How will the bath tub theory relate to the human body under normal circumstances? (5)
- 3.2. When considering the bathtub theory, examine what happens when disturbance of 'outflow' occurs. (2)
- 3.3. State what type of treatment should be avoided if a disturbance of drainage exists. Explain why. (3)
- [10]
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QUESTION 4:

- 4.1. Discuss how MLD can affect the functioning of the immune system, with a discussion. (8)
- [8]
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QUESTION 5:

- 5.1. How will the body deal with the risk of oedema? (5)

5.2. Elaborate on the following and include a discussion on various examples (where possible):

a. Lymphodynamic oedema. (16)

b. Safety valve insufficiency (4)

[25]

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#### QUESTION 6

6.1. Examine the reasons why MLD is indicated for acne. (14)

6.2. Discuss how inflammation occurs in the loose connective tissue, with a discussion.(10)

6.3. Describe the reaction of the lymph vessels when inflammation occurs. (5)

6.4. Differentiate between inflammation indicated and inflammation contra-indicated to MLD. (2)

6.5. Explain the use of MLD with regards to the condition cellulite. (2)

[33]

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TOTAL SECTION A: [100]

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**SECTION B: (WRITE IN A SEPARATE ANSWER BOOKLET)**

**QUESTION 1**

**Hypnosis in the Perioperative Management of Breast Cancer Surgery:  
Clinical Benefits and Potential Implications**

Arnaud Potié, Fabienne Roelants, Audrey Pospiech, Mona Momeni, and Christine Watremez

Please refer to the article attached as indicated above to answer the following questions:

1. By reading the title, does the methodology used for this study appear to be qualitative or quantitative. Motive your answer. **3**
2. Without re-writing the aim of this study, indicate why the authors have selected to complete this study. **3**
3. Identify and describe the three basic phases of a hypnotherapy session. **6**
4. Without referring to the authors and to specific studies, highlight the effects of hypnosis in reducing stress in the pre-operative period. **6**
5. Briefly describe the effect of hypnosis on post-operative pain management. **5**
6. Discuss the efficacy of hypnosis regarding all aspects of breast cancer surgery. **7**

**[30]**

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TOTAL SECTION B:

**[30]**

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