



UNIVERSITI KEBANGSAAN MALAYSIA
The National University of Malaysia

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IJAZAH SARJANAMUDA DENGAN KEPUJIAN

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MASA : 2 JAM

KOD KURSUS : ZZZE1022/LMCE1022

TAJUK KURSUS : ACADEMIC COMMUNICATION II

- ARAHAN :
1. Jawab SEMUA soalan dalam buku jawapan yang diedarkan.
 2. Jumlah markah keseluruhan kertas ini 30 markah.
 3. Kertas soalan tidak dibenarkan dibawa keluar daripada Dewan Peperiksaan.

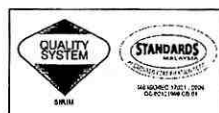
No. Pendaftaran:

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(dengan perkataan)

Set: _____

Kertas soalan ini mengandungi 3 muka surat bercetak, tidak termasuk muka surat ini.



Read the following article and answer the questions that follow.

Improving prevention is the key to treating mental health problems

Geraldine Strathdee

The record number of events this World Mental Health Day show the moment has come to deliver real improvements. It is another sign that people are impatient for better prevention and more timely access to high quality services. While my professional focus has been on the latter part of the equation, I cannot emphasise enough the importance of improving prevention.

I

We know that neglect, abuse, poverty, work stress, relationship difficulties and lack of timely access to good services all contribute to poor mental health. Whole communities need to recognise these factors and work together to reduce the causes, and intervene early, to give people the best evidence-based education and support.

II

More adult education opportunities and support at work are needed so people can learn how to stop stress from turning into mental health distress. Not only is preventing ill health a good aim in itself but, if we are successful, it would give services a greater opportunity to provide earlier, higher quality care to those who need it.

III

A third of all General Practitioner (GP) visits are by people with a mental health condition, and it is in primary care that more than 80% of people with these conditions are looked after. Despite these demands, we've had very little focus on supporting primary care to deliver the best mental health services.

IV

Currently, less than a third of GPs and fewer than half of practice nurses get up-to-date training in mental healthcare. National Health Service (NHS) England is now supporting every GP and practice nurse with training to improve the physical healthcare of people with mental health problems.

V

In addition, NHS England is training clinical commissioning group mental health leads to develop their leadership skills, understand best practice and use information about their area's needs to commission the most effective services.

VI

To provide that information, it worked with Public Health England to create the Mental Health Intelligence Network. This pools all the information we have about the mental health system and makes it easy for anyone to understand what is happening in their area, enabling commissioners to make well-informed decisions.

VII

Part of the change we need to see to maintain progress is the end of the myth that mental illness is always a long-term condition. With the right, timely intervention we can transform outcomes in mental health just as they have been transformed for many physical conditions.

VIII

In the past, many cancers were recognised and treated very late, which resulted in poor outcomes. In that regard, mental health is in the same place that cancer was 15 years ago, and we need to make the same sort of changes in terms of early diagnosis and treatment times.

IX

- Instead of looking at mental health problems – depression, eating disorders, anxiety conditions, alcohol addiction, psychosis etc – as long-term conditions, we should view them as a set of acute conditions that require rapid access to the best evidence-based treatments. X
- The mandate from government to NHS England is to introduce clear waiting time and access standards for people with mental health problems in the same way as we do in physical health, and the work to make that a reality started this year. XI
- With common mental health conditions like depression and anxiety, you get the best outcomes with rapid access to psychological therapy. In some parts of the country, people wait a year, or even two, for that therapy. Without timely access to evidence based services those people are more likely to get more ill and develop secondary problems like eating disorders, alcohol dependency, employment and relationship problems. XII
- Providing timely access to evidence-based treatment requires resources but it is a genuine investment that will pay for itself several times over through reduced pressure on GPs, Accident & Emergency (A&E), acute hospitals, psychiatric services, social care, and the criminal justice and welfare systems. XIII
- All those agencies need to learn about mental health and to break down the barriers between the treatment of psychological and physical conditions. Acute hospitals with psychiatric liaison teams have dramatically cut their A&E waiting times, reduced admissions, increased home treatment, and improved the outcomes of patients. Every acute hospital should have such arrangements and NHS England is exploring how to make that a reality and incentivise trusts to deliver what is needed. XIV
- Specialist mental health services already help more people get care at home. That process has plateaued and we now need to reach the next stage by talking to partners in housing, employment support services and local authorities. XV
- In my job, I am lucky enough to see amazing, innovative, high-quality care and support in every part of the country. Our challenge is to make these standards the norm, with whole communities working together to prevent ill health and treat illness in an effective and timely way. I am convinced we will have made real progress in meeting that challenge by next year's World Mental Health Day. XVI

Geraldine Strathdee, clinical director for mental health, NHS England

Adapted from:
www.theguardian.com
 10 October 2014

QUESTIONS (30 MARKS)

- a. Based on the article, summarize the progress that has been made in relation to improving the mental health situation in England.

(6 marks)

- b. "Part of the change we need to see to maintain progress is the end of the myth that mental illness is always a long-term condition. With the right, timely intervention we can transform outcomes in mental health just as they have been transformed for many physical conditions." (Paragraph VIII)

In your own words, explain what the writer means by the above statement.

(4 marks)

- c. According to the writer, "With common mental health conditions like depression and anxiety, you get the best outcomes with rapid access to psychological therapy. In some parts of the country, people wait a year, or even two, for that therapy." (Paragraph XII)

In your opinion, what could be THREE (3) challenges faced in providing the necessary treatment for mental health conditions in Malaysia?

Elaborate on your answers.

(10 marks)

- d. Write a critique on the article based on any THREE (3) of the criteria below:

- i. tone and purpose
- ii. point of view
- iii. language
- iv. structure/organization

(10 marks)

'SELAMAT MAJU JAYA'