



**AMREF INTERNATIONAL UNIVERSITY
SCHOOL OF MEDICAL SCIENCES
DEPARTMENT OF NURSING & MIDWIFERY SCIENCES
END OF SEMESTER DECEMBER 2022 EXAMINATIONS**

BSM 414: PALLIATIVE CARE

DATE: 6TH DECEMBER 2022

Duration: 2 HOURS

Start: 2:00 PM

Finish: 4:00 PM

INSTRUCTIONS

1. This exam is out of 70 marks
2. This Examination comprises THREE Sections. Section I: Multiple Choice Questions (20 marks)
Section II: Short Answer Questions (30 marks) and Section III: Long Answer Questions (20 marks)
3. Answer ALL Questions.
4. Do Not write anything on the question paper -use the back of your booklet for rough work if need be.

SECTION I: MULTIPLE CHOICE QUESTIONS

(20 MARKS)

1. Pain that is described as “dull and achy” and is well localized, is best described as
 - A. Neuropathic pain
 - B. Somatic pain
 - C. Vascular pain
 - D. Visceral pain

2. A woman with metastatic pancreatic cancer is losing weight and spending >75% of time in bed or lying down; no further anti-neoplastic treatments are planned. The patient asks you: “how much time do you think I have?” The best approach is to say
 - A. “I believe time is short, only a few weeks to a few months”
 - B. “I really can’t tell how much time you have left”
 - C. “Life is mystery, you must not give up hope”
 - D. “On average patients with your condition live for about six-nine months”

3. A long-term client comes to see you 3 months after the death of his wife. He says that he sometimes thinks that his wife is in the house talking with him, that he imagines he hears her voice, he has gained 10 pounds since her death, but otherwise feels well. He is concerned that he is “going crazy”. These symptoms are most consistent with a
 - A. Complicated grief reaction
 - B. Major depression
 - C. Minor depression
 - D. Normal grief reaction

4. At the time of death, following a long chronic illness, all of the following are helpful phrases to say to the family, **EXCEPT**
 - A. “I am very sorry for your loss”
 - B. “People really cared for him”
 - C. “This must be hard for you”
 - D. “This will make your faith stronger”

5. Spirituality is best defined as a person’s understanding of
 - A. Heaven and hell in the context of imminent death
 - B. How a higher being values life accomplishments
 - C. Their relationship between one’s self, others and the universe
 - D. Their religious traditions and rituals

6. One of the roles of a palliative care health team member is to:
- A. Provide emotional support and improve self-confidence and self-reliance
 - B. Affirm life and regard dying as a normal process
 - C. Intends neither to hasten nor postpone death
 - D. Give care to a high proportion of patients present in advanced stages but have a chance of cure.
7. The following are goals of palliative care **EXCEPT**
- A. Focus on disease elimination
 - B. To eliminate or reduce discomfort
 - C. To improve quality of life
 - D. To decrease pain and fatigue
8. Which of the following statements does **NOT** indicate benefits of palliative care?
- A. Palliative care honors patient's wishes for dignity
 - B. Palliative care provides evidence-based measures for good symptom management
 - C. Palliative care demonstrates partnering and collaboration model of care
 - D. Palliative care increases life expectancy
9. The following are issues that might affect care given in Palliative care **EXCEPT?**
- A. Psychosocial characteristics of patients and caregivers
 - B. Needs of the caregivers
 - C. Self-awareness
 - D. Work load
10. Madam Sue has been associating with relatives of a deceased man whom she used to take care of in the hospital. This is an indication of:
- A. Psychosocial support
 - B. Stress at workplace
 - C. Crossing boundaries
 - D. Good relationships
11. The statement that is true concerning use of opioids in palliative care is:
- A. When patients are unable to take opioids orally it should be given rectally or sublingually
 - B. When patients are unable to swallow medication should be stopped and the Doctor conducted
 - C. Opioid analgesics can cause respiratory depression hence they should be avoided in cancer cases

D. Opioids should be used only when the patient is not on other medications to avoid reactions

12. Respite care which is a form of palliative care can be defined as:

- A. Care accorded to patients during their last few days of life
- B. Care given temporarily to a patient to allow relatives to go for rest
- C. Coordinated care provided to terminally ill patients and their families.
- D. Specialized care for cancer patients and their families.

13. Following the loss of 4 patients the primary nurse who has been working full time with terminally ill patients for 3 years has been experiencing irritability and mixed emotions when expressing sadness. To optimize the quality of his nursing care, he should examine his own

- A. full-time work schedule.
- B. past feelings toward death.
- C. patterns for dealing with grief.
- D. demands for involvement in patient care

14. To decrease the patient's discomfort over care related to his reproductive issues, the nurse should

- A. Relate his sexual concerns to his sexual partner.
- B. Tell him that abstinence is the best way to manage sexual disorders
- C. Generate an atmosphere that will facilitate him to discuss sexuality
- D. Use technical terminology when discussing reproductive function

15. Patient X collapsed in the palliative care unit but she had signed a Do Not Resuscitate Order. The nurse felt the need to intervene considering his duty to save life. The nurse was experiencing

- A. An ethical principle
- B. A malpractice issue
- C. An ethical dilemma
- D. Self examination

16. Following radical mastectomy a client exclaims 'I can't imagine what my husband will think of me'.

The best response by the nurse would be:

- A. He just have to understand since it is not your fault
- B. The whole experience must be quite disturbing for you
- C. I am sure he will not be surprised; that is life
- D. That is a normal reaction for most patients

17. You are visiting with the wife of a patient who is having difficulty making the transition to palliative care for her dying husband. What is the most desirable outcome for the couple?
- A. They express hope for a cure.
 - B. They comply with treatment options.
 - C. They set additional goals for the future.
 - D. They acknowledge the symptoms and prognosis.
18. A hospice nurse is visiting with a dying patient. During the interaction, the patient is silent for some time. What is the best response?
- A. Recognize the patient's need for silence, and sit quietly at the bedside.
 - B. Try distraction with the patient.
 - C. Change the subject, and try to stimulate conversation with the patient.
 - D. Leave the patient alone for a period.
19. During a first encounter with a patient with severe pain from cancer a nurse performing pain assessment would ask the patient
- A. How long have you been experiencing pain?
 - B. What medications do you take to manage your pain?
 - C. How would you describe your pain?
 - D. Have you ever experienced severe pain before the diagnosis?
20. The correct management interventions for cachexia include
- A. Enteral nutritional supplementation
 - B. Encouraging to take their favourite foods
 - C. Commencing patient on parenteral feeds
 - D. Treatment of the underlying cause

SECTION II: SHORT ANSWER QUESTIONS

(30 MARKS)

1. State five (5) attributes of palliative care 5mks
2. Outline the five (5) psychosocial domains of palliative care 5mks
3. Explain three (3) categories of barriers to palliative care in Kenya 6mks
4. Outline the non-pharmacological measures for pain management in palliative care 5mks
5. Outline Theresa Rando's six R'S of the grieving process 6mks
6. Enumerate the six (6) competencies expected of a palliative care nurse 3mks

SECTION III: LONG ANSWER QUESTION

(20 MARKS)

Q1. The provision of palliative care must be guided and guarded by medical legal provisions;

- a) Explain four (4) ethical principles applied in palliative care 8mks
- b) using the 4-Box method, describe facilitation of ethical and legal practice in palliative care 12mks