



**AMREF INTERNATIONAL UNIVERSITY
SCHOOL OF MEDICAL SCIENCES
DEPARTMENT OF NURSING AND MIDWIFERY SCIENCES
DIPLOMA IN KENYA REGISTERED COMMUNITY HEALTH NURSING
SUPPLEMENTARY/ SPECIAL EXAMINATIONS**

DNS 222: ONCOLOGY AND PALLIATIVE CARE NURSING

DATE: MONDAY 28TH NOVEMBER 2022

TIME: 2 Hours

Start: 1400 HOURS

Finish: 1600 HOURS

INSTRUCTIONS

1. This examination will be marked out of 70 marks
2. The Examination has THREE Sections:
Section I: Multiple Choice Question, (20 marks)
Section II: Short Answer Questions (30 marks)
Section III: Long Answer Questions. (20 marks)
3. Answer all Questions in the ANSWER BOOKLET provided. Do Not write anything on the question paper -use the back of your booklet for rough work if need be.

PART I: MULTIPLE CHOICE QUESTIONS (20 MARKS)

1. Common causes of symptoms in terminal illness is:-
 - a) Side effects of treatment, spirituality.
 - b) Altered functions of affected body organs, side effects of treatment.
 - c) Altered functions of affected body organs, stigmatization
 - d) Stigmatization, spirituality.

2. Psychological needs for PLWHAs include:-
 - a) Love and acceptance from other, confidentiality
 - b) Confidentiality, opportunistic infections
 - c) Love and acceptance from other, anti-retroviral therapy
 - d) Anti-retroviral therapy, opportunistic infections

3. The correct sequence of community mobilization is:-
 - a) Entering the community, Planning and organizing community mobilization, monitoring the community response and reinforcement.
 - b) Community mobilization, Planning and organizing, entering the community, monitoring the community response and reinforcement.
 - c) Monitoring the community response and reinforcement Planning and organizing, entering the community, community mobilization,
 - d) Planning and organizing, entering the community, community mobilization, monitoring the community response and reinforcement.

4. The following is a strategy for breaking bad news in Palliative care
 - a) Convey minimal empathy
 - b) Convey information in an open and silent environment
 - c) Establish a contract with the patient
 - d) Do not respond to their feelings

5. Good pain control in palliative care requires:
 - a) Accurate and detailed assessment of every different pain experienced
 - b) Comprehensive knowledge on patient's previous problems
 - c) Accurate background information and diagnostic tests
 - d) Diagnostic tests and senior previous by a physician

6. Death rattle in a dying patient can be best managed by:
 - a) Heavily sedating the patient
 - b) Giving muscle relaxant medication
 - c) Giving appetite boosters medication
 - d) Suctioning the patient

7. The main goal of palliative chemotherapy is to :
 - a) Kill cancer cells
 - b) Prolong life of the patient
 - c) Prevent complications
 - d) Relief distressing symptoms.

8. The primary aim of hospice and palliative care is to:
- Help patients realize that nothing more can be done
 - Measure to sustain life at all costs
 - Help patients live as active as possible until the end of their lives
 - Focus on treating the symptoms to full recovery.
9. The advantages of home based care setting for terminal care is that:
- The dying person is in a familiar setting
 - Home care lessens the need to “live a timetable”
 - Home care allows closer social interaction
 - All of the above
10. The single most important adjuvant therapy to consider when starting patients on opioids for pain is ;
- Amphetamines to increase alertness
 - Laxatives to prevent constipation
 - Antiemetic to treat nausea.
 - Antidepressants to prevent depression.
11. The best management of nausea and vomiting in terminal illness to:
- Treat the underlying cause, give high fat diet.
 - Give prophylaxis anti emetic, give high fibre diet.
 - Give high fat diet, give high fibre diet.
 - Treat underlying cause, give prophylaxis anti-emetic.
12. The main role of the government in home based care is to:
- Create support policy consult with PLWHAs
 - Consult with PLWHAs, maintain standards
 - Create supportive policy, maintain standards
 - Identify primary care provider, consult with PLWHAs
13. Chronic pain in terminally illness is characterised by:
- Gradual vague onset, help seeking behaviour.
 - Depressed patient gradual and vague onset.
 - Signs of sympathetic hypersensitivity, progresses from mild to severe.
 - Help seeking behaviour, progresses from mild to severe.
14. While on home visit to a palliative care patient at the end of a life, the care giver complains that the patient’s is unable to feed well due to diminished appetite. Your immediate intervention will be to:
- Start patient on enteral feeding
 - Prescribe medication that can improve appetite
 - Advice the care giver to prepare a high protein diet
 - Educate the care giver on alterations in feeding at the end of life.

15. When a terminally ill patient chooses to die at home, it is the role of the palliative care nurse to:
- Prepare the family members on clinical signs of death
 - Encourage the patient to dissuade from such a choice
 - Encourage the relatives to dissuade the patient from such a choice
 - Refer the patient for counselling as this is not a normal reaction to approaching death
16. When supporting a patient in decision making process in palliative and home based care, the nurse ensures that;
- Family members are present
 - Family members agrees to the decision
 - Patient is fully informed on the issue at hand.
 - The decision is as per the wish of the nurse
17. Referred pain is usually an indication of:
- Somatic
 - Visceral
 - Neuropathic
 - Psychogenic
18. The most reliable indicator of pain in a terminally ill patient is:
- Results of physical examinations
 - Results of functional assessment
 - Result of multidisciplinary assessment
 - Patients' own self report.
19. Period during which mourning for a loss take place
- Grief
 - Hospice
 - Bereavement
 - Prognosis
20. The ethical principle upholding the right to self-determination , in the health care context, is:-
- Autonomy
 - Euthanasia
 - Medicare benefit
 - None of the above

PART II: SHORT ANSWER QUESTIONS: 30 MARKS

1. State four (4) components of homebased care. (4 Marks)
2. With the aid of a diagram, discuss the grief wheel (5 Marks)
3. State five (5) principles of palliative care. (5 Marks)
4. Explain three (3) types of physical pain. (6 Marks)
5. State four (4) mechanisms through which metastasis occurs (4 Marks)
6. Outline six (6) specific nursing interventions for a patient on chemotherapy (6 Marks)

PART III: LONG ANSWER QUESTIONS: 20 MARKS

1. Ms J. 60 years old is a patient with a terminal illness, admitted the hospice for end of life care.
 - a. List eight (8) symptoms Ms. J may develop at the end stage of life (4 Marks)
 - b. Describe five (5) principles of end of life care you will apply to manage Ms. J. (10 Marks)
 - c. State six (6) ways of supporting the family of the dying person (6 Marks)