



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

COURSE CODE AND TITLE: DOP 117 PALLIATIVE CARE IN ONCOLOGY

DATE: 8TH AUGUST 2023

Duration: 2 HOURS

Start: 11:15 AM

Finish: 1:15 AM

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. One of the following statement is true about an advanced directive:-
 - A. It is normally written when the patient is already dead
 - B. An advanced directive is written by the health care provider
 - C. Advanced directives only apply to decisions concerning financial and material decisions
 - D. Advanced directives are written by the patients themselves
2. The type of Euthanasia in which, the patient and the health care provider agree to withdraw the ventilator to allow the patient to rest is:-
 - A. Voluntary euthanasia
 - B. Active euthanasia
 - C. Involuntary euthanasia
 - D. Passive euthanasia
3. The following has been found to be useful in trials on improving dyspnoea:
 - A. Breathing training
 - B. Walking aids
 - C. Neuro-electrical muscle stimulation
 - D. Chest wall vibration
4. The following statement is true about grief and bereavement:
 - A. Grief is synonymous with mourning
 - B. Grief is the natural process one goes through to accept a major loss.
 - C. Grief only occurs after the loss of a loved one
 - D. Grief is the anguish experienced after a significant loss
5. According to Elizabeth Rose, the sequence of the stages of grief are as follow:-
 - A. Acceptance, anger, depression, denial, bargaining
 - B. Denial, anger, bargaining, depression, acceptance
 - C. Bargaining, depression, acceptance, anger, denial
 - D. Anger, acceptance, denial, bargaining, depression
6. A stage of grief in which the patient keeps on lamenting to his god is:-
 - A. Acceptance
 - B. Denial
 - C. Depression
 - D. Bargaining
 - E. Anger

7. Neuropathic pain is:-
- A. Usually treated with anti-inflammatory agents
 - B. A result of disordered nerve function
 - C. Due to direct stimulation of intact nociceptors
 - D. Rarely responsive to opioid analgesics
8. One of the following is an extrinsic risk factor for development of pressure ulcers:-
- A. Extreme age
 - B. Skin shearing
 - C. Vascular diseases
 - D. Previous history of pressure damage
9. All of the following are key elements of palliative care EXCEPT
- A. Pain and symptom management
 - B. Psychological and spiritual support
 - C. Getting the patient to be DNR
 - D. Coordination of care
10. Pharmacologic tolerance develops to all the following opioid analgesics, EXCEPT
- A. Constipation
 - B. Respiratory depression
 - C. Nausea
 - D. Sedation
11. The single most important supplemental therapy to consider at the time of starting a patient on opioids for pain is:-
- A. NSAIDS for adjuvant pain
 - B. Laxatives for constipation
 - C. Anti-depressants to supplement pain relief
 - D. Anti emetic to treat nausea
12. The use of supplemental oxygen for the relief of dyspnoea:-
- A. is useful for all patients with dyspnoea
 - B. is harmless
 - C. is not useful for patients with normal oxygen saturations
 - D. is useful only in COPD patients.
13. The most common side effect of morphine:-
- A. Nausea and vomiting
 - B. Sedation;
 - C. Hallucinations

D. Constipation.

14. The main purpose of advanced directives is to:-

- A. Determine who will be in charge of paying the patient's bill
- B. Provide a way for a patient who is terminally ill to have his/her wishes honoured when he/she is unable to speak for him/herself
- C. Provide legally binding healthcare decisions that a person makes regarding desired care for common conditions.
- D. Keep family members from arguing when health decisions need to be made

15. The most correct statement about palliative care is:-

- A. Palliative care is designed to improve a very sick persons quality of life
- B. Palliative care is designed to cure disease
- C. Palliative care is for the patients only, not the family
- D. Palliative care is best used for simple problems like colds and flu

16. The primary ethical principle that should be applied with dying persons in the last days and hours of life is:-

- A. Selflessness
- B. Paternism
- C. Self determination
- D. None of the above

17. The need of short-term respite from providing support to a loved one by a caregiver may be as a result of:-

- A. Taking a break can help to maintain a healthier relationship with their loved one
- B. The person needs to connect with other aspects of who they are in addition to being a caregiver
- C. The person needs time to renew their energy in order to continue providing care
- D. All of the answers are correct.

18. One of the following principle requires a nurse to a act for the benefit of the patient at all time

- A. Autonomy
- B. Beneficence
- C. Non-maleficence
- D. Fidelity

19. Veracity is:-

- A. A nurse working independently to help the patient
- B. Doing no harm at all time
- C. Being completely honest with the patient

D. Being faithful and keeping ones promise

20. One of the following condition is not used to define futile treatment in a hospital setting:

- A. When the benefit of treatment grossly outweighs the burden
- B. When the patient is not able to survive outside ICU
- C. When patient is permanently unconscious
- D. When death is imminent

SECTION II: SHORT ANSWER QUESTIONS

(30 MARKS)

1. Explain the two (2) types of euthanasia that are currently utilised. (5marks)
2. Outline five (5) criteria used to render medical service futile among the critically ill patients. . (5marks)
3. State the health benefits of sexuality and intimacy among the palliative population. (5marks)
4. Highlight factors affecting a person's response to grief and bereavement. (5marks)
5. Explain the Non pharmacologic management strategies for patients with fluid volume imbalance/oedema. (5marks)
6. Describe five effects of distressing symptoms on the quality of life of a palliative care patient. (5marks)

SECTION III: LONG ANSWER QUESTION –

(20 MARKS)

1. During the end of life, patients normally have needs that have to be addressed by the palliative care nurse. Discuss the patients' needs and your role as a palliative care specialist at the end of life. (20marks)