



**AMREF INTERNATIONAL UNIVERSITY  
SCHOOL OF MEDICAL SCIENCES  
DEPARTMENT OF NURSING & MIDWIFERY SCIENCES  
END OF SEMESTER AUGUST 2024 EXAMINATIONS**

**COURSE CODE AND TITLE: DOP 117-PALLIATIVE CARE IN ONCOLOGY**

**DATE: Wednesday 7<sup>th</sup> August 2024**

**Duration: 2 HOURS**

**Start: 9:00 AM**

**Finish: 11:00 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. A living will is:
  - A. Any document that a person makes while still alive
  - B. A legal document that a person makes out to distribute her property after she dies
  - C. Legal document that a person makes to say what should be done when he is incapacitated
  - D. A chosen individual who make decision on behalf of the other.
2. A legal arrangement that provide for the transfer of assets from their owner, called the grantor is:
  - A. A will
  - B. Advanced directives
  - C. Power of attorney
  - D. A trust
3. Which phase of grief is marked by one appealing to a higher power for relief or a way to change the outcome?
  - A. Denial
  - B. Bargaining
  - C. Anger
  - D. Depression
4. The most validated pain intensity scale is known as:
  - A. Visual rating scale
  - B. Facial scale
  - C. Visual analogue scale
  - D. Numerical scale
5. Opioids treatment fits best on which step of the analgesic ladder:
  - A. Step one
  - B. Step two
  - C. Step three
  - D. Step four
6. Signs of Opioids toxicity includes:
  - A. Aggression, hypertension
  - B. Restlessness
  - C. Sleepiness, respiratory depression
  - D. Nausea and vomiting

7. What is the most logical approach in managing nausea and vomiting in palliative care?
- A. Identify likely cause and use most appropriate antiemetics based on the mode of action
  - B. Use multiple antiemetic in combination
  - C. Give antiemetic only when the patient is nauseated
  - D. None of the above
8. Patients who are opiate-dependent will:
- A. Benefit from increased dietary fibre
  - B. Always require laxative therapy
  - C. Need to reduce opioid dosage if constipation is unresolved
  - D. Need to drink 2-3 litre of fluids to prevent constipation
9. The goal of palliative care includes the following **except?**
- A. Prolonging life as much as possible
  - B. Provide relief from painful symptoms
  - C. Support patient towards optimal living
  - D. Help patient and family members during grief
10. The goal of nutrition in palliative care include all of the following **except?**
- A. Correct nutrition
  - B. Help recovery and healing
  - C. Improve quality of life
  - D. Improve living state
11. Most essential member of palliative care team is:
- A. Nurse and social workers
  - B. Doctor and nurse
  - C. Doctor and spiritual carer
  - D. Nurses and nutritionist
12. A person facing eminent death may cry often, become socially withdrawn, or become mute. This may be indicative of;
- A. Anger
  - B. Isolation
  - C. Bargaining
  - D. Depression
13. The primary purpose of hospice is to:
- A. Allow patients to die at home
  - B. Provide better quality of care than the family can
  - C. Coordinate care for dying patient and their families

- D. Provide comfort and support of the dying patient and their families
14. For the past five year, after losing her husband, Jane has been sitting in her bedroom closet, crying and talking to her long gone husband, which type of grief is this?
- A. Anticipatory
  - B. Prolonged grief disorder
  - C. Normal
  - D. Disruptive
15. Why are palliative care need of children different from those of adults?
- A. Adults only need palliative care at the end of life
  - B. Adults need to make all the decisions for children
  - C. Children are not small adults as their developmental needs are different
  - D. Children can only receive palliative care in home setting
16. The decision to remove a patients feeding tube, thus allowing her to die of dehydration, is a case of:
- A. Voluntary euthanasia
  - B. Physician assisted suicide
  - C. Passive euthanasia
  - D. Active euthanasia
17. The order of stages of dying as proposed by Elizabeth Kubler Rose are:
- A. Denial, anger, bargaining acceptance, depression
  - B. Anger, denial, bargaining, depression, acceptance
  - C. Denial, anger, bargaining, depression, acceptance.
  - D. Anger, bargaining, acceptance, depression, denial.
18. Which of the following is **TRUE** regarding the interdisciplinary healthcare team involved in palliative care?
- A. A social worker is not usually part of the team
  - B. Members of the team are the same across palliative care setting
  - C. Team members' role should be communicated to the patient and the family
  - D. Patients primary care physician is not usually part of the team
19. Which of the following is not a barrier to optimum use of palliative care at the end of life?
- A. Insurance reimbursement policies
  - B. Easily determined prognosis
  - C. Lack of well-trained health care professionals
  - D. Attitude of patients' families and clinicians

20. Which of the following is a clinician-related factor that contributes to the low rate of end-of-life discussions?

- A. Lack of time
- B. Certainty about prognosis
- C. Excessive confidence in curative therapy
- D. Awareness of patients and family's concerns regarding prognosis

**SECTION II: SHORT ANSWER QUESTIONS**

**(30 MARKS)**

1. Outline the goal of care on a patient receiving palliative care services (6mks)
2. State the effects of distressing symptoms on quality of life of a palliative care patient (5mks)
3. Outline the components of quality end of life care (5mks)
4. Enumerate six (6) factors affecting a patient response to grief (6mks)
5. Briefly discuss four (4) factors affecting ethical decision making (8mks)

**SECTION III: LONG ANSWER QUESTIONS**

**(20 MARKS)**

1. Discuss five (5) components of physical domain palliative care that the nurse should assess and manage during the disease trajectory (10mks)
2. Discuss the effects of distressing symptoms on the quality of life of a palliative care patient (10mks)