



AMREF INTERNATIONAL UNIVERSITY
SCHOOL OF MEDICAL SCIENCES
DEPARTMENT OF NURSING AND MIDWIFERY SCIENCES
KENYA REGISTERED COMMUNITY HEALTH NURSING
End of March-August Semester Examinations

DNS 222 : Oncology And Palliative Care Nursing

TIME: 2 HOURS

Start: 0900 HOURS

Finish: 1100 HOURS

DATE: Tuesday 12th August 2025

INSTRUCTIONS

1. This exam will be marked **out of 70 Marks**
2. ALL Questions are compulsory.
3. The Examination has Three Sections: Section A- Multiple Choice Questions, Section B: Short Answer Questions, Section C: Long Essay Questions
4. Answer all Questions in the ANSWER BOOKLET provided
5. Do not write anything on the question paper
6. Use the back of your booklet for rough work if need be.

SECTION I: MULTIPLE ANSWER QUESTION (20 MARKS)

1. Regular follow-up in home based care ensures: -
 - a. Continuous assessment and management of symptoms
 - b. Overuse of medications
 - c. Delayed death
 - d. Patient hospitalization

2. One way to prevent caregiver burnout is: -
 - a. Giving all responsibilities to one person
 - b. Ignoring caregiver stress
 - c. Limiting caregiver sleep
 - d. Providing emotional and educational support

3. The following is a sustainable action in home-based care: -
 - a. One-time education
 - b. Frequent relocation of patients
 - c. Relying on external funding only
 - d. Ongoing caregiver training and empowerment

4. Personal hygiene in home-based care ensures: -
 - a. Comfort and dignity
 - b. Patient dependence
 - c. Increased infection
 - d. Disease transmission

5. A normal reaction to loss includes: -
 - a. Persistent delusions
 - b. Sadness and crying
 - c. Hallucinations
 - d. Refusal to talk forever

6. The death process typically includes all the following EXCEPT:-
 - a. Increased appetite
 - b. Cool extremities
 - c. Altered breathing
 - d. Confusion

7. An example of end-of-life care includes: -
 - a. Comfort care in the final days
 - b. Surgery for tumor removal
 - c. Dialysis for chronic kidney failure
 - d. Bone marrow transplant

8. Advance care planning allows patients to: -
 - a. Write their biography
 - b. Choose funeral services
 - c. Request chemotherapy
 - d. Make decisions about future healthcare preferences

9. The main goal of surgical therapy in cancer is: -
 - a. Removal of malignant tissues
 - b. Pain relief only
 - c. Radiation sensitization
 - d. Reduce tumor growth

10. A contraindication for radiotherapy includes: -
 - a. Localized tumors
 - b. Pregnancy
 - c. Solid masses
 - d. Tumors near the skin

11. The gold standard for pain assessment in palliative care is: -
 - a. Vital signs
 - b. CT scan
 - c. ECG
 - d. Patient's self-report

12. Breakthrough pain is: -
 - a. Pain that occurs suddenly despite background medication.
 - b. Constant pain relieved by morphine
 - c. Pain only during procedures
 - d. Pain unresponsive to opioid

13. Most common side effect of Morphine use: -
 - a. Diarrhea
 - b. Nausea
 - c. Constipation
 - d. Vomiting

14. In palliative care, spiritual care involves: -
 - a. Preaching religion
 - b. Supporting the patient's belief system and meaning
 - c. Enforcing religious practices
 - d. Disregarding patient's culture

15. The WHO analgesic ladder recommends which of the following sequences in pain management: -
- Strong opioids → Weak opioids → NSAIDs
 - NSAIDs → Strong opioids → Adjuvants
 - NSAIDs → Weak opioids → Strong opioids
 - Weak opioids → Adjuvants → NSAIDs
16. The use of adjuvant medications in palliative pain management includes all EXCEPT: -
- Antidepressants for neuropathic pain
 - Anticonvulsants for nerve-related pain
 - Corticosteroids for inflammation
 - Antibiotics to relieve bone pain
17. Pain assessment tool most suitable for a non-verbal palliative care patient: -
- FLACC scale
 - Numerical rating scale
 - Visual analogue scale
 - Wong-Baker Faces Scale
18. Which of the following principle requires a nurse to act for the benefit of the patient at all time:-
- Autonomy
 - Beneficence
 - Non maleficence
 - Fidelity
19. Veracity is:-
- A nurse working independently to help the patient
 - Doing no harm at all time
 - Being completely honest with the patient
 - Being faithful and keeping one's promise
20. The following does not constitute "futile treatment" in a hospital setting:-
- When the benefit of treatment grossly outweighs the burden
 - When the patient is not able to survive outside ICU
 - When patient is permanently unconscious
 - When death is imminent

SECTION II: SHORT ANSWER QUESTIONS (30 MARKS)

1. Outline six (6) principles of palliative care (6 Marks)
2. Briefly describe four (4) effects of distressing symptoms on the quality of life of a palliative care patient (8mks)
3. Briefly outline factors affecting an individual's response grief and bereavement (5mks)
4. Outline five (5) responsibilities of a palliative care nurse in the end of life care (5 Marks)
5. Briefly describe three (3) significances of ethical principles in nursing (6 Marks)

SECTION III: LONG ANSWER QUESTION (20 MARKS)

1. Grief and bereavement are a common problem that affect both the patient and family members. However, Kubler Rose came up with stages of grief.
 - a. Discuss the five stages of grief according to Kubler rose (10 Marks)
 - b. Discuss strategies that will help one cope with grief after the loss of a loved one (10 Marks)