



**AMREF INTERNATIONAL UNIVERSITY  
SCHOOL OF MEDICAL SCIENCES  
DEPARTMENT OF NURSING & MIDWIFERY SCIENCES  
END OF SEMESTER EXAMINATION DECEMBER 2025**

**COURSE CODE AND TITLE: DOP 114: Communication and Counselling Skills in  
Oncology**

**DATE:**

Duration: 2 HOURS

Start:

Finish:

**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. Assisting a terminally ill patient to gain meaning and peace while addressing fears related to death and legacy reflects which counselling approach in palliative oncology care;-
  - A. Active Listening
  - B. Validation Therapy
  - C. Existential Counselling
  - D. Building Rapport
2. An oncology nurse uses validation therapy in palliative care to reduce anxiety and help a patient feel understood, this technique:-
  - A. Acknowledges and accepts patient feelings
  - B. Ignores emotional disclosures
  - C. Focuses mostly on medication compliance
  - D. Forces insight and confrontation
3. During the counselling process, the nurse works collaboratively with the patient experiencing cancer-related distress to develop coping mechanisms and formulate action plans during the:-
  - A. Identification of issues
  - B. Development of strategies
  - C. Initial contact stage
  - D. Closure stage
4. A patient diagnosed with a life-limiting illness expresses fear related to death. Identify the holistic intervention that provides the greatest support for emotional and spiritual wellbeing is:-
  - A. Guided imagery to help reduce nausea
  - B. Spiritual counselling or meaning-centered therapy
  - C. Reflexology to enhance circulation
  - D. Light stretching exercises to relieve fatigue
5. The most accurate description of complementary therapy in patient care is a;-
  - A. Treatment used as an alternative to conventional medical care
  - B. Therapy provided alongside standard treatment to enhance comfort and overall patient wellbeing
  - C. Therapy that is not supported by evidence-based clinical practice
  - D. Treatment that focuses solely on physical symptoms
6. Which type of communication focuses on understanding patient feelings through facial expressions, gestures, and tone of voice?
  - A. Verbal communication
  - B. Written communication
  - C. Non-verbal communication
  - D. Passive communication

7. In palliative care, validation therapy is used by the nurse to:-
  - A. Challenge patient feelings
  - B. Reduce anxiety by acknowledging emotions
  - C. Focus only on treatment adherence
  - D. Avoid discussion of emotions
8. Empathy in counselling primarily enables the nurse to:
  - A. Diagnose medical conditions
  - B. Connect emotionally and foster understanding
  - C. Limit patient disclosure
  - D. Replace therapy with advice
9. The scope of caregiver support in oncology includes:-
  - A. Physical, emotional, social, and spiritual guidance
  - B. Only medication administration
  - C. Only hospital tasks
  - D. Avoiding home care education
10. Paediatric patients in palliative care require communication and counselling that is:-
  - A. Age-appropriate, simple, and supportive
  - B. Highly technical and adult-focused
  - C. Avoidant of emotions
  - D. Solely focused on caregivers
11. Addressing spiritual and psychosocial needs in special populations improves:-
  - A. Only physical outcomes
  - B. Emotional resilience, coping, and quality of life
  - C. Medication adherence exclusively
  - D. Hospital administrative efficiency
12. A terminally ill patient refuses to discuss death and shows withdrawal. The nurse facilitates coping by:-
  - A. Exploring fears gently, validating feelings, and encouraging reflection on life meaning
  - B. Ignoring the patient until they initiate conversation
  - C. Pressuring the patient to accept death immediately
  - D. Focusing solely on medication administration
13. One core domain of thanatology emphasizes:-
  - A. Psychological and emotional adaptation to death
  - B. Exclusive physiological signs of dying
  - C. Avoidance of spiritual issues in death
  - D. Restriction of family involvement in death care
14. Religiosity may not promote coping with life-threatening illnesses for persons whose belief system is based on:-
  - A. Humanism

- B. Hinduism
  - C. Christianity
  - D. Judaism
15. A major criticism of Kubler-Ross' stages of dying are that they:-
- A. Don't actually form a variant sequence
  - B. Only applies to females
  - C. Last longer than she thought
  - D. Only explain the pattern found in older adults
16. A bereaved mother develops panic attacks, severe depression, and overwhelming fear which interferes with normal functioning, this type of grief represents:-
- A. Exaggerated Grief
  - B. Chronic Grief
  - C. Anticipatory Grief
  - D. Masked Grief
17. A patient who chooses a healthcare proxy to legally speak for them if they become unable to communicate demonstrates which advanced care planning component:-
- A. Palliative Sedation
  - B. Health Care Power of Attorney
  - C. Breakpoint Communication
  - D. Symptom Management Preference
18. The purpose of respite care in end-of-life care is:-
- A. Providing 24/7 medical monitoring
  - B. Giving a break to primary caregivers
  - C. Introducing aggressive treatments
  - D. Isolating the patient
19. An important goal of bereavement care for families after the loss of a loved one is:-
- A. Encouraging immediate return to work
  - B. Fostering grief expression and support
  - C. Avoiding discussions about the deceased
  - D. Discouraging seeking emotional help
20. The therapeutic communication technique being used in this nurse-client interaction is:-
- Client: "When I am anxious, the only thing that calms me down is alcohol."
- Nurse: "Other than drinking, what alternatives have you explored to decrease anxiety?"
- A. Reflection
  - B. Making observations
  - C. Formulating a plan of action
  - D. Giving recognition

**SECTION II: SHORT ANSWER QUESTIONS** (30 MARKS)

1. Discuss the skills that an effective counsellor should exhibit (4Marks)
2. List four forms of non-verbal communication (2 marks)
3. Highlight five (5) risk factors associated with development of complicated grief (5 marks)
4. Why communication is considered a dynamic and cyclic process? (5 Marks)
5. Describe the benefits of complementary and alternative therapies in palliative care (8 marks)
6. Discuss three (3) advantages of complementary/ alternative medicine over conventional medicine (6 Marks)

**SECTION III: LONG ANSWER QUESTION –** (20 MARKS)

Understanding the process that people may go through when facing their mortality can be a complex and deeply personal experience

- I. Describe five (5) stages of dying as proposed by Elisabeth Kübler-Ross (15 marks)
- II. Highlight five (5) risk factors of developing complicated grief (5 marks)