



AMREF INTERNATIONAL UNIVERSITY
SCHOOL OF MEDICAL SCIENCES
DEPARTMENT OF NURSING & MIDWIFERY SCIENCES
Supplementary Examination April 2025 Examinations

COURSE CODE AND TITLE: BSM 414 Palliative Care

DATE: 9- APRIL 2024

Duration: 2 HOURS

Start: 9:00 AM

Finish: 11:00 AM

INSTRUCTIONS

1. This exam is out of 100 marks
2. This Examination comprises THREE Sections. Section I: Multiple Choice Questions (20 marks)
Section II: Short Answer Questions (40 marks) and Section III: Long Answer Questions (40 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. Which 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. Advancer directives are written by the patients themselves
2. While taking care of a suffering palliative care patient, the patient and the health care provider agree to withdraw the ventilator to allow the patient to rest. Which type of Euthanasia is used in this case
 - 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
 - E. All of the above.
4. Which of 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 stages of grief follow each other in the following odder
 - 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. As a palliative care nurses, you are taking care of a bereaved patient who keeps on lamenting to his god why the loss had to happen, which stage of grief is the patient going through?
 - 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. Which 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 of the following side effects of 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. Which of the following is the most common side effect of morphine?
- A. Nausea and vomiting
 - B. Sedation;
 - C. Hallucinations
 - D. Constipation

14. What is the main purpose of advanced directives?
- A. To determine who will be in charge of paying the patient's bill
 - B. To 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. To provide legally binding healthcare decisions that a person makes regarding desired care for common conditions.
 - D. To keep family members from arguing when health decisions need to be made
15. Which of this statement is most correct about palliative care.
- 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 flus
16. Which of the following is a primary ethical principle of social workers who work with a dying person, even into the last days and hours of life, when possible?
- A. Selflessness
 - B. Parternism
 - C. Self determination
 - D. None of the above
17. A caregiver decides that they need short-term respite from providing support to a loved one. Why might this be?
- 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. Which of the following principle requires a nurse to 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. Which 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 (40 MARKS)

1. Briefly explain three types of powers of attorney (6marks)
2. Outline six principles of palliative care (5marks)
3. Outline the health benefits of sexuality and intimacy among the palliative population (5marks)
4. Briefly explain three elements of palliative care nursing that you have been utilizing in your clinical setting (6marks)
5. Outline Importance of ethical principles in nursing practice (5marks)
6. Briefly describe four effects of distressing symptoms on the quality of life of a palliative care patient (8marks).
7. Briefly outline factors affecting an individual's response grief and bereavement (5marks)

SECTION III: LONG ANSWER QUESTION – (40 MARKS)

1. During the end of life, patients normally have needs that have to be addressed by the palliative care nurse.
 - a. Discuss five palliative care needs of a cancer patients (10marks)
 - b. Discuss the role of a palliative care nurse specialist your role as a palliative care specialist at the end of life (10marks)
2. 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 (10marks).
 - b. Discuss strategies that will help one cope with grief after the loss of a loved one (10marks)