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UNIVERSITY EXAMINATIONS 2020/2021

FOURTH YEAR, SECOND SEMESTER EXAMINATION FOR THE DEGREE OF
BACHELOR OF SCIENCE IN NURSING

NND 3421: PALLIATIVE CARE NURSING & ONCOLOGY NURSING

DATE: OCTOBER 2021

TIME: 2 HOURS

INSTRUCTIONS:

Answer All questions

Ensure that all your answers are properly numbered

Part I: Multiple Choice Questions (MCQ): Write the correct answer on the space provided in the answer booklet. Each MCQ is one mark

Part II: Short Answer Questions – Answer questions following each other on the answer booklet

Part III: Long Answer Questions – Answer each question on the answer

PART I: MULTIPLE CHOICE QUESTIONS (20 MARKS)

1. Hospice care compares with palliative care because they both address
 - a) Terminal illness, seek curative treatment
 - b) Focus on symptom management, aggressive treatment
 - c) Has terminal illness diagnoses, focuses on symptom management
 - d) Has no terminal illness focus, symptom management diagnoses
 2. The goals of palliative care include the following, except
 - a) Prolonging life as much as possible
 - b) Providing relief from painful symptoms
 - c) Supporting patient towards optimal living
 - d) Helping patient and family members experiencing anticipatory grieving
 3. Palliative sedation aims to achieve
 - a) Symptoms management
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- b) Treatment of agitation
 - c) Reduce patient's awareness of distressing symptoms
 - d) Encourage safety and comfort
4. **Do not Resuscitate Order** often accompanies situations when the prognosis of the patient is approximately
- a) Between 6 and 12 months
 - b) Between 3 and 6 months
 - c) Less than 6 months
 - d) Less than 12 months
5. Essential components of palliative care include:
- a) Rehabilitation, continuity of care, treatment
 - b) Effective communication, terminal care, bereavement planning
 - c) Terminal care, symptom control, rehabilitation
 - d) Education , research grief planning
6. The most important aim of pain management in palliative care is
- a) Reduce emotional reactions to impending death
 - b) Prevent suffering
 - c) Enhance recovery
 - d) Reduce side effects of some interventions
7. Goals of nutrition in palliative care include all the following except;
- a) Correct nutrition
 - b) Help recovery and healing
 - c) Improve quality of life
 - d) Improve the living state
8. The following best describe the components of supportive care except
- a) Physical, emotional, social, financial
 - b) Mental, spiritual, physical, legal
 - c) Emotional , mental, psychological, legal
 - d) Spiritual, physical, legal, social
9. The ethical framework of palliative care addresses the following;

- a) Autonomy, privacy, self-awareness
 - b) Confidentiality, justice, access
 - c) Consent, confidentiality , privacy
 - d) Self-awareness, beneficence, privacy
10. Neuropathic pain in life limiting illness can be managed by use of;
- a) Amitriptyline
 - b) Brufen
 - c) Carbamazepine
 - d) Gabapentine
11. The most essential members of palliative care team are;
- a) Nurse and social worker
 - b) Doctor and nurse
 - c) Doctors and spiritual carer
 - d) Nurse and nutritionist
12. Any form of loss may precipitate;
- a) Bereavement
 - b) Grief
 - c) Mourning
 - d) Actual loss
13. Palliative care nurses' self-awareness may be most critical when dealing with ;
- a) Prognostic issues
 - b) Ethical issues
 - c) End-of-life issues
 - d) Loss of self-care ability issues
14. A person facing eminent death may cry often, become socially withdrawn, or become mute. This may be indicative of;
- a) Isolation
 - b) Bargaining
 - c) Anger
 - d) Depression

15. For a palliative care patient whose cancer tumor is impinging on a nerve, the drug that may show some usefulness is;
- Amitriptyline
 - Atropine
 - Hyoscine
 - Fluoxetine
16. Myosis may be witnessed among palliative care patients who are on;
- Antineoplastic agents
 - Anxiolytics
 - Antidepressants
 - Narcotic analgesics
17. The most appropriate care for a palliative care patient experiencing existential distress is;
- Social support by family
 - Spiritual support by the chaplain
 - Psychological support by a counselor
 - Spiritual support by a spiritual carer
18. Services provided to palliative care patients and their family through the power of the attorney is a form of ;
- Social care
 - Psychological care
 - Emotional care
 - Spiritual care
19. Respite care is best suited for ;
- Informal care givers
 - Patients nearing death
 - Closest relative to terminally ill family
 - Palliative care nurses
20. Prompt sheets may be used in palliative care with patients who are ;
- Mute
 - Aggressive

- c) Reticent
- d) Depressed

PART II: SHORT ANSWER QUESTIONS (30 MARKS)

1. Describe two pain assessment tools for adult patients (8 Marks)
2. State five individual-related factors that may influence experience of burn out among palliative care nurses. (5 Marks)
3. State five common supportive care needs for informal care givers for home-based patients in Kenya. (5 Marks)
4. Explain two major bereavement preparatory interventions for a family expecting the death of their loved one in two weeks (4 Marks)
5. State four main components of spirituality in palliative care (4 Marks)
6. Explain 4 non-pharmacological strategies for pain management in palliative care (4 Marks)

PART III: LONG ANSWER QUESTIONS (20 MARKS)

Mr. John is a 80-year –old married man with two adult children and a wife. He went into comma 24 hours ago secondary to complications of terminal hepatocellular carcinoma. Based on his progress since the diagnosis was made three months ago, he is not expected to gain consciousness, and is expected to die within few days/ weeks.

- a) Describe 2 legal-ethical issues that may arise during Mr John’s and his family’s care. (6 Marks)
- b) Describe the management of Mr. John and his family in the context of Mr. John’s impending death (14 Marks)