

**Instructions: Answer all questions in the booklet provided**

**Section one: (Multiple Choice questions – 20 marks)**

1. 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
2. Any form of loss may precipitate
  - a. Bereavement
  - b. Grief
  - c. Mourning
  - d. Actual loss
3. 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
4. A person facing eminent death may cry often, become socially withdrawn, or become mute.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
5. For a palliative care patient whose cancer tumor is impinging on a nerve, the drug that may show some usefulness is
  - a. Amitriptyline
  - b. Atropine
  - c. Hyoscine
  - d. Fluoxetine
6. Myosis may be witnessed among palliative care patients who are on
  - a. Antineoplastic agents
  - b. Anxiolytics
  - c. Antidepressants
  - d. Narcotic analgesics
7. The most appropriate care for a palliative care patient experiencing existential distress is
  - a. Social support by family
  - b. Spiritual support by the chaplain
  - c. Psychological support by a counselor

- d. Spiritual support by a spiritual carer
- 8. Services provided to palliative care patients and their family through the power of the attorney is a form of
  - a. Social care
  - b. Psychological care
  - c. Emotional care
  - d. Spiritual care
- 9. Respite care is best suited for
  - a. Informal care givers
  - b. Patients nearing death
  - c. Closest relative to terminally ill family member
  - d. Palliative care nurses
- 10. Prompt sheets may be used in palliative care with patients who are
  - a. Mute
  - b. Aggressive
  - c. Reticent
  - d. Depressed
- 11. Hospice care compares with palliative care because they both address
  - a. Terminal illnesses, 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
- 12. 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
- 13. Palliative sedation aims to achieve
  - a. Symptoms management
  - b. Treatment of agitation
  - c. Reduce patient's awareness of distressing symptoms
  - d. Encourage safety and comfort
- 14. ***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
- 15. 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
16. 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
17. 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
18. 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
19. 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
20. Neuropathic pain is life limiting illness can be managed by use of
- a. Amitriptyline
  - b. Brufen
  - c. Carbamazepine
  - d. Gabapentine

## **Section Two: Short Answer Questions (30 Marks)**

1. Using examples, describe two principles of palliative care assessment 8 marks
2. State 5 individual-related factors that may influence experience of burn out among palliative care nurses 5 marks
3. State 5 possible supportive care needs specific 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 4 main components of spirituality in palliative care 4 marks

6. Explain the pharmacological strategies for pain management in palliative care 4 marks

### **Section Three: Long Answer questions (20 Marks)**

1. Justus, 16 years, is admitted in High Dependency Unit after a diagnosis with brain tumour that has affected his mental state to the extent that he frequently gets episodes of depression, anxiety, forgetfulness and reduced ability for rational thought. Justus's health seems to be deteriorating and the family has been referred to a palliative care facility for Justus's further care.
  - a. State any 4 patient/family- related benefits of palliative care (4 marks)
  - b. Explain any 2 legal-ethical dilemmas that may arise during Justus's care (4 marks)
  - c. Describe 4 major supportive care interventions for Justus and his family ( 12 marks)