



MERU UNIVERSITY OF SCIENCE AND TECHNOLOGY

P.O. Box 972-60200 - Meru-Kenya.
Tel: +254 (0)799529958, +254 (0)799529959, +254 (0)712524293
Website: www.must.ac.ke Email: info@must.ac.ke

UNIVERSITY EXAMINATIONS 2023/2024

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

NNU 3235: PALLIATIVE CARE AND ONCOLOGY NURSING

DATE: APRIL 2024

TIME: 2 HOURS

INSTRUCTIONS: *All questions are compulsory*

Ensure that all your answers are properly numbered

Part 1 Multiple Choice Questions (MCQs): Write the correct answer on the space provided in the answer booklet. Each MCQ is one mark.

Part 11: Short Answer Questions-Answer questions following each other on the answer booklet

Part 111: Long Answer Questions-Answer the questions on the answer booklet.

SECTION A: Multiple Choice Questions (20 MARKS)

1. A client has been receiving the same dose of an intravenous opioid for 2 days to manage postsurgical pain following radical mastectomy. The client reports that the drug is no longer controlling the pain. What does the nurse suspect?
 - a) There is likely a history of addiction
 - b) Tolerance to the opioid is developing
 - c) Physical dependence is developing
 - d) The client is opioid naive
2. A woman was advised to have a pap smear for cervical cancer screening. Later cytology report revealed that there was a precursor lesion for cancer. How was the characteristic of the cells?

- a) Metaplasia
 - b) Hyperplasia
 - c) Hypertrophy
 - d) Dysplasia
3. The nurse is teaching a group of individuals in the community about cancer warning signs. Which of the following is not a cancer warning sign and should not be included in the teaching?
- a) A change in bowel habits
 - b) Difficulty in swallowing
 - c) Unexplained weight gain
 - d) Nagging hoarseness
4. Mr. Obama, 45 years old tells the nurse, "the doctor said I have a carcinoma and my friend has a sarcoma, what is the difference?" what should the nurse include in the response?
- a) Carcinoma is usually more serious than a sarcoma
 - b) Carcinoma indicates that the tissue involved is epithelial such as gastrointestinal tract; sarcoma indicates that the tissue involved is connective tissue such as bone
 - c) Carcoma is a malignancy that usually appears early in life whereas individuals who develop a sarcoma of any type are usually older
 - d) Carcinoma are not as likely as sarcoma to metastasize to distant sites
5. Which statement best describes hospice care.
- a) Care that provides comfort and support to patients who are near the end of life and their families
 - b) Care provided to patients with chronic conditions at any stage of the disease
 - c) Care that provides a temporary relief for the primary caregiver to take a break from routine demands of care giving
 - d) Care provided to patients with chronic conditions while continuing with active treatment
6. A client taking newly prescribed gabapentin for persistent neuropathic pain reports dizziness. What is the best nursing response?
- a) "Stop taking the medication and contact he health care provider.'
 - b) "This is a common side effect of gabapentin and will decrease with use."
 - c) "The dizziness is caused by the neuropathic pain, not the medication.'
 - d) "The dizziness is likely from another medication, not the gabapentin.'

7. Which of the following is a healthcare provider related factor that contributes to the low rate of end-of-life discussions?
- a) Lack of time
 - b) Certainty about prognosis
 - c) Excessive confidence in curative therapies
 - d) Awareness of the patient's and/or family's concerns regarding prognosis
8. Which of the following is TRUE regarding the interdisciplinary healthcare team involved in palliative care?
- a) A social worker is not usually part of the team
 - b) The members of the team are the same across palliative care settings
 - c) Team members' roles should be communicated to the patient and family
 - d) The patient's primary care physician is not usually a member of the team
9. A patient who has had recent chest complains is ordered a chest X-ray and a small lesion is noted on the patient's right lung. What is the definitive method of determining if the lesion is malignant?
- a) Computerized Tomography (CT) or Positron Emission Tomography (PET) scan
 - b) Lung scan
 - c) Tissue biopsy
 - d) Magnetic resonance imaging
10. Mrs. Kimani has advanced cervical cancer and has been experiencing chronic pelvic and abdominal pain. Which of the following is MOST IMPORTANT in determining the maximum dose of oral morphine during dose titration?
- a) Pain relief
 - b) Respiratory depression
 - c) Risk of overstepping regulatory limits
 - d) Strength of the pill
11. The following are key elements of palliative care EXCEPT
- a) Pain and symptom management
 - b) Having patient draft Do Not Resuscitate (DNR) order
 - c) Psychological and spiritual support
 - d) Co-ordination of care
12. When should a child be offered palliative care?
- a) As long as the child's family can afford palliative care services

- b) When the child has been referred to a hospice
 - c) After the doctor has informed child's family that curative treatment is no longer feasible
 - d) Alongside curative treatment from the time of diagnosis of a life-threatening or life-limiting illness
13. Translocation as a type of gene mutation refers to;
- a) Loss of a portion of the chromosome between two break regions
 - b) Occurrence of a chromosome segment more than once in a chromosome
 - c) Chromosome breaking at a point and taking a 180 degrees turn before being rejoined
 - d) Two chromosomes breaking and then during repair abnormal re-arrangement occurs
14. The palliative care nurse visits a 40-year-old patient with metastatic breast cancer who is receiving palliative care. The patient is experiencing pain at a level of 7 (0-10 point scale). In prioritizing activities for the visit, what should the nurse do first?
- a) Inquire from family about the patient's food and fluid intake
 - b) Check pressure points for skin breakdown
 - c) Auscultate for breath sounds
 - d) Administer PRN pain medication
15. Which of the following is a benign tumour?
- a) Lipoma
 - b) Adenocarcinoma
 - c) Melanoma
 - d) Leiomyosarcoma
16. Tumor markers are important in oncology care, EXCEPT in one of the following
- a) Screening and identifying individuals at risk of some cancers
 - b) Forming part of the treatment regimen against some cancers
 - c) Aids in diagnosis of some specific type of cancer
 - d) Helps in follow-up care
17. The home health care nurse is nursing a client with cancer who is complaining of acute pain. The most appropriate determination of the client's pain should include which assessment?
- a) The client's pain rating
 - b) Nonverbal cues from the client

- c) The nurse's impression of the client's pain
 - d) Pain relief after appropriate nursing intervention
18. The ability of malignant cells to form blood vessels and access vascular network for oxygen and nutrients is termed as
- a) Metastasis
 - b) Immunologic escape
 - c) Tumour angiogenesis
 - d) Tumorigenesis
19. The patient and family are upset that the patient is going through procedures to diagnose cancer. What nursing action should the nurse use first to facilitate their coping with this situation?
- a) Plan realistic long-term goals
 - b) Give them anti-anxiety medication
 - c) Be available to listen to their fears and concerns
 - d) Instruct them to come back another day when they are comfortable with the procedures
20. What should the nurse do to facilitate cancer prevention for a patient in the promotion phase of carcinogenesis?
- a) Teach the patient to exercise daily
 - b) Teach the patient on promoting factors to avoid
 - c) Instruct the patient to have tumour removed surgically
 - d) Teach the patient which vitamins will improve the immune system

PART II: SHORT ANSWER QUESTIONS (30 MARKS)

1. State five (5) principles of palliative care (5mark)
2. Describe three (3) pain assessment scale that a palliative care nurse can utilize during pain management (6mark)
3. State four (4) types of cancer treatment modalities (4mark)
4. State four (4) nursing interventions in managing constipation as a side effect of opioid use (4mark)
5. Explain three (3) methods of stating or documenting end-of-life preferences (6marks)
6. State five (5) nursing interventions that a palliative care nurse would utilize in enhancing and supporting hope among clients and their families (5marks)

PART III: LONG ANSWER QUESTIONS (20 MARKS)

Majority of patients with cancer in Kenya are diagnosed when the disease has metastasized.

- a) Describe the roles of the oncology nurse in caring of patients with cancer (10mark)
- b) Describe the challenges faced by patients with cancer in Kenya today (10mark)

