

Examination No:

Proy DME

Signature.....

UGANDA NURSES AND MIDWIVES EXAMINATIONS BOARD

YEAR 3: SEMESTER 1: EXAMINATIONS

DIPLOMA IN NURSING (DIRECT)

Palliative Care Nursing

Paper Code: DND 313

June 2023

3 HOURS

IMPORTANT

1. Write your candidate number on the question paper and answer sheets
2. Read the questions carefully and answer only what has been asked in the question
3. Answer all the questions
4. The paper has three sections

For Examiner's use only

Section	Qn.	Result	Initials
A	MCQs		
	Fill in		
B	31		
	32		
C	33		
	34		
	35		
Total			

Section A: Objective questions.

Section B: Short essay questions.

Section C: Long essay questions.

Turn over

SECTION A: Objective Questions

Circle the correct answer (20 marks)

1. The most commonly occurring gastro-intestinal malignancy among patients receiving palliative care is cancer.
(a) rectal.
(b) stomach.
(c) colonal.
(d) oesophageal.
2. A high percentage of palliative care patients admitted in hospitals have complaints of pain which sometimes is **NOT** well attended to because of
(a) lack of co-operation.
(b) poor motivation of staff.
(c) few health workers on duty.
(d) inadequate knowledge and skills.
3. Which of the following is **NOT** a quality of a good listener?
(a) Paraphrasing.
(b) Head nodding.
(c) Being emotional.
(d) Asking open ended questions.
4. The most common symptom associated with cancer is
(a) haemorrhage.
(b) atrophy.
(c) pain.
(d) enlargement.
5. Poor wound healing in palliative care patients occurs mainly due to
(a) wrong drug prescriptions.
(b) use of native medicines.
(c) debility and poor nutrition.
(d) leaving wounds exposed air.

6. Noisy breathing and excess secretions experienced at the end of life (death rattle) should best be managed with
 - (a) Atropine.
 - (b) Buscopan.
 - (c) Furosemide.
 - (d) Hydrocortisone.
7. Which of the following is **NOT** a challenge of offering palliative care in Uganda?
 - (a) Too many patients requiring palliative care.
 - (b) Patients failing to return.
 - (c) Reaching everyone is possible.
 - (d) Patients reporting late for care.
8. Which of the following manifestations should the nurse anticipate in patients with spiritual distress?
 - (a) Denial.
 - (b) Acceptance.
 - (c) Loneliness.
 - (d) Bargaining.
9. Which of the following nursing interventions is **NOT** appropriate in end of life care?
 - (a) Encourage patient and family to exceed their current situation.
 - (b) Encourage family to maximize social isolation.
 - (c) Facilitate participation in spiritual and religious activities.
 - (d) Provide private time for relationships.
10. Which of the following is **NOT** a suggestive symptom of superior vena cava compression?
 - (a) Pallor of the lower limbs.
 - (b) Difficult in walking.
 - (c) Upper limb oedema.
 - (d) Back pain.
11. Which of the following is a sign of opioid toxicity?
 - (a) Irritability and insomnia.
 - (b) Irritability and restlessness.
 - (c) Hypotension and aggression.
 - (d) Respiratory distress and insomnia.

12. A non-pharmacological measure that significantly controls pain in children is to
 - (a) leave the child to express her reaction to pain.
 - (b) keep the child with the mother all time.
 - (c) play with the child all the time.
 - (d) provide enough warmth to the child.
13. Which of the following is the most common side effect of morphine?
 - (a) Sedation.
 - (b) Vomiting.
 - (c) Dry mouth.
 - (d) Constipation.
14. Which of the following is **NOT** a primary goal for hospice care? To
 - (a) make possible a good death.
 - (b) hasten death as quickly as possible.
 - (c) relieve pain and suffering of the terminally ill.
 - (d) promote the dignity of patients to the greatest extent possible.
15. Which of the following is a clinician related factor that contributes to the low rate of end of life discussion?
 - (a) Lack of time.
 - (b) Certainty about prognosis.
 - (c) Confidence in curative therapies.
 - (d) Awareness of family concerns regarding prognosis.
16. Which of the following is **NOT** true about breaking bad news to patients?
 - (a) Provide a conducive environment.
 - (b) Find out how much the patient knows about the illness.
 - (c) Do not follow the patient's decision while breaking the news.
 - (d) Ask the patient how much he/she wants to know about the illness.
17. Addiction and psychological dependence does **NOT** occur when opioids are given
 - (a) orally.
 - (b) parentally.
 - (c) intravenously.
 - (d) intradermally.

18. Which of the following is true about end-of-life care?
- Patients should always be fed by NG tube if they cannot swallow.
 - Patients should continue all their drugs until the end.
 - The patient's own wishes should always be respected.
 - We must keep the patient alive as long as possible.
19. Which of the following is **NOT** a sign of actual death?
- Decreasing fluid and food intake.
 - Generalised stiffness of the body.
 - Breathing ceases entirely.
 - Heart beat and pulse stop.
20. Which of the following is a psychological symptom of stress?
- Indecision.
 - Poor concentration.
 - Inability to relax.
 - Low self esteem.

Filling in the blank spaces (10 Marks)

- The active total care of patients with advanced chronic illness that focuses on patient's quality of life rather than cure is called
- The type of pain that arises from damage to body tissues and is usually localized is termed as
- Progressive care given to a palliative care patient and family from the time of diagnosis to bereavement period is called
- The process of enabling and helping a patient to make a particular decision is termed as
- Emotional response associated with loss is called
- The period from diagnosis of a chronic illness to the time one copes with the situation is called
- Migration of cancerous cells from the site of origin to other parts of the body forming secondary tumours is called
- The scale used to assess pain in children by using different colours to depict different level of pain is
- When a patient's responses the stress are ineffective, they are referred to as
- Difficult in swallowing is referred to as

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Answer Sections B and C in the answer booklets provided

SECTION B: Short Essay Questions (10 marks)

- Outline five (5) reasons why it is important for nurses and midwives to break bad news to the patient of cancer and his/her family. (5 marks)
- Outline five (5) specific interventions that should be implemented to promote effective coping to living a life with cancer. (5 marks)

SECTION C: Long Essay Questions (60 Marks)

- Describe ten (10) features that should be checked for during comprehensive pain assessment in a patient with cancer. (10 marks)
 - Outline ten (10) non-pharmacologic measures nurses should implement to manage pain in a patient with cancer. (10 marks)
- Outline ten (10) challenges that family care givers of patients diagnosed with cancer face. (10 marks)
 - Outline five (5) expected outcomes for a family caregiver who has just been informed of a cancer diagnosis for her sick loved relative. (5 marks)
 - Outline five (5) roles of nurses working on a palliative care unit. (5 marks)
- Explain five (5) stages of grief experienced by children after loss. (10 marks)
 - Outline ten (10) ways through which nurses should help a bereaved family or person. (10 marks)

END

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