

SECTION A: Objective Questions

Circle the correct answer (20 marks)

1. Which of the following is false regarding palliative care?
(a) Uses team work approach.
(b) Focuses on holistic patient care.
(c) includes family in the care plan.
(d) Is synonymous with terminal care.
2. Palliative care should be initiated
(a) after all treatment has failed.
(b) when the disease reaches terminal stage.
(c) after comprehensive treatment is complete.
(d) from the time of diagnosis of chronic illness.
3. The aim of rehabilitation in community based palliative care is to
(a) make the patient attain complete physical fitness.
(b) make the patient fit enough to attend hospital services.
(c) help patient maximize opportunities to independence and control.
(d) help patient achieve his pre-disease functional capacity.
4. Which of the following techniques helps in checking understanding while communicating with a palliative care client?
(a) Paraphrasing .
(b) Clarifying.
(c) Listening.
(d) Paraphrasing.
5. Which of the following is **NOT** an aspect of continuum of care in palliative care?
(a) Holistic approach to care.
(b) Patient family education.
(c) Assessment management and evaluation of care.
(d) Comprehensive array of health services.

6. The barriers to hospice enrolment is
(a) subsidized hospital costs.
(b) late referrals of patients.
(c) presence of palliative care specialists.
(d) perception that seriously ill patients don't need hospice.
7. Life limiting illness in palliative care refers to
(a) any disease that affects functions of a patient.
(b) an inability to work due to disease.
(c) diseases where death is a direct result.
(d) debilitation and fatiguability.
8. Patients on palliative care who are on opioids should also be given
(a) non steroidal anti inflammatory drugs.
(b) laxatives.
(c) anti depressants.
(d) anti emetic.
9. The initial break through short acting morphine dose for a patient on palliative care who has been taking a 60mgs 12 hourly long acting morphine dose is
mgs 6 hourly.
(a) 10.
(b) 15.
(c) 20.
(d) 25.
10. Opioid analgesics produce pharmacological effects **excluding**
(a) Insomnia.
(b) Euphoria.
(c) Analgesia.
(d) Respiratory depression.
11. Metastatic spinal cord compression occurs in patient with
(a) known metastatic bone diseases.
(b) severe unremitting back pain.
(c) neurological symptoms at presentation.
(d) stature depicting overweight.

12. The type of pain that occurs due to damage of the nerve fibres is
(a) Somatic.
(b) Visceral.
(c) Neuropathic.
(d) Nociceptive.
13. Which of the following is a drug modality in control of pain in palliative care?
(a) Radiotherapy.
(b) Communication.
(c) Physical therapy.
(d) Apperient use.
14. In which of the following conditions is radiotherapy considered to be effective in palliative care?
(a) After surgery.
(b) Before surgery.
(c) During chemotherapy.
(d) Surgery and chemotherapy.
15. Visceral pain is alternatively called..... pain.
(a) nociceptive.
(b) somatic.
(c) neuropathic.
(d) excruciating.
16. The most appropriate class of drugs for managing the death rattle are
(a) Opioids.
(b) Benzodiazepines.
(c) Anti cholinergics.
(d) Antihistamines.
17. Withholding treatment that would prolong the patient's life is
(a) passive euthanasia.
(b) active euthanasia.
(c) rational suicide.
(d) voluntary euthanasia.

18. The primary concern of the nurse providing care to a dying patient is to
(a) be a source of encouragement and promote optimism in the client.
(b) intervene in the client daily activities and promote a near normal life as possible.
(c) allow the client to be alone and respect isolation on the part of the dying person.
(d) promote dignity and self esteem in as many interventions as possible.
19. The pain assessment tool commonly used in children is the
(a) numerical pain rating scale.
(b) Wong's face rating scale.
(c) Mc Gill questionnaire.
(d) body chart rating scale.
20. The best way of communication about death to a 3 year old child is through
(a) written script.
(b) radio announcement.
(c) observable examples.
(d) a phone call.

Fill in the blank spaces (10 marks)

21. The type of pain that arises due to damage of body tissues is called
22. The best drug for managing a patient with gastro intestinal obstruction associated with painful peristalsis is called
23. The type of halitosis experienced by palliative care patients due to delayed gastric emptying is known as
24. Abnormally excessive sweating usually unrelated to body temperature or exercise is called
25. A condition in which a family has lost a loved one or something precious and are grieving is called.....
26. The collective name given to co-analgesic drugs used in the management of pain in palliative care is.....
27. A situation in which a patient fails to accept his diagnosis is known as

28. A hand written will which is not witnessed at the time of documentation is called.....
29. The most common symptom related to dehydration in a terminally ill patient is called.....
30. Profound weight loss in a palliative patient is referred to as

Answer Sections B and C in the answer booklets provided

SECTION B: Short Essay Questions (10 marks)

31. Outline five (5) finger principles of grading severity of pain in a patient on palliative care. (5 marks)
32. Outline five (5) barriers to effective pain management in children. (5 marks)

SECTION C: Long Essay Questions (60 marks)

33. (a) Describe five (5) principles of palliative care standards. (10 marks)
- (b) Describe five (5) models of palliative care in Uganda. (10 marks)
34. (a) Outline five (5) signs and symptoms that show that death is imminent in a terminally ill patient. (5 marks)
- (b) Outline five (5) pieces of information shared with the family of a dying patient. (5 marks)
- (c) Describe five (5) specific interventions implemented for a dying patient. (10 marks)
35. (a) Outline five (5) categories of children who need palliative care. (5 marks)
- (b) Explain twelve (12) good communication skills that the caretakers and palliative nurses possess for effective communication with children on palliative care. (12 marks)
- (c) Outline three (3) goals of pain measurement and assessment in children. (3 marks)

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