



The Open University of Sri Lanka  
B.Sc Honours in Nursing Degree - Level 6  
NGU6305 - Palliative Care Nursing  
No Book Test 01- Academic Year 2018/2019

Date: 15<sup>th</sup> November 2018

Duration: 01 hour

Time: 1.00 – 2.00 p.m.

Registration Number: .....

Please read the following instructions carefully before you answer the question paper.  
This question paper consists of four parts: Part A, Part B, Part C and Part D.

Answer all questions

**Part A – Multiple Choice Questions**

**(10 Marks)**

There are 10 Multiple Choice Questions in this paper and below each question or statement contains four responses. Select the best response to each question or statement and indicate the answer in your MCQ answer sheet.

- On the answer sheet there are four cages, opposite each question number labeled “a” to “d”.
- Indicate the answer by making a cross (X) over the appropriate letter in the box.

An example of a correctly answered question is given below.

E.g.: The founder of modern nursing is,

- Virginia Henderson
- Florence Nightingale
- Dorothea Orem
- Betty Neuman

Answer:

a	<del>b</del>	c	d
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**Part B – Matching Questions**

**(10 Marks)**

Match the phrases given on the **Left** with most relevant words given on the **Right**. Put the letter belongs to the selected word in the brackets given on the left .

**Part C - Short Answer Questions**

**(60 Marks)**

There are 3 Short Answer Questions in this paper and answer all questions **within** the given spaces.

**Part D – Short Essay Question**

**(20 Marks)**

There is one short essay question in this question paper and you must answer the question within given spaces only

**Part A – 10 Multiple Choice Questions (10 Marks)**

1. There are various misconceptions related to palliative care. As a member in health care team you should aware of those misconceptions. Find the correct statement related to palliative care.
  - a) Palliative care is the care for patient with chronic disease.
  - b) Principles of palliative care can use for the management of patient with incurable disease.
  - c) Palliative care is the care for patient with incurable disease.
  - d) Palliative care service is for elderly patient
  
2. Knowledge of the different types of pains is a requirement for a good pain control. Among several types of pain, Neuropathic Pain is;
  - a) More responsive to non-opioid analgesics
  - b) More responsive to opioid analgesics
  - c) Not respond to adjuvant analgesics
  - d) Caused by peripheral or central nervous system injury
  
3. All the followings are **Key Factors** for a Comprehensive Clinical Assessment **except;**
  - a) Assess their expression and any body language whilst describing their pain.
  - b) Assess the effect of previous medications.
  - c) Assess the psychological distresses of relatives.
  - d) Limiting further investigations those likely to have a significant bearing on treatment decisions.
  
4. All the followings are essential for an ideal multidisciplinary team in palliative care services, **except;**
  - a) Medical staff and nursing staff
  - b) Volunteers
  - c) Social worker
  - d) Occupational therapist
  
5. You are completing a family meeting for a patient with locally advanced transitional cell carcinoma of bladder with chronic abdominal pain. You have been describing nature and the likelihood of the disease. In concluding the meeting, it is most important to;
  - a) Summarize the plan for care
  - b) Reassure the family that all will be ok
  - c) Tell them to be strong
  - d) Summarize their decisions about the situation

6. Hydration and nutrition are major concerns in palliative care. Find out the correct statement or statements related these concerns.
- A) Less urine output is a possible benefit of dehydration in terminally ill patients.
  - B) Giving a false hope to the patient or family is a possible advantage of artificial hydration in terminally ill patients
  - C) Drips not act as a physical barrier between patient and family.
  - D) Enteral nutrition is associated with abdominal cramps
- a) A and B
  - b) A, B and C
  - c) A and D
  - d) All are correct
7. Advance care planning involves a number of processes. Which one is not a key element of advance care planning?
- a) Informing the patient
  - b) Eliciting preferences
  - c) Identifying a surrogate decision maker
  - d) Getting patient to be DNR
8. Family care givers play and important role in Sri Lankan setting. Most of family care givers are usually;
- a) Women
  - b) Husbands
  - c) Adult children
  - d) Elders
9. Which one is the correct statement related to Comprehensive Clinical Pain Assessment?
- a) No need to accept the patient's description
  - b) Assess social factors that may influence the pain
  - c) Patients should not be asked to describe their pain
  - d) As many patients have more than one pain, each pain not requires assessment
10. Mrs. Mala is 84yaer old woman with cancer affecting hands. feet and knees. Today she noted increased swelling and pain in her knees. An important question in pain assessment is ?
- a) Have you noticed a fever?
  - b) How does it affect your life?
  - c) Have you lost weight?
  - d) How are you feeling overall?

**Part B – Matching Questions (10 Marks)**

Match the phrases given on the **Left** with most relevant words given on the **Right**. Put the letter belongs to the selected word in the brackets given on the left.

Left		Right
1. Non-judgmental approach is needed for	( )	A. Contingency plans
2. Necessary to consider before any treatment is given or withdrawn	( )	B. Surrogate decision maker
3. One of goals of palliative care	( )	C. Local needs and resources
4. Medical information should be provided if necessary in a way	( )	D. Opiophobia
5. Comprehensive Interprofessional Care	( )	E. Stenting
6. Minimize physical and emotional distress	( )	F. Social Worker
7. The best model for the provision of palliative care is determined by	( )	G. Caring attitude
8. Palliative techniques or therapies include	( )	H. Hospice
9. To reduce feeling of burdened by the responsibility and to explicit knowledge of the patient wishes	( )	I. Understandable
10. One of barriers to establish palliative care related to society and culture	( )	J. Quality of life
		K. Interdisciplinary team
		L. Consent

**Part C – Short Answer Questions (60 Marks)**

Answer all questions **within** the given space

**Question 01 (20 marks)**

1.1 What are four (04) main principles of medical ethics that should be discussed under the palliative care. **(08 Marks)**

- I. ....
- II. ....
- III. ....
- IV. ....

1.2 Briefly explain above mentioned four (04) main principles of medical ethics with one example. **(12 Marks)**

- I. ....  
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- II. ....  
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- III. ....  
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- IV. ....  
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**Question 02 (20 marks)**

2.1 Describe what is Euthanasia in your own words? (04 Marks)

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2.2 Write four (04) reasons for requesting or advocating Euthanasia? (04 Marks)

- i. ....
- ii. ....
- iii. ....
- iv. ....

2.3 Perception of pain may be modified by problems or influences related to other physical or psychological causes of suffering. List six (06) factors that might aggravate pain. (12 Marks)

- i. ....
- ii. ....
- iii. ....
- iv. ....
- v. ....
- vi. ....

**Question 3 - (20 Marks)**

3.1 Name four (04) types of pain? (08 Marks)

- i. ....
- ii. ....
- iii. ....
- iv. ....

3.2 In palliative care, there are many different possible causes of pain. Determination of the cause is an important part of pain assessment for pain control. List four (04) causes of pain with one example for each. **(08 Marks)**

- i. ....
- ii. ....
- iii. ....
- iv. ....

3.3 Pain is always a subjective phenomenon. A variety of pain intensity scales have been developed. Name two (02) recognized pain assessment scales. **(04 Marks)**

- i. ....
- ii. ....

**Short Essay Question – (20 Marks)**

1. Many patients with advanced disease do not receive palliative care. Some are referred too late due to barriers related to the physician, the patient, the family or the society. Briefly discuss barriers related to the patient.

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a	b	c	d
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2. 

a	b	c	d
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3. 

a	b	c	d
---	---	---	---

4. 

a	b	c	d
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5. 

a	b	c	d
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6. 

a	b	c	d
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7. 

a	b	c	d
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8. 

a	b	c	d
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9. 

a	b	c	d
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10. 

a	b	c	d
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