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Examination No: Roy Dme Signature .....

UGANDA NURSES AND MIDWIVES EXAMINATIONS BOARD
YEAR 1: SEMESTER 2: EXAMINATIONS

DIPLOMA IN NURSING (EXTENSION)

Palliative Care Nursing
Paper Code: DNE 123

December 2023
3 HOURS

IMPORTANT

1. *Write your examination 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*

Section A: *Objective questions.*

Section B: *Short essay questions.*

Section C: *Long essay questions.*

For Examiner's use only

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

Turn over

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SECTION A: Objective Questions

Circle the correct answer (20 marks)

1. Which of the following is an appropriate exhibition of non-verbal communication with a patient on palliative care?
   (a) Patting the back of the patient.
   (b) Shaking hands with the patient.
   (c) Singing to the patient.
   (d) Maintaining eye contact with the patient.

2. The most difficult emotion that health workers should adequately prepare to handle during the process of breaking bad news is
   (a) fear
   (b) anger.
   (c) sadness.
   (d) disgust.

3. According to the pain management ladder of WHO, mild pain is usually treated by analgesics at step
   (a) I.
   (b) II.
   (c) III.
   (d) IV.

4. Which of the following statements best describes adjuvants?
   (a) Primary analgesics to control pain.
   (b) Medications not primary designed to control pain but can be used to
   (c) Drugs co-administered with analgesic to control pain.
   (d) Co-administered drugs to control side effects of analgesics.

5. Anti-depressants in palliative care are commonly used to treat ..... pain.
   (a) acute.
   (b) chronic.
   (c) noniceptive.
   (d) neuropathic.

6. The most common side effect of oral morphine is
   (a) pain.
   (b) insomnia.
   (c) respiratory distress.
   (d) constipation.

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7. A supplemental drug which is given to a patient starting oral morphine is
   (a) NSAIDS.
   (b) depressant.
   (c) laxative.
   (d) anti-emetic.

8. Prolonged grief is most appropriately managed by counselling
   (a) pharmacological treatment, and rehabilitation.
   (b) and allowing the person to grieve.
   (c) and pharmacological treatment.
   (d) frequently.

9. Which of the following features does the nurse **NOT** anticipate in a patient suffering from grief?
   (a) Happiness.
   (b) Helplessness.
   (c) Guilt.
   (d) Anger.

10. Which of the following counsels is **NOT** appropriate during bereavement for a patient and family?
   (a) Should eat a nourishing diet.
   (b) Family should have enough rest.
   (c) Do not seek relief through taking alcohol.
   (d) Close members of the patient should walk bare foot.

11. Which of the following protective mechanisms enables a bereaved person to go through the funeral experience?
   (a) Anxiety.
   (b) Disbelief.
   (c) Guilt.
   (d) Anger.

12. Which of the following is **NOT** a need of people as they draw near to the end of their life?
   (a) Un-forgiveness.
   (b) Reconciliation.
   (c) Acceptance.
   (d) Affirmation.

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13. Which of the following is a behavioural reaction to grief?
   (a) Shortness of breath.
   (b) Loss of appetite.
   (c) Withdrawal.
   (d) Numbness.

14. Which of the following is **NOT** a principle of palliative care?
   (a) Family involvement.
   (b) Physical care.
   (c) Individualised care.
   (d) Pain and symptom control.

15. Which of the following statements made by a wife of a dying patient should raise the nurse's concern?
   (a) "I don't think I can live without my husband caring for me."
   (b) "We have shared so much that it's hard to realise I will be alone."
   (c) "I think it is okay leaving him as I go for lunch with my friends."
   (d) "I don't know if expressing my sadness worsens his condition."

16. Which of the following contradicts the principle of hospice care?
   (a) Focus on quality of care.
   (b) Treat the disease not patient.
   (c) Pain control is important.
   (d) Bereavement counselling is offered.

17. Which of the following types of grief is exhibited by a wife who for 5 years continually sits in her bedroom, crying and talking to her long dead husband?
   (a) Adaptive.
   (b) Disruptive.
   (c) Prolonged.
   (d) Anticipatory.

18. The most appropriate drug for managing hiccup in terminally ill patients is
   (a) Morphine.
   (b) Haloperidol.
   (c) Hyoscine.
   (d) Predinisolone.

19. Metastatic spinal cord compression always occurs in patients with
   (a) neurological symptoms.
   (b) metastatic bone disease.
   (c) metastatic vertebral disease.
   (d) severe unlimiting back pain.

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20. Palliative care services should be integrated among other health care services because of increasing cases of
    (a) Cancer and HIV/AIDS.
    (b) Malaria and HIV/AIDS.
    (c) Tuberculosis and HIV/AIDS.
    (d) Cancer and malaria.

Fill in the blank spaces (10 marks)

21. Unpleasant sensory and emotional experiences associated with tissue damage are called .....

22. A health worker who helps a terminally ill patient to end life at the patients request is practicing .....

23. The drug which is applied to vesicles caused by herpes zoster to paralyse the nerve endings and relieve pain is called .....

24. A stage where a particular conflict would have been resolved is called .....

25. The first step in breaking bad news is called .....

26. In the JOHARI window, the area that is unknown to self but known to others is called .....

27. The first step in effective pain management is a thorough .....

28. Termination of all biological functions that sustain an organism is regarded as .....

29. In most African traditions the end of the mourning period for the deceased is marked by a traditional function referred to as .....

30. Progressive illnesses whose symptoms cannot be eased by any form of treatment are collectively referred to as .....

Answer Sections B and C in the answer booklets provided

SECTION B: Short Essay Questions (10 marks)

31. Outline five (5) situations why a will may be declared invalid. **(5 marks)**

32. Outline five (5) myths concerning morphine use in palliative care. **(5 marks)**

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SECTION C: Long Essay Questions (60 marks)

33. (a) Outline five (5) reasons why patients may fail to comply with treatment. **(5 marks)**

    (b) Outline five (5) measures that should be implemented to improve drug adherence in palliative care patients. **(5 marks)**

    (c) Describe five (5) non-pharmacological methods of pain management. **(10 marks)**

34. (a) Describe five (5) roles of a nurse/midwife in palliative care. **(10 marks)**

    (b) Explain five (5) important factors for determining the appropriate model for managing a patient on palliative care. **(10 marks)**

35. (a) Outline five (5) factors which may affect the grieving process. **(10 marks)**

    (b) Describe five (5) coping measures that should be taught to family care givers suffering from anticipatory grief. **(10 marks)**

END

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