

00254

THE OPEN UNIVERSITY OF SRI LANKA  
FACULTY OF HEALTH SCIENCES  
DEPARTMENT OF NURSING  
ACADEMIC YEAR 2020/2021 – SEMESTER I



BACHELOR OF SCIENCE HONOURS IN NURSING  
NGU6305 PALLIATIVE CARE NURSING – LEVEL 6  
FINAL EXAMINATION

Date: 09<sup>th</sup> March 2022

Time: 1.30 pm-4.30 pm

Duration: 3 hours

Index No: .....

NIC No: .....



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

Match the phrase given on column I with the most suitable phrase/ word given on column II.

Write the relevant 'letter' in front of each phrase on the right side, in the given space.

Column I		Column II
1. Patients' rights to self-determination, without prejudice	....	A. Anticonvulsants
2. Steam inhalation would be effective for	....	B. Asthenia
3. Neuropathic pain can be treated by	....	C. Denial
4. Generalized weakness associated with fatigue	....	D. Autonomy
5. An unconscious defence mechanism is used to allay anxiety by denying the existence of conflicts, troublesome impulses, events, actions, or illness	....	E. Incoherent speech
6. An example of antidiarrhoeals	....	F. Aid expectoration
7. Caring attitude requires	....	G. Hypnosis
8. An adjuvant analgesic for bone pain	....	H. Imodium
9. A type of psychological approach used in pain management	....	I. Pethidine
10. A clinical feature of delirium	....	J. Bisphosphonates
		K. Non-judgmental approach

**Part C – Short Answer Questions (40 Marks)**

**Question 01**

1.1 Palliative care is an interdisciplinary medical caregiving approach. Write down **three (03)** goals of palliative care? **(03 Marks)**

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

1.2 Advance care planning involves a number of processes. State the **four (04)** processes? **(04 Marks)**

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

1.3 Underutilization of opioids can be seen because doctors under prescribe and nurses under administer opioids. Write **three (03)** beliefs existing among health care professionals which lead to ‘professional opiophobia’. **(03 Marks)**

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

**(Total = 10 Marks)**

**Question 02**

Gastrointestinal symptoms are common among patients with advanced illnesses. Palliative care nurses should be aware of practical management of gastrointestinal symptoms.

2.1. State **three (03)** general measures that can be implemented to prevent constipation. **(03 Marks)**

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

2.2. Write **two (02)** causes of neurogenic bowel? **(02 Marks)**

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

2.3 State **two (02)** causes of the death rattle. **(02 Marks)**

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

2.4 State **three (03)** example drugs for bronchodilators. **(03 Marks)**

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

**(Total = 10 Marks)**

**Question 03**

The psychosocial aspect is one of the essential parts that need to be addressed while providing palliative care.

3.1 List **three (03)** examples of psychological distress. **(03 Marks)**

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

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3.2 List **four (04) psychological** symptoms related to depression in a palliative care patient. **(04 Marks)**

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

3.3 State **three (03)** measures can be taken to provide general support to the patients with depression. **(03 Marks)**

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

**(Total = 10 Marks)**

**Question 04**

Mr. Herath is a 56-year-old male patient admitted to the palliative care ward. He was diagnosed with pancreatic carcinoma and morphine was started to relieve his severe pain.

4.1 Briefly describe the below terms associated with opioid therapy.

(a). **Tolerance** **(02 Marks)**

- .....
- .....
- .....

(b). **Psychological dependence** **(02 Marks)**

- .....
- .....
- .....

(c). Physical dependence

(02 Marks)

.....  
.....  
.....

4.2 Write down **three (03)** causes of physical pain among palliative care patients. (03 Marks)

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

4.3 What is the pain scale incredibly important in assessing the pain of patients with cognitive impairments? (01 Mark)

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(Total = 10 Marks)

**Part D- Structured Essay Questions (20 Marks)**

**01).** Mechanical therapies are one of the non-pharmacological therapies used in pain management. Briefly explain the methods of mechanical therapies used in pain management.

(10 Marks)

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