

FINAL EXAMINATION
DATE: 23RD APRIL 2025

DURATION: 3 HOURS
TIME: 01.30 PM – 4.30 PM

Part B - Short Answer Questions (50 Marks)

Question 01 (12 Marks)

1. Mrs. Nirmala, a 68-year-old woman with terminal cancer, is referred to palliative care. You are a trained nurse in palliative care, and you know the goals of palliative care. Mrs. Nirmala's family learns that early palliative care helps with informed decision-making and improves overall well-being. They talked about euthanasia and the risks associated with it to ensure the family understands palliative care.
 - 1.1 State **three (3)** goals of palliative care. (3 Marks)
 - 1.2 List **four (4)** minimum education and training requirements for a nurse to work in the palliative care setting. (4 Marks)
 - 1.3 Euthanasia is not legal in Sri Lanka. Briefly describe the risk associated with the legalization of euthanasia in Sri Lanka. (5 Marks)

Question 02 (12 Marks)

2. Psychological problems are very common among people who have a life-threatening illness. Palliative care nurses should have good knowledge and skills in identifying psychological problems and management.
 - 2.1 State **three (3)** major psychological problems faced by palliative care patients except for depression. (3 Marks)
 - 2.2 List **four (4)** indicators of depression among terminally ill patients. (4 Marks)
 - 2.3 Briefly explain non-pharmacological treatments for the common psychological problems among people who have life-threatening illnesses. (5 Marks)

Question 03 (13 Marks)

3. Mr. Silva, a 75-year-old man with end-stage lung cancer, has been receiving palliative care at a palliative care centre. Over the past few days, he has become progressively weaker and is unable to take oral fluids. His family is concerned about his dehydration and requests artificial hydration to keep him comfortable. The palliative care team is considering whether artificial hydration would improve his quality of life or contribute to discomfort in his terminal stage.
 - 3.1 List **four (4)** principles of ethics you must consider in deciding whether to provide artificial hydration to the above patient. (2 Marks)
 - 3.2 State **two (2)** nursing diagnoses related to the patient's condition. (4 Marks)
 - 3.3 Briefly explain the nursing interventions for each of the diagnoses stated above (3.2). (7 Marks)

Question 04 (13 Marks)

4. Mrs. Fernando, a 70-year-old palliative care patient, has been on high-dose opioids for pain management. Over the past day, she has become increasingly drowsy, confused, and restless, struggling to recognize her family. She also experiences nausea and vomiting, making it difficult to take her medications. As her condition worsens, her breathing becomes slow and shallow, and her pupils appear pinpoint. The medical team suspects drug-induced narcosis and takes immediate action.

- 4.1 List **four (4)** causes of delirium in a palliative care patient except narcosis. (4 Marks)
- 4.2 Outline **four (4)** nursing management for nausea and vomiting for this patient. (4 Marks)
- 4.3 Briefly explain **two (2)** methods of treatment for narcosis. (5 Marks)

Part C- Structured Essay Question (30 marks)

1. Nurses in a palliative care unit report experiencing emotional exhaustion and high levels of stress due to their frequent interactions with dying patients and grieving families. Some nurses feel unsupported, while others struggle with personal emotional attachment to patients. The hospital administration wants to implement stress management strategies to support the palliative care team.
- 1.1 Briefly describe **two (2)** causes of stress for nurses in palliative care. (10 marks)
- 1.2 Discuss how to deal with stress in palliative care as a nurse. (20 marks)