



The Open University of Sri Lanka
 B.Sc (Hons) in Nursing Degree - Level 6
 NGU6305 - Palliative Care Nursing
 Continuous Assessment Test 02- Academic Year 2018/2019

Date: 20th December 2018

Duration: 01 hour

Time: 3.30 p.m. – 4.30 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	<input checked="" type="checkbox"/>	c	d
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Part B – Matching Questions

(10 Marks)

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

Part C - Short Answer Questions

(50 Marks)

There are **02 Short Answer Questions** in this paper and each carries **05 sub sections**.
 Answer all questions within the given spaces.

Part D – Structured Essay Question

(30 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. We can divide NSAIDs into two types according to the inhibition of COX enzymes. Which one is the **correct** statement regarding those two types.
 - a) Non-selective COX inhibitors are inhibit COX-2 isoform
 - b) Without any cautions non-selective COX inhibitors can administer for patient with nasal polyps
 - c) Gastrointestinal toxicity occurs commonly with selective COX inhibitors
 - d) Non-selective COX inhibitors and Selective COX-2 inhibitors have different renal effects

2. As palliative care nurses we should know general principles of treatment in pain. Which one is the **false** statement regarding those principles.
 - a) If the prescribed drugs do not produce adequate analgesia, treatment is escalated in an orderly manner
 - b) When prescribing more than one drug, the different drugs should be given as compound preparations
 - c) Never use placebo
 - d) Adjuvant analgesics should be used whenever indicated

3. Terminally ill patients should **not** be recruited into clinical trials, if
 - a) trial objective is to improve the quality of life
 - b) there is possible benefit to the patient
 - c) it is a phase 1 trial of an experimental anticancer agent
 - d) the potential for harm is low to the patient

4. Terminal restlessness is an agitated delirium that occurs in some patients during the last few days of life. What are the common clinical features of terminal restlessness?
 - a) Agitation, restlessness, impaired conscious state, muscle twitching , seizures
 - b) Anxiety, fear, unrelieved pain, urinary retention and fecal impaction
 - c) Dehydration, hypovolaemia, heart failure and shock
 - d) Malabsorption, vomiting, diarrhoea and fever

5. Constipation is a common symptom that can be presented with patients who need palliative care. As a palliative care nurse how would you prevent it?
 - a) Commence glycerine, bisacodyl, microenema and enema
 - b) Increase food, fluid and dietary fiber or bulk forming laxatives
 - c) Start oral laxatives
 - d) Encourage straining and abdominal massage

Registration Number:.....

- 6. Find out the **correct** statement regarding justice
 - a) Justice refers to the equitable allocation of health care resources according to class
 - b) Justice refers to the equitable allocation of health care resources according to creed
 - c) Observation of health care around the world shows much lack of justice
 - d) Only poor people should receive palliative care as a free service

- 7. Find out the **correct** statement regarding enteral nutrition
 - a) Enteral nutrition will reverse cancer cachexia
 - b) Enteral nutrition will prevent cancer cachexia
 - c) May be appropriate for patients with upper gastrointestinal obstruction
 - d) Enteral nutrition is not associated with diarrhea

- 8. Assessment of pain is carried out
 - a) Once only
 - b) Pre and post treatment
 - c) Flowing treatment only
 - d) Only whenever patient complain

- 9. The home health nurse goes to visit Mr.Sarath who has diagnosed of end stage AIDS. During the assessment it is noted that Mr.Sarath is complaining of abdominal pain which he describe as less well localize and cramping. This description is indicative of what type of pain?
 - a) Neuropathic
 - b) Somatic
 - c) Referred
 - d) Visceral

- 10. Best practice in symptoms assessments warrants:
 - a) Weekly reassessments and documentation
 - b) Continual reassessment and documentation
 - c) Multi-disciplinary decision making
 - d) Documentation of all medical decisions made

Registration Number:.....

Part B – Matching Questions (10 marks)Match the phrases given on the **Left** with most relevant words or phrases given on the **Right**.

Put the letter belongs to the selected word in the brackets given on the left.

	Left		Right
1.	Far-advanced disease	()	A. Relieved psychosocial suffering
2.	A benefit of multidisciplinary approach to assessment and treatment	()	B. At home
3.	A barrier related to the palliative care	()	C. Minimize or do no harm
4.	Non-maleficence	()	D. Opioid addiction
5.	Rare in patients with cancer and pain	()	E. Refractory cardiac failure
6.	Whenever possible patients with a terminal illness should be managed	()	F. Poor prognostication
7.	Palliative care patients, on continued NSAID therapy should treat with	()	G. At hospice
8.	Morphine hastens the death	()	H. H ₂ -receptor antagonists
9.	An adjuvant analgesic	()	I. Opiophobia
10.	Sacral nerve root lesion	()	J. Reduced peristalsis
			K. Omeprazole
			L. Bisphosphonates

Registration Number:.....

Part C – Short Answer Questions (50 Marks)

Answer all questions within the given space

Question 1 - (25 Marks)

1.1) Local Infiltration is a treatment method, which is used in pain management. List **three (03)** indications for local Infiltration **(6 Marks)**.

- I.
- II.
- III.

1.2) List **five (05)** psychological approaches that we can use in pain management. **(10 Marks)**.

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

1.3) List **three (03)** types of mechanical therapies that we can use in pain management **(3Marks)**.

- I.
- II.
- III.

Registration Number:.....

1.4) List **two (02)** indications that should not give heat therapy for a patient with pain **(4 Marks)**.

I.

II.

1.5) Give **two (02)** examples for appetite stimulants that we can use in palliative care **(2 Marks)**.

I.

II.

Question 2 - (25 Marks)

2.1) Symptom control related to the respiratory system is one of the major concerns in palliative care. List **three (03)** symptoms related to the respiratory system in patients who are receiving palliative care **(3 Marks)**

I.

II.

III.

2.2) List **two (02)** causes for reduction in functional lung tissue in patients who are receiving palliative care **(2 Marks)**

I.

II.

2.3) Define following terms that we should concern when we are administering the opioid drugs **(12 Marks)**.

Tolerance

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Registration Number:.....

Physical dependence

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.....
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Psychological dependence

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.....

2.4) In palliative care advance care planning is really important as it helps to provide a better and quality care for the patient. Define, what is Advance care planning?
(4 Marks).

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.....
.....

2.5) Advance care plan involves 4 processes. List **two (02)** processes from them
(4 Marks).

- I.
- II.

Part D –Structured Essay Question (30 Marks)

Answer all questions within the given space

1.1) Opioid analgesics are widely used in palliative care. Give **two (02)** examples for the weak opioid drugs **(4 Marks).**

- I.
- II.

Registration Number:.....

1.2) List **five (05)** risk factors for narcosis (**10 Marks**).

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

1.3) List **three (03)** adverse effects of opioids related to **gastrointestinal system** (**6 Marks**).

- I.
- II.
- III.

1.4) Write the antidote for morphine (**2 Marks**).

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1.5) List **four (04)** main aspects that should include in the assessment of a patient with Opioid overdose (**8 Marks**).

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



The Open University of Sri Lanka
Department of Nursing - BSc (Hons) in Nursing Degree
Academic Year 2018/19– Semester 1
NGU6305 – Palliative Care Nursing
Continuous Assessment Test 2

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Time: 3.30 p.m. – 4.30 p.m.

Registration Number

Duration: 01 hour

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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
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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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