



MAASAI MARA UNIVERSITY

**REGULAR UNIVERSITY EXAMINATIONS
2023/2024 ACADEMIC YEAR
THIRD YEAR THIRD TRIMESTER**

**SCHOOL OF PURE, APPLIED AND HEALTH
SCIENCES
BACHELOR OF SCIENCE IN NURSING**

**COURSE CODE: NUR 3306
COURSE TITLE: PALLIATIVE CARE**

DATE: 6TH DECEMBER, 2023

TIME: 1400-1700

INSTRUCTION TO CANDIDATES

Section A: Multiple Choice Questions. Answer ALL Questions

Section B: Short Answer Questions. Answer ALL Questions

Section C: Long Answer Questions. Answer Question ONE and any other ONE question.

This paper consists of 6 printed pages. Please turn over.

SECTION A: MULTIPLE CHOICE QUESTIONS (20 MARKS) SELECT THE CORRECT ANSWER.

1. The following is assigned to the emotional response associated with loss
 - a. Separation anxiety
 - b. Depression
 - c. Bereavement
 - d. Grief

2. The family of a patient with terminal illness hesitate to agree to palliative care because of not wanting to give up on possible cure. How should the nurse respond while also including principles of palliative care?
 - a. Most people don't realize that palliative care means there is no cure
 - b. There will be no other opportunity if palliative care is refused at this time
 - c. The client can continue to receive treatment intended to cure the disease
 - d. Palliative care and curative care cannot be provided at the same time.

3. The following is TRUE about end of life care
 - a. It is one aspect of palliative care
 - b. It is synonymous with palliative care
 - c. It is defined by a specified time period
 - d. It does not include a focus on the family

4. Referred pain is usually an indicator of;
 - a. Bone pain
 - b. Visceral pain
 - c. Tissue damage
 - d. Central nervous system damage

5. The following explain regarding breaking bad news;
 - a. Breaking bad news should be easy and not time consuming
 - b. When breaking bad news, you should respond to verbal cues only
 - c. When breaking bad news, the patient should be spared the truth and only the family should be informed
 - d. Acknowledge the patient's feeling and reaction

6. The following is the most logical approach to managing nausea and vomiting in palliative care
 - a. Identifying the likely cause and use the most appropriate anti-emetic based on its mechanism of action
 - b. Use of multiple anti-emetic in combination
 - c. Give anti-emetic only when the patient is nauseated
 - d. Use anti-emetic with non-steroid treatment

7. Pain associated with nerve damage is known as
 - a. Nociceptive
 - b. Neuropathic
 - c. Nocipathic
 - d. Sensoripathic

8. The most appropriate first line treatment for the management of constipation is?
 - a. A stool softener and stimulant in constipation
 - b. A stool softener alone to reduce hardness of stool
 - c. A rectal intervention to ensure the rectum is clear
 - d. Stimulant to move feces along the colon and softener then added

9. Which would be least helpful to someone complaining of a very sore mouth
 - a. Avoiding acidic fruit juice
 - b. Pain relief after meals
 - c. Avoiding rough textured foods
 - d. Choosing colder foods over very hot foods

10. Patient on chemotherapy can develop a sore mouth, measures patients can take to prevent or minimize this include;
 - a. Brushing the teeth with fluoride toothpaste twice a day
 - b. Frequent mouth rinsing with water
 - c. Checking the mouth each day for signs of oral problems
 - d. Use of warm water at intermittent

11. The following are essential components of palliative care except;
 - a. Continuity of care

- b. Stopping death
 - c. Breaking bad news
 - d. Psychosocial care
12. The following is NOT TRUE concerning palliative care.
- a. Health care workers focus mainly on physical problems – organs and their disease
 - b. Recognizes the families and communities to which they belong
 - c. The problem facing a sick person and there may be psychological, social and spiritual concerns which are just as important.
 - d. Something problems in one area may worsen others like pain is often worse when people are anxious or depressed.
13. The role of a nurse in pain assessment include all EXCEPT
- a. Identifying patient pain
 - b. Reprimanding patients who are not taking drugs as instructed
 - c. Educating patients and relatives on pain
 - d. Monitoring the pain
14. Concerning opioids
- a. Morphine hasten death
 - b. Dihydrocodeine phosphate (DF 118) is a strong opioid
 - c. There is a maximum dose of morphine that can be given safely
 - d. Betapyn is a weak opioid
15. In a chemotherapy regimen, supportive treatment are;
- a. Complimentary therapies, such as massage and aromatherapy, give alongside chemotherapy
 - b. Drugs given along chemotherapy prevent or minimize side effect
 - c. Targeted therapy given alongside chemotherapy
 - d. Drugs given to increase the impact of chemotherapy on cancer cells
16. Best practice and assessment warrant;
- a. Weekly re-assessment and documentation
 - b. Continual re-assessment and documentation
 - c. Multi-disciplinary decision making

- d. Documentation of all medical decision made
17. A range of pharmacological intervention are used to treat breathlessness include:
- a. Opioids, anxiolytics, nebulized bronchodilators and oxygen
 - b. Antibiotics, Aspirin, Opioids and Oxygen
 - c. Diuretics, bronchodilators, anti-emetic and Opioids
 - d. Opioids, bronchodilators, anxiolytics and Aspirin
18. Ethical principles surrounding the Autonomy is associated with;
- a. Patient become active member of treatment management associated with counter parts
 - b. Health worker and patient discuss the benefits of the patient idea
 - c. Patient must be set and given true implications of his/her condition and protect it.
 - d. Patient rights in decision making about treatment
19. The following is not regarded as a component of nutritional assessment in palliative care
- a. Adequate intake of essential food groups
 - b. Functional ability
 - c. Genogram palliative
 - d. Adequate fluid intake
20. A palliative nurse was asked the response for switching opioid is done to
- a. Poor analgesic response
 - b. Opioid tolerance
 - c. Excessive of drowsiness
 - d. Constipation for 2 days

SECTION B: SHORT ANSWER QUESTIONS (40 MARKS). ANSWER ALL QUESTIONS.

1. a. Describe the term concept of Home-Based Care (2mks)
- b. Explain four (4) major component of Home-Based Care (8mks)

- c. State five (5) roles of the key plays in Home-Based Care (5mks)
2. a. Outline the rationale for palliative care in Kenya (5mks)
b. State five (5) general principles of palliative care (5mks)
3. Describe nutritional management in critically sick child in palliative care (5mks)
4. Describe five (5) common symptoms and their management in patient with life threatening condition in palliative care(5mks)
5. Describe the management of patients requiring palliative care under the following headings:
 - a. Cancer
 - b. Liver and Kidney disease (5mks)

SECTION C: LONG ANSWER QUESTIONS (40 MARKS).QUESTION ONE IS COMPULSORY, THEN CHOOSE EITHER QUESTION 2 OR 3.

1. Mr. Protus Ole-Lenku, 60 years old is admitted at Narok Referral County Hospital and diagnosed with Buccal Mucosa cancer, and is experiencing severe pain in his face from a large tumor, which he rates 10/10 on visual analogue scale. The pain is even preventing him from sleeping, eating and has no joy in his life. Before his illness he was a bus driver, an occupation that he enjoyed. He cries a lot for help any time the nurse visits him at his bedside.
 - a. With an illustration using a diagram, describe the term total pain according to Dame Cicely Sanders. (6mks)
 - b. Explain three (3) steps in WHO pain relief ladder (6mks)
 - c. Discuss barriers to pain management most likely to occur from the patient perspective during his admission to hospice care (8mks)
2. Mrs. Mbogo has visited the nearest health center for the first time with a history of abdominal pain. After the triage, by nursing student, the Clinical officer on call sent her to laboratory for investigation and based on the

findings, she was referred for the consultant opinion to sub county hospital which she did not take it serious and decided to go back for her usual business due to distance of the hospital. After two days she was brought back by the family members carried in wooden blanket stretcher bleeding profusely.

- a. With an aid of a diagram illustrate the communication process (3mks)
 - b. State six (6) Aims of effective communication in a physician/nurse – patient relationship (6mks)
 - c.
 - i. Describe six (6) basic steps in counselling process and how they are remembered in acronyms (6mks)
 - ii. Describe five (5) stages technique-of termination during counselling (5mks)
3. Nursing student 3.3 on clinical rotation at Hospice Kenyatta National Referral Hospital were being sensitized by the nursing officer in charge during ward round educating them about the loss of life, in order to be empowered and be confident while performing their duties.
- a. Using Patterson theory model, describe five (5) stages on end of life (5mks)
 - b. Describe phases of addressing grief and bereavement (5mks)
 - c. Describe the main changes in relation to the dying process of a person (5mks)
 - d. Describe the specific Nursing management in relations to the above, mention changes considering aspect of family members (5mks)

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