

CHUKA



UNIVERSITY

UNIVERSITY EXAMINATIONS

**FOURTH YEAR EXAMINATION FOR THE AWARD OF
DEGREE OF BACHELOR OF CLINICAL PSYCHOLOGY**

PSYC 464: PALLIATIVE CARE

STREAMS: B.PSYCHOLOGY

TIME: 2 HOURS

DAY/DATE : WEDNESDAY 22 /09/ 2021

2 .30 PM – 4.30 PM

INSTRUCTIONS:

1. Do not write anything on the question paper.
2. Mobile phones and any other reference materials are NOT allowed in the examination room.
3. The paper has two sections. Answer ALL the questions.
4. All your answers for Section I (MCQs) should be on one page.
5. Number ALL your answers and indicate the order of appearance in the space provided in the cover page of the examination answer booklet.
6. Write your answers legibly and use your time wisely.

SECTION A: Multiple choice questions (16marks).

1. One of the main determinants of family's satisfaction with end of life care is _____.
 - A. where the death happens
 - B. whether the patient died alone
 - C. the level of care the patient receives
 - D. the level of pain the patient is in
2.felt that psychosocial and spiritual issues are as important as physiological concerns.
 - A. Physicians
 - B. Psychologists
 - C. Nurses
 - D. Families of patients
3. Which skills, in which order, can be used most effectively to elicit a patient's agenda?
 - A Open questions, clarifying which concerns have greatest priority at the moment, screening and summarising
 - B Open questions, summarising and screening, clarifying which concerns have greatest priority at the moment

- C Open questions, screening, clarifying which concerns have greatest priority at the moment, summarizing
D Non of the above
4. Most people who express a choice of where they would like to die, would choose:
 - A In a hospital
 - B At home
 - C In a hospice
 - D In a respite centre
 5. Spirituality refers to:
 - A Beliefs, meaning and values
 - B Feelings and emotions
 - C Facts about the world
 - D Feelings and facts about God
 6. Stress is a temporary imbalance in a person's emotional state and behaviour. We generally describe ourselves as stressed when:
 - A We are trying to explain why we cannot take on additional responsibility
 - B We have not had a holiday for a long time
 - C We feel overloaded and wonder whether we really can cope with the pressures placed upon us
 - D When a patient we have been caring for dies
 7. Recognising and acknowledging death is important so that:
 - A All interventions are continued until the patient dies
 - B Plans for resuscitation can be confirmed
 - C Patient comfort is maximized
 - D Psychotherapy is done in an ethical manner
 8. Mr. Martin has locally advanced transitional cell cancer of the bladder with chronic pelvic and abdominal pain. Which of the following is MOST IMPORTANT in determining the maximum dose of oral morphine during dose titration?
 - A. Pain relief
 - B. Respiratory depression
 - C. Risk of overstepping regulatory limits
 - D. Strength of pill
 9. All of the following are key elements of palliative care **EXCEPT**:
 - A. Pain and symptom management
 - B. Psychological and spiritual support
 - C. Getting the patient to be DNR
 - D. Coordination of care
 10. You are completing a family meeting for a patient with moderately advanced Alzheimer's type dementia in which you have been describing the nature and likely course of the disease. The patient is unable to participate. In concluding the meeting, it is MOST IMPORTANT to:
 - A. Summarize the plan for care
 - B. Reassure the family that all will be OK
 - C. Tell them to be strong
 - D. Summarize their decisions about code status

11. The termination of a patient's life by the action of a physician whereby the agreement of the patient could be obtained but was not can be referred to as
 - A. Non- voluntary euthanasia
 - B. Involuntary euthanasia
 - C. Doctrine of double effect
 - D. Informed consent
12. Indicate whether the following statements on Home Based Care are **True** or **False**
 - A. Home based care empowers the clients and their families with the knowledge needed to ensure long-term care and support
 - B. Home based care can lead to stigma especially for families with patients living with HIV/AIDS
13. The pain caused by damage to the peripheral or central nervous system is referred to as
 - A. Neuropathic pain
 - B. Nociceptive pain
 - C. Persistent pain
 - D. Radiating pain
14. The nurse decides to withhold some information from a patient on the basis that disclosure would cause emotional harm to the patient. The nurse's action is in accordance with the ethical principle of:
 - A. Beneficence
 - B. Confidentiality
 - C. Veracity
 - D. Justice
15. Perpetuating the myth of "Everything is going to be alright" with a dying child will:
 - A. Help reassure the child
 - B. Enhance an awareness of eventual death
 - C. Alleviate fear
 - D. Prevent exploration of fear
16. The following conditions require palliative care **Except**
 - A. Cardiac disease
 - B. Diabetes Mellitus
 - C. Alzheimer's Disease
 - D. HIV/AIDS

SECTION B: Short answer questions (54 marks).

1. Define the term Palliative care (2marks)
2. State eight(8) rights of palliative care patients (8marks)
3. What are the advantages of Home-based care to:
 - a). The patient (3marks)

- b). The health care system (3marks)
- 4. Outline the role of the family in provision of home-based care services (6marks)
- 5. State six (6) principles of palliative care (6marks)
- 6. Outline five (5) importance of Effective Communication in Palliative care (5marks)
- 7. Explain the three (3) categories of support given to palliative care patients (6marks)
- 8. Explain the five (5) stages of dying(10marks)
- 9. State five (5) qualities of a good counsellor (5marks)

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