



THE CATHOLIC UNIVERSITY OF EASTERN AFRICA

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REGINA PACIS INSTITUTE OF HEALTH SCIENCES

MAIN EXAMINATION

JANUARY – APRIL 2019 TRIMESTER

FACULTY OF SCIENCES

DEPARTMENT OF NURSING

REGULAR PROGRAMME

**UNUR / NUR 403: MEDICAL SURGICAL SPECIALTIES IN NURSING II
(PALLIATIVE CARE NURSING AND GEREONTOLOGY)**

Date: APRIL 2019

Duration: 3 Hours

INSTRUCTIONS: Answer ALL Questions

PART-I MULTIPLE QUESTIONS (MCQs) 20 MARKS

- Q1. During admission of a patient diagnosed with metastatic lung cancer, you assess for which of the following as a key indicator of clinical depression related to terminal illness?
- Frustration with pain
 - Anorexia and nausea
 - Feelings of hopelessness
 - Inability to carry out activities of daily living
- Q2. An 80-year-old patient is receiving palliative care for heart failure. What are the MAJOR primary purposes of her receiving palliative care?
- Improve her quality of life.
 - Assess her coping ability with disease.
 - Have time to teach patient and family about disease.
 - Focus on reducing the severity of disease symptoms.
- Q3. The home health nurse visits a 40-year-old breast cancer patient with metastatic breast cancer who is receiving palliative care. The patient is experiencing pain at a level of 7 (on a scale of 10). In prioritizing activities for the visit, you would do which of the following first?
- Auscultate for breath sounds.
 - Administer PRN pain medication.
 - Check pressure points for skin breakdown.

- d) Ask family members about patient's dietary intake.
- Q4. You are visiting with the wife of a patient who is having difficulty making the transition to palliative care for her dying husband. What is the most desirable outcome for the couple?
- a) They express hope for a cure.
 - b) They comply with treatment options.
 - c) They set additional goals for the future.
 - d) They acknowledge the symptoms and prognosis.
- Q5. A patient has been receiving palliative care for the past several weeks in light of her worsening condition after a series of strokes. The caregiver has rung the call bell, stating that the patient "stops breathing for a while, then breathes fast and hard, and then stops again." You recognize that the patient is experiencing
- a) Apnea
 - b) Bradypnea
 - c) Death rattle
 - d) Cheyne-Stokes respirations
- Q6. What is the primary purpose of hospice?
- a) Allow patients to die at home.
 - b) Provide better quality of care than the family can.
 - c) Coordinate care for dying patients and their families.
 - d) Provide comfort and support for dying patients and their families.
- Q7. The hospice nurse identifies an abnormal grief reaction by the wife of a dying patient, who says
- a) "I don't think that I can live without my husband to take care of me."
 - b) "I wonder if expressing my sadness makes my husband feel worse."
 - c) "We have shared so much that it is hard to realize that I will be alone."
 - d) "I don't feel guilty about leaving him to go to lunch with my friends."
- Q8. A hospice nurse is visiting with a dying patient. During the interaction, the patient is silent for some time. What is the best response of the nurse?
- a) Recognize the patient's need for silence, and sit quietly at the bedside.
 - b) Try distraction with the patient.
 - c) Change the subject, and try to stimulate conversation.
 - d) Leave the patient alone for a period.
- Q9. The nurse is caring for a patient who has been admitted to the hospital while receiving home hospice care. The nurse interprets that the patient has a general prognosis of which of the following?
- a) 3 months or less to live
 - b) 6 months or less to live
 - c) 12 months or less to live
 - d) 18 months or less to live

- Q10. Which ethical principle underlies nursing actions respecting each patient's values and beliefs?
- Autonomy.
 - Beneficence.
 - Justice
 - Responsibility.
- Q11. The gerontological nurse is monitoring signs of suspected abuse in an 89-year-old patient who was admitted from home. When planning for the patient's discharge, the nurse's first action is to:
- Delay discharge by informing the provider of the suspected abuse.
 - Enlist the help of family members with transitioning the patient home.
 - Notify adult protective services of the patient's discharge
 - Restrict the family members' access to the patient prior to discharge.
- Q12. A resident in a nursing home requests a new room because he does not like the view from the current room. While the resident is away from the home, the staff moves the resident's belongings to another room with a better view. The resident and the resident's family later file a formal complaint regarding the move. Which statement gives the best justification for the resident's complaint?
- The change was made without a provider's order.
 - The resident was not included in the decision making.
 - The resident's belongings were moved without his or her assistance
 - The resident's family was not included in the decision making.
- Q13. A recently admitted nursing home resident and the resident's family only speak Spanish. One evening during a visit, the resident and the family begin to wail and sob loudly. The nurse's most appropriate action is to:
- Ask the supervisor to get an interpreter.
 - Attempt to make the resident and the family comfortable.
 - Contact the provider for orders.
 - Find an escort to take the resident and the family to the chapel for privacy.
- Q14. The gerontological nurse manager involves the nursing staff in the utilization of trend data and analysis for quality improvement by:
- Encouraging staff to volunteer for The Joint Commission's onsite surveys
 - Highlighting the quality improvement work of experts in the specialty area.
 - Informing how data and outcomes are directly related to the staff's daily work.
 - Using scatter diagrams to identify the root cause of unresolved concerns
- Q15. An effective way to adequately provide nourishment to a patient with moderate dementia is:
- Allowing the patient to choose foods from a varied menu.
 - Hand feeding the patient's favorite foods.
 - Routinely reminding the patient about the need for adequate nutrition.

- d) Serving soup in a mug, and offering finger foods.
- Q16. An 82-year-old patient has a painful, vesicular rash that burns over the left abdomen. The patient indicates that he or she has tried multiple creams that have not helped. Which question does the gerontological nurse first ask?
- "Did you have the pain before the rash appeared?"
 - "Do you have any food or drug allergies?"
 - "Have you been around anyone with a rash?"
 - "Have your grandchildren visited recently?"
- Q17. Which question does the gerontological nurse prioritize for an 86-year-old patient with abdominal pain, muscle weakness, and leg cramps?
- "Do you eat a lot of meat?"
 - "Do you have heart problems?"
 - "Do you take a diuretics?"
 - "Do you walk every day?"
- Q18. Which of the following is the major aim of treatment for patients with Parkinson disease?
- Halt the progression of the disease
 - Keep the client functioning independently as long as possible
 - Control the symptoms of the disease
 - Ease the depression associated with the disease
- Q19. Which is the most appropriate approach to stress management?
- Avoid all stressful situations
 - Avoid all people that precipitate stress
 - Benzodiazepines
 - Learn relaxation techniques
- Q20. What is the best method to transport a patient in a wheelchair down a steep ramp?
- Have the patient regulate the speed by grasping the wheels
 - Back the wheelchair down the ramp
 - Guide the wheelchair from behind with it tipped backward
 - Have one person in front of the wheelchair and one behind

PART II SHORT ANSWER QUESTIONS (SAQ'S) 40 MARKS

- Q1. State six (6) boundaries in palliative care **(6 marks)**
- Q2. List six (6) key areas in family education for the prevention of injury **(6 marks)**
- Q3. Outline eight (8) specific nursing interventions for agitation **(8 marks)**
- Q4. Describe the nursing management of spinal cord compression **(5marks)**
- Q5. Describe the stages of loss **(10 marks)**

Q6. Explain five (5) role of the nurse on geriatric issues **(5marks)**

PART III LONG ANSWER QUESTIONS (LAQs) 40 MARKS

Q1. Mrs X is admitted in the hospital with Cervical cancer stage 4, she is having acute pain crisis

a) Define pain **(2 marks)**

b) Identify the pain characteristics using the multidimensional pain assessment **(10marks)**

c) Describe six (6) Nursing interventions for the above patients **(8 marks)**

Q2. Ms. J is admitted in the ward with hypocalcaemia.

a) State six (6) signs and symptoms of hypocalcaemia **(6 marks)**

b) Using the nursing process, describe the Nursing Management **(14 marks)**

END