



Year: 2019/2020	Subject: Palliative Care (Sup E601)
Final First Term Exam	First Year
Date : 5 /1 /2020	Total Marks: 25
Time Allowed: 2 Hours	Dr. Dina Eltabey

Answer all questions (25 marks)

Part I: Read the following statements carefully, and then choose if the statement is true or false (10 Marks)

1.	Dyspnea associated with a wide variety of illnesses such as cancer, heart failure, and dementia	(T) (F)
2.	I feel like I am suffocating means fatigue	(T) (F)
3.	Dyspnea is an objective symptom	(T) (F)
4.	Fatigue reported in 80% of cancer patients	(T) (F)
5.	Fatigue has a strong positive impact on the patient's daily life	(T) (F)
6.	Fatigue influenced mood, relationships, walking ability and enjoyment.	(T) (F)
7.	Dexamethasone is one of the non-pharmacological management of fatigue	(T) (F)
8.	Codeine does not reduce breathlessness	(T) (F)
9.	Dyspnea patients who have (<90%) de-saturation at rest should be offered a trial of oxygen	(T) (F)
10.	Palliative care is most often provided in hospitals, by an inpatient consultation service.	(T) (F)
11.	Pharmacists and massage therapists can provides palliative care	(T) (F)
12.	Hospice care is provided for people with limited life-expectancy	(T) (F)
13.	Palliative care emphasize the assistance with patient decision-making about care	(T) (F)
14.	Interpreter is one of the team delivered palliative care	(T) (F)
15.	Pain is a subjective response to both physical and psychological stressors	(T) (F)
16.	Nociceptive pain arises from damaged nervous tissue	(T) (F)
17.	Acute pain is usually of short duration, lasts no longer than 6 months.	(T) (F)
18.	Constipation id described as a feeling of incomplete evacuation	(T) (F)
19.	Opioids are the primary medications associated with constipation	(T) (F)
20.	Castor oil is an example of osmotic laxatives	(T) (F)



Part II (7.5 Marks)
Read the following statement carefully, and then choose one answer

- 1- **Palliative care begins when:**
 - a) Diagnosis of a chronic disease
 - b) When the patient is terminally ill
 - c) When disease is advanced and non-responsive to curative treatment
 - d) others
- 2- **Palliative care is:**
 - a) providing a space to die
 - b) using a strong narcotics in patients who are at the end stage of life
 - c) prevention and relief of suffering by means of early identification, assessment and treatment
 - d) communication well and praying together with the family
- 3- **Dyspnea is managing by:**
 - a) position patient sit upright supported by pillows
 - b) oxygen
 - c) relaxation technique
 - d) all of the above
- 4- **Reading and driving a car is classified as :**
 - a) physical fatigue
 - b) cognitive fatigue
 - c) primary fatigue
 - d) others
- 5- **Superior vena cava syndrome is one of reversible causes of :**
 - a) Cancer
 - b) Dyspnea
 - c) Pneumonia
 - d) None of the above
- 6- **Most commonly used opioids to control dyspnea EXCEPT:**
 - a) morphine
 - b) hydromorphone
 - c) Fentanyl patch
 - d) Steroids
- 7- **How to use opioids in dyspnea management?**
 - a) Use if dyspnea is continuous
 - b) Have patient control the medication
 - c) Give just enough to relieve dyspnea
 - d) If combined with a benzodiazepine
- 8- **Best delivered of oxygen for dyspnea patient by:**
 - a) nasal cannulae
 - b) face mask
 - c) non rebreathing face mask
 - d) others



- 9- ----- usually in the last hours or days of a patient's life.
- Hospice care
 - Comfort care
 - Palliative care
 - None of the above
- 10- Pain results from the loss of superficial layers of the epidermis is -----
- mechanical pain
 - thermal pain
 - neurogenic pain
 - nociceptive pain

Part III **(7.5 Marks)**

Answer the following questions

- 1- Write on prophylaxis treatment of constipation (3 marks)
- 2- Explain what PQRST assessment tool means (2.5 marks)
- 3- Give short note on the impact of fatigue on patient's quality of life fatigue (2 marks)

Best wishes

Dr/ Dena Sobeh