



(University of Choice)

MASINDE MULIRO UNIVERSITY OF SCIENCE AND TECHNOLOGY (MMUST)

DISTANCE LEARNING

**UNIVERSITY EXAMINATIONS
2023/2024 ACADEMIC YEAR**

THIRD YEAR SECOND TIMESTER EXAMINATIONS

**FOR THE DEGREE
OF
BACHELOR OF SCIENCE IN NURSING**

COURSE CODE: NCD 322

**COURSE TITLE: GERIATRICS, PALLIATIVE AND HOME
BASED CARE**

MAIN EXAMINATION

DATE: TUESDAY 9TH APRIL, 2024

TIME: 11:30 AM - 2:30 PM

INSTRUCTIONS TO CANDIDATES

Answer all Questions in all sections.

TIME: 3 Hours

MMUST observes ZERO tolerance to examination cheating

GERIATRICS, PALLIATIVE AND HOME BASED CARE

SECTION I: MULTIPLE CHOICE QUESTIONS (20 MARKS)

1. A terminally ill client in hospice care is experiencing nausea and vomiting because of a partial bowel obstruction. To respect the client's wishes for conservative management of the nausea and vomiting, the nurse should recommend the use of:
 - a. A nasogastric (NG) suction tube.
 - b. IV antiemetics.
 - c. Osmotic laxatives.
 - d. A clear liquid diet.
2. A client is concerned about losing the hair on the head as a result of chemotherapy. Which of the following responses from the nurse will be most helpful to the client?
 - a. "The new growth of hair will be gray."
 - b. "The hair loss is temporary."
 - c. "New hair growth will always be the same texture and color as it was before chemotherapy."
 - d. "The client should avoid use of wigs when possible."
3. The nurse is planning with a client who has cancer to improve the client's independence in activities of daily living after radiation therapy. Which of the following is an appropriate nursing intervention?
 - a. Refer the client to a community support group after discharge from the rehabilitation unit.
 - b. Make certain that a family member is present for the rehabilitation sessions.
 - c. Provide positive reinforcement for skills achieved.
 - d. Inform the client of rehabilitation plans made by the rehabilitation team.
4. In setting goals for a client with advanced liver cancer who has poor nutrition, the nurse determines that which of the following is a desired outcome for the client? The client will:
 - a. Have normalized albumin levels.
 - b. Return to ideal body weight.
 - c. Gain 1 lb (0.45 kg) every 2 weeks.
 - d. Maintain current weight.
5. An appropriate nursing intervention for a client with fatigue related to cancer treatment includes teaching the client to:
 - a. Increase fluid intake.
 - b. Minimize naps or periods of rest during day.
 - c. Conserve energy by prioritizing activities.
 - d. Limit dietary intake of high-fiber foods.
6. The most common issue associated with sleep disturbances in the hospitalized client with cancer is:
 - a. Social.
 - b. Nutritional.
 - c. Cultural.
 - d. Psychological.

7. A client is newly diagnosed with cancer and is beginning a treatment plan. Which of the following nursing interventions will be most effective in helping the client cope?
 - a. Assume decision making for the client.
 - b. Encourage strict compliance with all treatment regimens.
 - c. Inform the client of all possible adverse treatment effects.
 - d. Identify available resources.
8. A daughter is concerned that her mother is in denial when discussing her diagnosis of breast cancer because she sometimes says that breast cancer isn't that serious and changes the subject. The nurse informs the daughter that denial can be a healthy defense mechanism if it is used:
 - a. To permit her mother to seek unconventional treatments.
 - b. When making decisions about her care.
 - c. Alone and not in combination with other defense mechanisms.
 - d. To allow her mother to continue in her role as a mother.
9. A 45-year-old single mother of three teenaged boys has metastatic breast cancer. Her parents live 750 miles (1,207 km) away and have only been able to visit twice since her initial diagnosis 14 months ago. The progression of her disease has forced the client to consider high-dose chemotherapy. She is concerned about her children's welfare during the treatment. When assessing the client's present support systems, the nurse will be most concerned about the potential problems with:
 - a. Denial as a primary coping mechanism.
 - b. Support systems and coping strategies.
 - c. Decision-making abilities.
 - d. Transportation and money for the boys.
10. Which of the following characteristics displayed by the wife of a 36-year-old man with pancreatic cancer suggests that she may be at risk for negative bereavement outcomes?
 - a. She is preparing for her husband's death.
 - b. Her high socioeconomic status.
 - c. Her strong family support.
 - d. She blames herself for her husband's cancer.
11. Which of the following factors assists a person to achieve positive bereavement outcomes?
 - a. Young age.
 - b. History of anxiety.
 - c. History of depression.
 - d. Higher socioeconomic status.
12. Which of the following nursing interventions will be most effective when caring for a client who is experiencing powerlessness?
 - a. Make certain that all staff members focus only on the client's capabilities.
 - b. Encourage family members to become more responsible for the client's care.
 - c. Request a referral to a psychologist.
 - d. Include the client in decision making whenever possible.

13. During the initial stage of adaptation to the diagnosis of cancer and its treatment, the nurse can facilitate the client's adaptation by:
 - a. Encouraging the client to maintain her usual role.
 - b. Facilitating family-related disagreements and conflicts.
 - c. Supporting the client in her use of denial as a coping strategy.
 - d. Arranging transportation and child care on treatment days.
14. When explaining hospice care to a client, which of the following statements is most appropriate?
 - a. "Hospice care uses a team approach to direct hospice activity."
 - b. "Clients and their families are the focus of care."
 - c. "The client's physician coordinates all the care."
 - d. "All hospice clients will die at home."
15. A client's husband expresses concern that his dying wife keeps saying, "I have to go to the store." Which of the following statements by the nurse will be most effective in assisting the husband to understand the dying process?
 - a. "Many dying clients are restless and can be treated with sedatives."
 - b. "The client may be fighting death, and you should leave her alone."
 - c. "Comments related to going somewhere or leaving on a trip are common in dying clients."
 - d. "Decreased circulation and lack of oxygen to the brain often causes delirium."
16. A 72-year-old client with end-stage cancer needs assistance with arranging for end-of-life home care. The nurse should refer the client to:
 - a. The client's oldest child.
 - b. Social worker.
 - c. Physician.
 - d. The executor of the client's will.
17. The family members caring for a client who is near death from colon cancer are concerned about dehydration. What should the nurse tell them about dehydration at end of life?
 - a. The physician will make the decision regarding hydration therapy.
 - b. Dehydration may prolong the dying process.
 - c. Hydration is used only in extreme situations of dehydration.
 - d. Dehydration is expected during the dying process.
18. Which of the following actions should the nurse plan to do first when caring for a client who is experiencing spiritual distress?
 - a. Make a referral to a member of the clergy.
 - b. Explain the major beliefs of different religions.
 - c. Suggest reading material.
 - d. Help the client explore his or her own values and beliefs.
19. A nurse is caring for a client at home on hospice care for terminal renal cancer. People are calling the nurse to inquire about the client's condition. The nurse should tell the callers:
 - a. "Please call the oncologist."
 - b. "The client is in a coma now."
 - c. "Please call the client's sister"
 - d. "The client is not expected to live much longer."

20. The most cost-effective suggestion for bereavement support for the hospice nurse to give a woman whose husband died 3 months ago and her three young children would be to:
- Seek group counseling support for the three children.
 - Request individual counseling and medication to manage depression.
 - Remind her gently that bereavement care before death minimizes grieving.
 - Continue bereavement support offered through hospice.
21. Which of the following interventions will be most effective in improving transcultural communications with clients with cancer and their families?
- Use touch to show concern and caring for the client.
 - Focus attention on verbal communication skills only.
 - Establish a rapport and listen to their concerns.
 - Maintain eye contact at all times.
22. Which of the following is an expected outcome of a nursing referral to a cancer support group? The client can:
- Choose the best treatment options.
 - Find financial help.
 - Obtain home health care.
 - Cope with cancer.
23. cancer survivor feels guilty when attending a cancer support group meeting. The nurse can help the client manage feelings of guilt by pointing out that:
- These actually are feelings of anger at the terminally ill clients in the group.
 - It is an unexpected response to volatile emotions.
 - This is a spiritual response to the client's own illness.
 - This is a normal reaction when surviving a life-threatening experience.
24. While talking to her husband, who is caring for their children, a 52-year-old client slams the phone down. She begins to cry and states that she is feeling guilty for being hospitalized. Which of the following will best support the client emotionally?
- Call the physician and ask for a psychiatry consultation.
 - Call the physician and request an antidepressant medication.
 - Sit with the client and help her acknowledge and discuss her feelings.
 - Sit with the client and encourage her to see the good side of the situation.
25. A woman employed full-time wants to request a leave of absence to care for her father who is being treated for colon cancer 300 miles (483 km) away. The nurse should advise the client to do which of the following first?
- Contact her employee resources department about policies guiding leaves of absence.
 - Make a plan to see how long she can be out of work without financial concerns.
 - Find someone to do her work while she is away.
 - Ask her father if he can afford a caregiver.
26. The nurse is developing a care plan for a client with cancer receiving hospice home care. Which would be most appropriate for managing the client's chronic pain?
- Administer analgesics regularly and additionally as needed for break-through pain.
 - Sedate the client with tranquilizers.
 - Avoid intravenous pain medication until the client is terminal.
 - Administer analgesics when vital signs indicate increased pain severity.

27. A client and nurse have established a goal for the client to be more autonomous in decision making. Which of the following situations indicates that the goal has been met?
- The physician directs the client's care.
 - The nurse provides the client with the facts and then allows the client to reach an unassisted decision.
 - The nurse respects a client's choice not to know particular information.
 - The health care team makes health and treatment decisions.
28. The nurse can be an important advocate for the client who is considering an alternative method of cancer treatment. Which of the following statements best demonstrates the nurse as client advocate? The nurse will:
- Provide the information about standard therapies.
 - Monitor blood tests as indicated by the alternative therapy.
 - Document the client's desire to try an alternative therapy.
 - Allow the client to make health care choices but will assist in ensuring the client is fully informed when making those decisions.
29. When a client and family receive the initial diagnosis of colon cancer, the nurse can act as an advocate by:
- Helping them maintain a sense of optimism and hopefulness.
 - Determining their understanding of the results of the diagnostic testing.
 - Listening carefully to their perceptions of what their needs are.
 - Providing them with written materials about the cancer site and its treatment.
30. A client who is dying of acquired immunodeficiency syndrome (AIDS) is admitted to the inpatient psychiatric unit because he attempted suicide. His close friend recently died of AIDS. The client begins to talk about his feelings related to his illness and the loss of his friend. He begins to cry. Which of the following responses by the nurse would be most appropriate?
- Give the client some tissues and tell him it is okay to cry.
 - Tell the client to stop crying and that everything will be okay.
 - Sort the client's mail to distract the client.
 - Change the subject.
31. Which of the following philosophies should the nurse integrate into the plan of care for a client and family to help them best cope during the final stages of the client's illness?
- Living each day as it comes as fully as possible.
 - Reliving the pleasant memories of days gone by.
 - Expecting the worst and being grateful when it does not happen.
 - Planning ahead for the remaining good times that will be spent together.
32. A client suspects that he will not live. However, others talk about only pleasant matters with him and maintain a persistently cheerful facade around him. The nurse anticipates that the client will most likely feel which of the following as a result of such behavior?
- Relief.
 - Isolation.
 - Hopefulness.
 - Independence.
33. The young sister of a young adult client with leukemia asks, "Can you check my blood? When my sister got the measles, so did I. And I think I have this, too." Which of the following by the nurse would be inappropriate?

- a. Asking the client's physician to take a sample of the sister's blood.
 - b. Explaining to the sister that leukemia is not a communicable disease.
 - c. Discussing the sister's concern with her parents.
 - d. Telling the sister's parents about a group for siblings of clients with terminal illness.
34. During the nursing shift report, the team leader lists tasks and routines completed for a terminally ill client. Which of the following kinds of behavior is the nurse most likely demonstrating when emphasizing the technical aspects of caring for a dying client?
- a. Tactful behavior.
 - b. Efficient behavior.
 - c. Objective behavior.
 - d. Defensive behavior.
35. A 75-year-old patient, whose marriage ended in divorce after two years, has lived alone for the past 50 years. Feeling as if life has had little meaning, the patient is terrified of living out the remaining years and of dying. The age-related issue to be resolved is:
- a. disengagement vs. activity.
 - b. ego integrity vs. despair.
 - c. self-determination vs. resignation.
 - d. self-esteem vs. self-actualization.
36. A 79-year-old retired actor, who continues to pursue lifelong interests in swimming and singing, exemplifies which theory of aging?
- a. Continuity.
 - b. Developmental.
 - c. Disengagement.
 - d. Physical.
37. The gerontological nurse works with patients with non-insulin dependent diabetes at a senior center in a predominantly Hispanic neighborhood. The nurse demonstrates competency in collaboration by:
- a. assisting and educating patients on diet restrictions.
 - b. delivering care by preserving and protecting patient autonomy.
 - c. providing written education materials in Spanish.
 - d. working with Hispanic groups in the community.
38. An 80-year-old patient, who lives at home with a spouse, is instructed to follow a 2 g sodium diet. The patient states, "I've always eaten the same way all my life, and I'm not going to change now." To promote optimal dietary adherence, the gerontological nurse's initial approach is to:
- a. inform the patient about the need to follow the diet.
 - b. inquire about the patient's current food preferences and eating habits.
 - c. list the variety of foods that are allowed on the diet.
 - d. provide dietary instruction to the patient's spouse, who prepares the meals.
39. A 76-year-old male patient reports hesitancy, decreased force of the urinary flow, a sensation of incomplete emptying of the bladder, and dribbling. The gerontological nurse first asks:
- a. "Have you experienced abdominal pain?"
 - b. "Have you had a daily bowel movement?"
 - c. "Have you had low back pain?"

- d. "Have you noticed blood in your urine?"
40. Which patient is at greatest risk for developing arteriosclerotic heart disease?
- A 68-year-old female patient with a triglyceride level of 135 mg/dL, and a high-density lipoprotein level of 68 mg/dL.
 - A 70-year old male patient with a total cholesterol level of 181 mg/dL, and a low-density lipoprotein level of 90 mg/dL.
 - A 75-year old female patient with a triglyceride level of 189 mg/dL, and a low-density lipoprotein level of 149 mg/dL.
 - An 86-year-old male patient with a low-density lipoprotein level of 100 mg/dL, and a high-density lipoprotein level of 50 mg/dL.
41. A frail 80-year-old patient, who cares for a spouse at home without assistance, requires minor surgery. Lacking any family members residing in the area, the patient expresses concern about the spouse's care while the patient is recovering. The gerontological nurse's recommendation is:
- arranging inpatient respite care for the spouse.
 - having the patient remain in the hospital during the post operative period.
 - hiring around-the-clock help for two weeks.
 - hospitalizing the spouse.
42. Signs and symptoms of age-related macular degeneration include:
- decreases in depth perception.
 - deficits in peripheral vision.
 - distortion of lines and print.
 - reports of flashes of light.
43. The most common symptoms of benign prostatic hypertrophy are:
- chills, fever, and nausea.
 - dysuria, abdominal pain, and urinary retention.
 - intermittency, hesitancy, and dribbling.
 - nocturia, bladder spasms, and hematuria.
44. 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 gerontological nurse is unable to determine what is wrong. 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.
45. "Culturally competent" health care providers
- require the elderly to adapt their values to an institutional environment.
 - encourage the elderly to become dependent on their services.
 - help the elderly develop personal mastery of their changing environments.
 - motivate the elderly to ignore the aging process
46. The genogram is a useful tool for family assessment because:
- It explains bereavement and loss
 - It reduces the need for lengthy written reports on family dynamics
 - It explains complex relationships within a family
 - It can be used by any member of the healthcare team

47. Mr. Wright is seen in the office for a follow-up of his coronary artery disease and diabetes mellitus. During the interview, which comment most suggests psychological distress?
- "My leg hurts right here."
 - "I'm so worried about my wife."
 - "I don't know how I'll get to my appointment."
 - "Why did I get this disease?"
48. Neuropathic pain is:
- Usually treated with anti-inflammatory agents
 - A result of disordered nerve function
 - Due to direct stimulation of intact nociceptors
 - Rarely responsive to opioid analgesics
49. Mr. Martin has locally advanced transitional cell cancer of the bladder with chronic pelvic and abdominal pain. One of the following is the most important in determining the maximum dose of oral morphine during dose titration is:
- Pain relief
 - Respiratory depression
 - Risk of overstepping regulatory limits
 - Strength of pill
50. A home health nurse was making an initial visit to an elderly man. As the nurse began the assessment, the wife gave all the information requested. Which of the following actions would the nurse take next?
- Agreeing upon appropriate interventions with the family
 - Creating appropriate nursing diagnoses
 - Assessing the environment of the wider community
 - Confirming the information obtained with the client
51. Which of the following would be the nurses primary goal during the first visit to home-bound clients?
- To assess the health of all family members and the immediate environment
 - To discuss the time and financial limits to the care the nurse can give
 - To establish rapport with the clients and work with them to define mutually agreeable goals
 - To implement the nursing care plan established before hospital discharge
52. The nurse is to visit newly referred clients for the first time after their discharge from the nursing home back to their apartment. Which of the following is the most likely feeling the clients will have regarding the nurses visit to them?
- Ambivalence because the nurse could be helpful but also judgmental of their situation
 - Glad because the nurse can be of immediate help
 - Fearful because the nurse is someone who has the authority to intervene in their lives
 - Angry because the nurse is essentially an intruder into their lives

53. On the first home visit, a nurse explained to an elderly couple how the nurse could help them. Who would be the most knowledgeable concerning the couples health needs?
- The nurse who had analyzed all of the background data
 - The hospital case manager who had coordinated the couples care
 - The elderly couple themselves
 - The nurse who had been the primary care provider in the hospital before discharge
54. Which of the following would be appropriate to help ensure a nurses safety?
- Before leaving his or her car, he or she should check the immediate surroundings for anyone or any situation that makes the nurse uncomfortable.
 - The nurse should intervene immediately with a family whose fighting is starting to become physical, before it escalates further.
 - The nurse should visit a family over the weekend, when no one is expecting an outsider to drop by.
 - When approached on the street by an unknown person, the nurse should stop and tell them how to reach the agency to be formally accepted as a client.
55. A client in a hospice program has increasing pain. The nurse and client collaborate to schedule analgesics to provide which of the following?
- Doses of analgesic when pain is a "5" on a scale of 1 to 10.
 - Enough analgesia to keep the client semi-somnolent.
 - An analgesia-free period so that the client can carry out daily hygienic activities.
 - Around-the-clock routine administration of analgesics for continuous pain relief.
56. A nurse is assessing a client with bone cancer pain. Which of the following components of a thorough pain assessment is most significant for this client?
- Intensity.
 - Cause.
 - Aggravating factors.
 - Location.
57. Which of the following is the most reliable early indicator of infection in a client who is neutropenic?
- Fever.
 - Chills.
 - Tachycardia.
 - Dyspnea.
58. A nurse is making follow-up phone calls to clients being treated for cancer. In which order of priority should the nurse return the calls?
- The client receiving chemotherapy who has a loss of appetite.
 - The client who underwent a mastectomy 2 weeks ago who called for information on the Reach for Recovery program.
 - The client receiving spinal radiation for bone cancer metastases who has urinary incontinence
 - The client with colon cancer who has questions about a high-fiber diet.

59. Lifestyle influences that are considered risk factors for colorectal cancer include:
- A diet low in vitamin C.
 - A high dietary intake of artificial sweeteners (Aspartame).
 - A high-fat, low-fiber diet.
 - Multiple sex partners.
60. Which of the following is an environmental factor that increases the risk of cancer?
- Gender.
 - Nutrition.
 - Immunologic status.
 - Age.

SECTION II: LONG ANSWER QUESTIONS (40 MARKS)

- Folly is a 80-year old married man with two adult children and a wife. He went into comma 24 hours ago secondary to complications of terminal hepatocellular carcinoma. Based on his progress since the diagnosis was made three months ago, he is not expected to gain consciousness, and is expected to die within few days/ weeks.
 - Describe 4 legal-ethical issues that may arise during Folly's and his family's care. (8 Marks)
 - Describe the management of Folly's and his family in the context of Folly's impending death (12 marks)
- Discuss the role of the Government in the Care of the Aged and state any five Services Available for the Elderly in Kenya (20 mrks)