

JULY 2011 – PALLIATIVE CARE

CPD questionnaires must be completed online via www.cpdjournals.co.za
After submission you can check the answers and print your certificate.

ADVANCES IN PAIN CONTROL IN PALLIATIVE CARE

- 1. Pain in the palliative care setting can be caused by (choose one):**
 - A. The disease itself
 - B. The treatment
 - C. General debility
 - D. Concurrent disorders
 - E. All of the above.
- 2. True (A) or false (B):**

Opioid drugs provide adequate pain relief for more than three-quarters of cancer patients.
- 3. True (A) or false (B):**

The main reason for not prescribing opioid analgesia is opioid phobia.

ETHICS AND PALLIATIVE CARE

- 4. Which one of the following demonstrates the principle of respect for autonomy?**
 - A. Balancing benefits and risks of a patient's treatment
 - B. Discussing the patient's prognosis with the family
 - C. Withholding or withdrawing futile treatment from a patient
 - D. Providing information about treatment options to a patient
 - E. Ensuring education for health care professionals in palliative care.
- 5. Which one of the following statements about artificial hydration at the end of life is correct?**
 - A. Artificial hydration is a futile treatment for patients with advanced cancer
 - B. Artificial hydration adequately replaces oral intake of fluids
 - C. Artificial hydration improves the patient's quality of life
 - D. Artificial hydration stimulates the hypothalamus to improve appetite
 - E. Artificial hydration results in better nursing care with attention being given to the IV equipment and site.
- 6. True(A) or false (B):**

Relief of severely distressing and refractory symptoms can be achieved through palliative sedation without rendering the patient unconscious.

CAN WE EFFECTIVELY MANAGE SUDDEN BEHAVIOUR CHANGES IN THE DYING PATIENT?

- 7. Which key features of delirium help to differentiate it from dementia, depression and psychosis (choose one):**
 - A. Low mood, suicidal thoughts and insomnia
 - B. Recent onset, fluctuating course and inattention
 - C. Gradual onset, progressive deterioration and poor short-term memory
 - D. Hallucinations, delusions and blunted affect
 - E. All of the above.
- 8. Which one of the following statements about delirium is correct:**
 - A. Delirium is uncommon in patients with advanced cancer
 - B. Most delirious patients have a single underlying contributing factor
 - C. The 'M' in the mnemonic DIMTOP stands for metastases
 - D. Haloperidol is the initial drug of choice in managing delirium
 - E. All patients with advanced cancer and delirium should have an extensive battery of special investigations.
- 9. True (A) or false (B)?**

Delirium in patients with advanced cancer can be corrected in more than 80% of cases.

USING COMMUNICATION SKILLS FOR DIFFICULT CONVERSATIONS IN PALLIATIVE CARE

- 10. True (A) or false (B):**

Palliative care is practised only in hospices.
- 11. True (A) or false (B):**

Social workers are important in palliative care because their only role is to apply for financial assistance.
- 12. True (A) or false (B):**

The GP has a key role in palliative care provision.

CARING FOR CHILDREN WITH LIFE-LIMITING AND LIFE-THREATENING ILLNESSES: WHAT THE GP SHOULD KNOW

- 13. The order in which Elisabeth Kubler-Ross described the 'stages of grief' was (choose one):**
 - A. Anger, denial and isolation, depression, bargaining and acceptance
 - B. Depression, anger, denial and isolation, bargaining and acceptance
 - C. Denial and isolation, anger, depression, bargaining and acceptance
 - D. Bargaining, anger, acceptance, depression, denial and isolation
 - E. None of the above.
- 14. True (A) or false (B):**

Palliative care is only provided once all curative options have been exhausted.

SPIRITUAL ASPECTS OF PALLIATIVE CARE

- 15. Recognising and addressing spiritual needs (choose one):**
 - A. Is only to be addressed by chaplains
 - B. May reduce the utilisation of health care services
 - C. Is not an effective measure in the control of total pain
 - D. Is only done in a religious context
 - E. Is not the responsibility of the doctor.
- 16. True (A) or false (B):**

Spiritual support has been shown to positively affect the quality of life of a patient with cancer as they near death.

WHEN SHOULD ONE START PALLIATIVE CARE?

- 17. The following health facilities are sites where palliative care may be given (choose one):**
 - A. An emergency unit
 - B. A frail care centre
 - C. A hospice
 - D. An intensive care unit
 - E. All of the above.
- 18. True (A) or false (B):**

Patients should only be referred for palliative care when they are in the terminal stage of their illness.

SOME THOUGHTS ON OPIOID-INDUCED NEUROTOXICITY

- 19. True (A) or false (B):**

Myoclonus, delirium, hallucinations, hyperalgesia and allodynia are features of opioid-induced neurotoxicity.
- 20. True (A) or false (B):**

Dehydration is a common reason for opioid-induced neurotoxicity.

Erratum

There is a mistake in the alphabetical listing of question 15 of the June CPD. Apologies for any confusion. The answer to question 15 is E.