

## CHAPTER 4. PALLIATIVE CARE, SELF-ASSESSMENT QUESTIONS

1. JP is being treated for lung cancer, and received his last chemotherapy infusion 3 weeks ago. He is currently reporting nausea and vomiting since he started taking morphine for his cancer-related pain. Which of the following antiemetics would be the best option to treat his uncontrolled nausea and vomiting?

- A. Ondansetron
- B. Aprepitant
- C. Lorazepam
- D. Haloperidol
- E. Dolasetron

2. A patient diagnosed with advanced COPD is reporting dyspnea associated with thickened pulmonary secretions. The patient has a strong cough reflex and is adequately hydrated. Which of the following is the best option for this patient?

- A. Oxygen therapy
- B. Low-dose oral morphine
- C. Scopolamine patches
- D. Nebulized saline
- E. Lorazepam

3. Delirium often presents gradually, with persistent decline in memory and global functioning.

- A. True
- B. False

4. In a patient diagnosed with advanced heart failure, who is demonstrating excessive fluid overload symptoms, which of the following medication should be

reduced or discontinued?

- A. Digoxin
- B. Beta-adrenergic blocker
- C. Angiotensin-converting enzyme (ACE) inhibitor
- D. Loop diuretic
- E. Aspirin

5. Nausea secondary to gastroparesis is most appropriately treated by which of the following agents?

- A. Lorazepam
- B. Haloperidol
- C. Metoclopramide
- D. Ondansteron
- E. Dolasteron

6. Which of the following adjuvant is often used in conjunction with standard opioid therapy for the treatment of severe bone pain?

- A. Acetaminophen
- B. Corticosteroids
- C. Lorazepam
- D. Tricyclic antidepressants
- E. Alprazolam

7. Which of the following best describes the cause of death in patients diagnosed with Lou Gehrig disease?

- A. Opportunistic infections
- B. Respiratory failure
- C. Seizures

D. Anorexia

E. Renal failure

8. A patient is eligible for the hospice Medicare benefit in the United States if they have a terminal diagnosis with a prognosis of less than:

A. 1 month if the disease runs its usual course

B. 3 months if the disease runs its usual course

C. 6 months if the disease runs its usual course

D. 12 months if the disease runs its usual course

E. None of the above

9. Palliative care is considered appropriate care for which of the following:

A. Breast cancer

B. Chronic heart failure

C. Alzheimer disease

D. AIDS

E. All of the above

10. Benzodiazepine as monotherapy in patients with delirium is the treatment of choice.

A. True

B. False

11. The dose of short-acting opioids for the treatment of breakthrough pain should be equal to:

A. 1%–2% of the daily maintenance dose

B. 5%–20% of the daily maintenance dose

C. 25%–35% of the daily maintenance dose

D. Short-acting opioids should never be used in palliative care

12. Low-dose opioids may be effective in treating which of the following:
- A. Nausea
  - B. Vomiting
  - C. Dyspnea
  - D. Terminal secretions
13. Due to questionable necessity of simvastatin therapy in hospice patients, this medication should be evaluated for discontinuation in end of life care.
- A. True
  - B. False
14. Which of the following agent(s) may be given sublingually?
- A. Lorazepam
  - B. Haloperidol
  - C. Atropine
  - D. All of the above
15. Methadone may be used to effectively manage which of the following?
- A. Neuropathic pain
  - B. Visceral pain
  - C. Bone pain
  - D. All of the above

### **Answers to Self-Assessment Questions**

- 1. D
- 2. D
- 3. B
- 4. B
- 5. C

6. B

7. B

8. C

9. E

10. False

11. B

12. C

13. A

14. D

15. D