

# Cheap Nursing CEUs

## End of Life Care

### Introduction

**1. Which of the following terms is synonymous with End of Life Care?**

- A. Comfort Care
  - B. Supportive Care
  - C. Palliative Care
  - D. All of the above.
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### Providing Comfort at the End of Life

**2. Which of the following is NOT advised as a solution for end of life pain management?**

- A. Making sure the level of pain does not "get ahead" of pain-relieving medications
  - B. Giving morphine to ease the feeling of dyspnea
  - C. Ensuring a person gets some water and food, whether or not the person has an appetite
  - D. Turning the person from sides to back every few hours to help prevent pressure ulcers
  - E. Keeping activities minimal or simple to conserve a person's energy
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**3. Each of the following is cited as a common mental / emotional, spiritual or practical end-of-life need except:**

- A. Conversations about feelings of depression or anxiety
  - B. Physical contact such as hand holding, touch or gentle massage
  - C. Encouraging ending disagreements by resolving unsettled issues with family and friends
  - D. Talking about and not directly to the dying person to help them conserve their energy
  - E. Offering reassurance to the dying person that their personal affairs are in good hands
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### Finding Care at the End of Life

**4. Today most Americans are in hospitals or nursing homes at the end of their lives, and they are increasingly choosing hospice care.**

- A. True
  - B. False
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**5. Which of the following statements about hospice care is not true according to this resource?**

- A. The patient beginning hospice care understands his or her illness isn't responding to curative or disease-slowng attempts.
  - B. Hospice is an approach to care that is not tied to a specific place.
  - C. Once a dying person chooses hospice care they discontinue all medical treatments and medications.
  - D. A person choosing hospice can at any point change their mind about hospice and instead pursue a treatment to cure or slow a disease process.
  - E. A widow or widower is less likely to die within 18 months after the death of a spouse if that spouse received hospice services.
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**6. Hospice differs from Palliative Care in that doctors must believe the person has less than 6 months to live, only symptom relief will be provided, and Medicare pays all hospice charges.**

- A. True
  - B. False
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## **Dementia at the End of Life**

**7. Signs of the final stages of Alzheimer's disease (AD) can include which of the following:**

- A. Difficulty swallowing or no appetite
  - B. Inability to speak or make oneself understood
  - C. Inability to move around on one's own
  - D. All of the above are final stage AD signs
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## **Understanding Health Care Decisions**

**8. Which of the following best describes guidelines mentioned for making decisions for someone at the end of life using 'substituted judgement' or 'best interests' approaches:**

- A. Determining what medical procedure can extend the person's life for the longest time period
  - B. Always abiding by what the dying person's written documents say about their end of life care wishes
  - C. Considering the dying person's values in life and opinions about how someone else was being treated
  - D. All of the above.
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**9. Which of the following medical procedures is mismatched with the condition it is designed to alleviate?**

- A. Defibrillation is designed to give an electrical shock to the heart
  - B. Intubation and tracheotomy procedures are designed to help a person breathe
  - C. 'NG' and 'PEG' tubes are designed for tube-feeding
  - D. Antibiotics are designed to treat viral-caused infections
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**10. If someone is already dying when an infection begins, giving antibiotics serves no purpose.**

- A. True
  - B. False
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## **What Happens When Someone Dies**

**11. Which is not a common (listed) experience or symptom signifying that someone is very near the end of life?**

- A. Cooling arms and feet, dark or blue-colored body parts
  - B. Cheyne-Stokes breathing (not breathing for many seconds)
  - C. Burst of energy where the dying person sits up, opens closed eyes or speaks unexpectedly
  - D. Refusal to eat or drink
  - E. Noisy breathing that makes a gurgling or rattling sound
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## **Planning for End of Life Care Decisions**

**12. Which of the following legal documents is mismatched with its purpose:**

- A. A 'living will' records your end of life care wishes if you can no longer speak for yourself
  - B. A 'durable power of attorney for health care' gives a representative the power to make decisions related to your health care, property or financial matters
  - C. 'Durable power of attorney' gives a representative the power to make decisions regarding property or financial matters
  - D. All of the above
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