

**UNIVERSITY OF ESWATINI**  
**FACULTY OF HEALTH SCIENCES**  
**DEPARTMENT OF GENERAL NURSING SCIENCE**  
**MASTER OF NURSING SCIENCE IN FAMILY NURSE PRACTICE**  
**MAIN EXAMINATION PAPER MAY 2019**

COURSE CODE	: GNS 630
COURSE TITLE	: PALLIATIVE CARE
TOTAL MARKS	: SEVENTY-FIVE
DURATION	: TWO (2) HOURS

**INSTRUCTIONS:**

1. THE EXAMINATION PAPER HAS THREE PAGES (including the front page)
2. THERE ARE THREE QUESTIONS
3. ANSWER ALL THREE QUESTIONS AS DIRECTED
4. FIGURES IN BRACKETS INDICATE MARKS ALLOCATED PER QUESTION OR A PART THEREOF
5. **HANDWRITING MUST BE LEGIBLE.**

**DO NOT OPEN THE EXAMINATION PAPER UNTIL PERMISSION HAS BEEN GIVEN BY THE INVIGILATOR**

## QUESTION 1

While palliative care is more known and practised in most first world countries, it is less known on the African continent. Despite the existence of a number of institutions that render end of life care in Eswatini, palliative care remains relatively unknown and therefore not so widely practised. It is for this reason that you put a request with Swazi Radio to give a 12-minute-long talk as a way to sensitize the nation at large about palliative care.

- 1.1 List six important points on palliative care about which you will talk (.5 x 6 = 3)
- 1.2 Describe any five challenges of effectively implementing palliative care in Eswatini. (2x5=10)
- 1.3 Describe three culture and/or ethics related issues that the Family Nurse Practitioner is likely to come across as she/he renders care on clients and their families who need palliative care either in institutions or clients' homes in Eswatini. (2 x 5=10)
- 1.4 Differentiate between palliative care and end of life care (2)

**(25 points)**

## QUESTION 2

### Situation

Mr. and Mrs. Mhlanga are 56 and 50 years old respectively. They have been married for 18 years and have three children, two boys and a girl aged 15, 12 and 8 years old, respectively. They appear to be a happy family. Mrs. Mhlanga was diagnosed with cancer of the breast following last year's October breast cancer screening campaign. The couple consulted a private doctor for further investigations. From the biopsy results, malignant cells were confirmed. The doctor then informed the couple that Mrs. Mhlanga's primary growth was in her uterus and it had now spread all over her body including her breasts. At their last visit with the doctor, he said to the couple, "I am afraid that since the cancer has spread all over her body, I cannot help you anymore. You are free to go and look for more help elsewhere."

- 2.1 Briefly make a comment on the doctor's statement to the couple. (3)
- 2.2 Write any 6 questions you intend to ask Mrs. and Mr. Mhlanga at your initial meeting with them. (.5X6=3).
- 2.3 Explain five effective ways communication you will utilize with this couple. (5)
- 2.4 Explain at least five professionals you would include in the palliative team for Mrs. Mhlanga. (10).
- 2.5 Describe one family theory you would use as guide in giving support to the family before and after the demise of Mrs. Mhlanga. (4)

**(25 points)**

### **QUESTION 3**

The management of clients who are on the palliative care programme includes both pharmacological and non-pharmacological interventions.

- 3.1 Give a summary of the three-step management of physical pain as prescribed in the Eswatini National Palliative Care Guidelines of 2011. (1x3=3)
- 3.2 Discuss any three unwanted effects of opioid drugs. (Your discussion may take into account measures to avoid those unwanted side effects). (2x3=6)
- 3.3 Discuss four non pharmacological aspect of caring for a client with chronic/life threatening diseases/end of life care management. (12)
- 3.4 Describe any two treatment decisions the end of life that will need discussing with families. (2x2=4)

**(25 points)**