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Certified Hospice and Palliative Nursing Assistant



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Question: 1

A patient nearing death has been experiencing delirium, with marked confusion and hallucinations. The patient believes the nurse assistant is her child and asks if everything is all right at home. An appropriate response is

- A. "Everything is fine at home."
- B. "You are confused about who I am."
- C. "I am your nurse assistant, John Smith."
- D. "I'm not your child."

Answer: C

Explanation:

Delirium is quite common in patients at the end of life, and the nurse assistant should try to help orient the patient by saying that which is true, "I am your nurse assistant, John Smith," without pointing out that the patient is confused. Sometimes an orientation board, which may include lists of daily activities and names and pictures of family and/or caregivers, may be helpful. Reducing noise and helping the patient to relax with music or massage may decrease symptoms.

Question: 2

A patient had always been active in many sports and is now chair-bound, bored, and becoming depressed. When helping the family to provide recreational activities, the nurse assistant suggests

- A. Video sport games.
- B. Books about sports.
- C. Paper puzzles, such as Sudoku and crossword puzzles.
- D. Board games.

Answer: A

Explanation:

When planning recreational activities for patients, the nurse assistant should always consider patient preferences and habitual activities, even though these may need to be modified. Video sports games, such as Nintendo Wii Sports, require minimal physical input but can provide a satisfying experience of sports participation. The patient's abilities and limitations must also be considered so that the patient can successfully engage in an activity. Video sports games are good for those who are chair-bound because they can be

played by using only the arms and hands.

Question: 3

A patient dying of lung cancer is very dyspneic. The head of the bed is elevated to 45° and he is receiving oxygen at 4 L/min. Which of the following interventions is best to help the patient feel less anxious about the shortness of breath?

- A. Playing soft music.
- B. Increasing fluid intake.
- C. Directing the airflow of an electric fan toward the patient's face.
- D. Sitting the patient upright (at 90°) in bed.

Answer: C

Explanation:

Directing the airflow of an electric fan toward the patient's face may make the patient feel less anxious about the shortness of breath. The patient's head is already elevated and sitting the patient straight upright in bed may compress the diaphragm and increase the dyspnea. Oxygen is usually administered at 2-4 L/min. If the patient is dehydrated, then increasing fluids may increase comfort but will probably not affect dyspnea because of the lung compromise associated with lung cancer.

Question: 4

A patient needs a walker to ambulate. For maximum support, the height of the walker should be adjusted so the individual's elbows are bent at

- A. 0-50
- B. 5-100
- C. 10-20°
- D. 20-30°

Answer: D

Explanation:

The height of the walker should be adjusted so that the individual's elbows are bent at 20-30° for maximum support. This allows for the arms to extend when the walker is moved forward. If the arms are bent more, the patient may fall forward or to the side as the arms cannot support the patient's weight. If the arms are straight, then the individual may not be able to move the walker forward the 18-24 inches that are required for a normal stride.

Question: 5

When conducting range of motion (ROM) exercises, the sequence should be

- A. From the head down.
- B. From the bottom up.
- C. Right side first and then left side.
- D. From the head to the waist and then the feet to the hips.

Answer: A

Explanation:

ROM exercises should be done in sequence from the head down. If possible, most ROM exercises should be done with the patient sitting because it is easier to attain a more normal range. Exercises of the head and neck should be done by the patient to avoid overstretching of the cervical spine. Joints should be moved through flexion, extension, rotation, supination, and pronation as appropriate for the type of joint. The best positions for exercising the hip joint are the supine position and the prone position (if tolerated).

Question: 6

A hospitalized patient asks the nurse assistant to stop by his house to pick up his mail and offers \$20 to pay for gas and time spent. The nurse assistant should

- A. Get the mail but refuse the money.
- B. Offer to help the patient make other arrangements for someone to pick up his mail.
- C. Get the mail and accept the money with thanks.
- D. Get the mail and charge only for mileage.

Answer: B

Explanation:

Giving extra attention to a patient by picking up mail and accepting money for anything other than wages are both boundary violations. The nurse assistant should offer to assist the patient to make other arrangements, such as by telephoning a friend or family member. While running errands for the patient may benefit him in the short term, it can establish a relationship of increasing dependency and obligation that does not resolve the long-term needs of the patient.

Question: 7

A patient has had persistent nausea and vomiting despite receiving medication to control her symptoms. Which of the following measures may provide some relief?

- A. Increasing fluid intake with foods,
- B. Serving foods warm to hot.
- C. Asking the patient to lie flat after eating.

D. Asking the patient do deep breathing and controlled swallowing.

Answer: D

Explanation:

Asking the patient to do deep breathing and controlled swallowing may help to control the gag/vomit reflex. Other measures include serving cold or room temperature foods, restricting intake of fluids during meals, and sitting or lying with the head elevated for at least 2 hours after eating. Patients may benefit from 5 or 6 small meals per day rather than 3 large meals. Fluids should be sipped in small amounts throughout the day rather than drinking large amounts of fluids at one time.

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