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2006 ANSWERSHEETS

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Thank you very much for your cooperation.
The CPD Management Office

Question 1-3: Counselling the terminally ill...Page 20-23

- True or False**
Hope should always be maintained in conversations between the professional and the terminally ill patient.
A. True
B. False
- True or False**
Fear of not understanding a patient's culture may be a barrier to counselling a patient or family about death.
A. True
B. False
- True or False**
A patient's anxieties are usually stilled by the doctor's honesty, empathy and readiness to listen to the patient's concerns.
A. True
B. False

Question 4-8: Making decisions with families at the end of life. Page 24-29

- True or False**
Making decisions by approximating the patient's desires as closely as possible will increase guilt that often accompanies surrogate decision-making.
A. True
B. False
- True or False**
An appropriate plan of care cannot be pursued if the family's understanding of the clinical situation differs significantly from that of the physicians.
A. True
B. False
- True or False**
Assessing a patient's values about quality of life, survival and belief in biomedicine can help establish an appropriate plan of care.
A. True
B. False
- True or False**
A time-limited therapeutic trial, with established criteria, may be a good option if the prognosis of a patient is uncertain or if the family is unable to accept the inevitability of the patient's death.
A. True
B. False
- True or False**
Maximum supportive care primarily aimed at comfort and dignity versus maximum diagnostic and therapeutic care aimed at maintaining life describe two ends in a spectrum of health care at the end of life.
A. True
B. False

Question 9-14: Pain management in palliative care: Page 30-33

- Choose the incorrect statement**
A. Pain is what the patient says it is.

- Total pain encompasses the noxious physical stimulus, emotional, social, bureaucratic, financial and spiritual aspects of pain.
- The WHO definition requires impeccable assessment and treatment of pain.
- Pain can be defined by what the doctor perceives as painful.
- A certain noxious stimulus may cause pain of various degrees in the same patient at different times.

10. Choose the incorrect statement

- The correct diagnosis is the key to good pain management.
- "The laying on of hands" plays no role in healing.
- Non-pharmacological measures should be considered in pain management.
- Psychological support forms part of total pain management.
- Spiritual support forms part of total pain management.

11. True or False

The location of pain may change as the clinical condition of a patient worsens.

- True
- False

12. True or False

If a weak opioid ceases to be effective, one should switch to another weak opioid.

- True
- False

13. Choose the incorrect statement

- The use of morphine indicates that the health care worker has given up hope.
- Two weak opioids should not be used together.
- Oral morphine is a useful strong opioid.
- Constipation and nausea should be anticipated and treated.
- The dose of morphine should be titrated to the patient's pain control requirements.

14. True or False

Peripheral neuropathy and intestinal obstruction may cause "difficult pain" to relieve by opioids and analgesics alone and may warrant adjuvant therapy.

- True
- False

Question 15-20: UpdAIDS in SA family practice. Page 34-36

15. True or False

A high viral load, low CD4 count and advanced clinical disease are all risk factors for pre-partum, intra-partum and post-partum transmission of HIV.

- True
- False

16. Choose the incorrect statement

- The majority of mother-to-child-transmissions occur during deliveries.
- Episiotomies should not be cut to prevent intra-partum HIV transmission.
- Rupturing of membranes do not increase HIV transmission.
- Caesarean section reduces HIV transmission.
- HAART should be offered to pregnant HIV positive mothers.

17. True or False

Offering nevirapine during labour, if a patient does not qualify for HAART, lowers the transmission MTC transmission rate by 50%, but increases resistance to NNRTIs in 80% of mothers and babies.

- True
- False

18. True or False

iHAART does not fully suppress the secretion of HIV in breast milk.

- True
- False

19. True or False

A positive Elisa test in babies <18 months of age should be confirmed by a DNA PCR test.

- True
- False

20. Choose the incorrect statement

- Exclusive breast-feeding with early weaning poses a lower transmission rate of HIV than mixed feeding.
- Breast milk pasteurisation can lower the transmission rate.
- Routine HIV-testing should be performed after 6 weeks of age.
- HIV Elisa antibody test can be used to diagnose HIV in children >18 months of age.
- HIV Elisa antibody test should be performed 6 weeks after breast feeding has stopped.