

## About Dying

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### A quiz for NSW palliative care volunteers

This quiz is based on Chapter 14 of *Palliare: A handbook for palliative care volunteers in NSW (2018)*

Select the correct response to each of the following questions:

1. The process of dying:
  - a. Refers to the natural processes of the body gradually slowing down.
  - b. May involve different physical signs for different people.
  - c. Does not necessarily following a specific sequence.
  - d. All of the above.
  - e. Both a and b above.
2. Supporting a carer through the process of dying involves being aware of our own biases about death and dying, as well as having a sense of what a 'good death' might be. Is this statement true or false?
3. With the awareness that death will occur soon the carer may:
  - a. Want the death to occur.
  - b. Want to hold on.
  - c. Feel relieved.
  - d. Feel guilty about feeling relieved.
  - e. All of the above.
  - f. Both b and c above.
4. When supporting a carer whose family member is dying at home:
  - a. Remind them that a home death is better than a hospital death.
  - b. Be mindful that the carer may need encouragement to retire from the bedside.
  - c. Be alert to the family dynamics and be available to others to talk and debrief.
  - d. Avoid being in the home at the time of death as this usually causes distress.
  - e. All of the above.
  - f. Both b and c above.
5. As death becomes more imminent people often desire to set things to rights, to forgive and seek forgiveness, whereas at the same time the family may struggle with the person letting go if they perceive this as giving up or giving in. Is this statement true or false?
6. Typically at the time of death:
  - a. Gurgling and bubbling noises indicate a rupturing of the person's lungs.
  - b. Restlessness occurs because the person is sedentary and can't sleep well.
  - c. Fluctuations in body temperature are normal.
  - d. Urine production stops all together, well before death occurs.
  - e. All of the above.
7. At and after the time of death the volunteer (if present) is typically involved with:
  - a. Assisting with messages to the palliative care team.
  - b. Offering quiet, gentle, empathic support.
  - c. Supporting the family in communicating any specific cultural practices.
  - d. All of the above.

Answers: 1d; 2t; 3e; 4f; 5t; 6c; 7d