

Boundaries and Self-Care

A quiz for NSW palliative care volunteers

This quiz is based on Chapter 3 of *Palliare: A handbook for palliative care volunteers in NSW*

Select the correct response to each of the following questions:

1. The concept of 'Duty of Care' refers to:
 - a. An obligation to exercise diligent care to those in your care.
 - b. The name of a policy detailing responsible patient care.
 - c. Taking measures to avoid foreseeable harm to self and others.
 - d. An approach to care, similar to Palliative Care and Palliative Approach.
 - e. Both a and c.
2. What is meant by the term 'role boundaries'?
 - a. A statement of my duties as a volunteer.
 - b. A scope of tasks and responsibilities within which I perform my role.
 - c. What I can and can't do within the Palliative Care team.
 - d. The geographical limits of the Palliative Care service.
 - e. None of the above.
3. 'Role boundaries' aim to:
 - a. Reduce the risk of the volunteer breaching policies and procedures.
 - b. Encourage appropriate and ethical behaviour by the volunteer.
 - c. Promote healthy and respectful relationships between volunteers and others.
 - d. Provide a basis to reduce the likelihood of burnout.
 - e. All of the above.
4. 'As a volunteer I must keep all information confidential at all times.' Is this True or False?
5. Does your Workplace Health and Safety Policy apply to you as a volunteer?
 - a. Not at all - it only applies to paid employees.
 - b. It applies to paid staff, visitors and volunteers.
 - c. It's up to the volunteer manager to tell us whether the policy applies to volunteers.
 - d. It's only for volunteers on hospital grounds, not for volunteers in the community.
 - e. None of the above.
6. Which of the following factors might contribute to your experience of stress as a volunteer:
 - a. Dealing with the complexities of the health care system.
 - b. Communicating with the other members of the Palliative Care team.
 - c. Working intimately with dying patients and grieving relatives.
 - d. Confronting your own mortality.
 - e. All of the above.
7. 'Burn-out' is:
 - a. A state of prolonged stress or chronic emotional depletion.
 - b. Caused by trying to be too friendly and have fun with the person, and then they die.
 - c. Caused by a person being too open not holding their own feelings inside.
 - d. A state of introspection where you focus on your own needs instead of those of others.
 - e. Caused by excessive heat affecting the brain causing bruising and irritability.
 - f. All of the above.

Answers: 1e; 2b; 3e; 4F; 5b; 6e; 7a