

# Introduction to Palliative Care

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## A quiz for NSW palliative care volunteers

This quiz is based on Chapter 1 of *Palliare: A handbook for palliative care volunteers in NSW*

**Select the correct response to each of the following questions:**

1. What is meant by the term 'Palliative Approach'?
  - a. A specialty qualification for Palliative Care physicians
  - b. A set of beliefs and values about chronic disease treatment
  - c. A way of treating people which focusses on their comfort
  - d. A focus on diagnosis instead of prognosis
  - e. None of the above
2. According to the World Health Organisation, Palliative Care involves:
  - a. Relief of suffering
  - b. Prolonging life
  - c. Careful treatment of pain
  - d. All of the above
  - e. Only a and c above
3. 'Futile' treatment:
  - a. Masks the symptoms and provides comfort to the person
  - b. Aims to shorten life and suffering
  - c. Doesn't result in beneficial outcomes for the person
  - d. Is used where there is little chance of the person's survival
  - e. Both a and c above
4. For adult patients, which of the following is described by palliative care clinicians as the '12 month question'?
  - a. 'Has this person had these symptoms for more than 12 months?'
  - b. 'Is this person likely to recover within the next 12 months?'
  - c. 'Will this person need to go to hospital within the next 12 months?'
  - d. 'Would I be surprised if this person died within the next 12 months?'
  - e. None of the above
5. The palliative care team:
  - a. Reviews and revises the person's plan of care
  - b. Is essential for the delivery of palliative care
  - c. Must include a representative of each clinical area
  - d. Decides if a person is referred to palliative care
  - e. Helps the palliative care physician to treat the patient

Answers: 1c; 2e; 3c; 4d; 5a