

Spirituality and Palliative Care

A quiz for NSW palliative care volunteers

This quiz is based on Chapter 8 of *Palliare: A handbook for palliative care volunteers in NSW*

Select the correct response to each of the following questions:

1. Spirituality:
 - a. Involves attending to a body of ethical instructions and moral codes.
 - b. Is more predominant in eastern than western culture.
 - c. Focusses on charismatic figures, sacred texts, rituals and practices.
 - d. Is personal, embedded in the person's unique experience and story.
 - e. All of the above.
2. Which of these best describes what is meant by the term 'spiritual care'?
 - a. Offering religious rites to people from their church.
 - b. Helping people make sense of their life's journey.
 - c. Instructing people in the way they should believe in God.
 - d. Baptising and proselytising.
 - e. None of the above.
3. 'Spiritual or pastoral care can help people to find or reclaim or remember their own meaning and their own answers'. Is this statement true or false?
4. Children:
 - a. Tend not to be aware of meaning and so spiritual concepts are not relevant to them.
 - b. May have absorbed belief systems from others rather than resolving their own.
 - c. Often may elect the person with whom they are comfortable sharing their beliefs.
 - d. Are often absorbed in their personal thoughts and lack sensitivity to other's cues.
 - e. Only b and c above.
5. The question 'what will happen after I die':
 - a. Invites the volunteer to attentively listen to the hopes and fears of the person.
 - b. Suggests that the person does not understand palliative care.
 - c. Signals an opportunity for the volunteer to explain what they believe.
 - d. Indicates that the person has no spiritual beliefs.
 - e. All of the above.
6. People will generally prefer to talk with family members about spiritual matters, and will tend to adopt similar patterns of belief. Is this statement true or false?
7. "I'm dying because God is angry with me" is an invalid spiritual belief. Is this statement true or false?
8. Spiritual support at end of life:
 - a. Can help a person find spiritual peace, sometimes more urgent as death approaches.
 - b. Is central to how a person deals with death.
 - c. Necessarily involves communication, relationship building, sincerity and integrity.
 - d. Sometimes involves saying "I don't know."
 - e. All of the above.

Answers: 1d; 2b; 3t; 4e; 5a; 6f; 7f; 8e