

# Suffering, Total Pain and Spirituality

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## A quiz for NSW palliative care volunteers

This quiz is based on Chapter 6 of *Palliare: A handbook for palliative care volunteers in NSW (2018)*

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

1. Total pain refers to
  - a. The experience of pain as a stimulus-response
  - b. The experience of pain as a balancing-response
  - c. The worse pain they could imagine
  - d. Both a & b
  - e. None of the above
2. Existential Distress
  - a. Arises from suffering
  - b. Is a common human experience
  - c. Cannot be treated with medication
  - d. All of the above
  - e. None of the above
3. Some keys to being present with a person in distress
  - a. Build bridges, listen for hope
  - b. Don't try to find or fix the problem
  - c. Validate their experiences and emotions
  - d. Respect their choices even if they want silence
  - e. All of the above
4. 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.
5. Spiritual care is relevant to how we communicate because it is an approach that
  - a. Engages with human meaning, purpose and connection
  - b. Aims to proselytise and influence
  - c. Is person-centred and relational in nature
  - d. Both a & b
  - e. Both a & c
6. 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.
7. 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?

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