

The Volunteer and Comfort Care

A quiz for NSW palliative care volunteers

This quiz is based on Chapter 13 of *Palliare: A handbook for palliative care volunteers in NSW (2018)*

Select the correct response to each of the following questions:

1. Good comfort care:
 - a. Is all about pain management.
 - b. Benefits from a trusting relationship with the clinician.
 - c. Provides effective symptom management.
 - d. Is only needed for people with complex medical conditions.
 - e. Both b and c above.
2. Tolerating pain is easier if a person has:
 - a. Companionship.
 - b. Effective sleep and rest.
 - c. Distractions.
 - d. The sympathy and understanding of others.
 - e. All of the above.
3. 'It is rare for people with no history of substance abuse to be addicted to medication'. Is this statement true or false?
4. Nausea:
 - a. Occurs in 50-60% of all terminally ill people.
 - b. Is often relieved with relaxation techniques.
 - c. Is a sign that opioid use is ineffective.
 - d. Is made worse if the person is on anti-emetic medication.
 - e. All of the above.
 - f. Both a and b above.
5. As a volunteer your role in Comfort Care includes:
 - a. Providing advice on treatment options.
 - b. Reporting symptoms and changes to the clinical team.
 - c. Creating a peaceful, supportive environment.
 - d. Suggesting alternative or home remedies for their symptoms.
 - e. All of the above.
 - f. Both b and c above.
6. 'Diagnosis is the prediction of the duration and outcome of a disease'. Is this statement true or false?
7. Effective infection control:
 - a. Includes scrubbing hands with liquid soap under running water for 15-20 minutes.
 - b. Is essential after either physical or respiratory contact with a patient.
 - c. Eliminates the need to wear gloves.
 - d. Involves washing your gloves after each use.
 - e. None of the above.

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