

Young People in Palliative Care

A quiz for NSW palliative care volunteers

This quiz is based on Chapter 12 of *Palliare: A handbook for palliative care volunteers in NSW (2018)*

Select the correct response to each of the following questions:

- Palliative care for children:
 - Characteristically involves longer-term care than for adult palliative care.
 - Is only available to children 0 to 13 years of age.
 - Is used by about 5 in every 10,000 children in the UK.
 - Rarely involves cancer and other potentially curable diseases.
 - Both a and c above.
- A child with a life limiting illness may be referred to palliative care if only as a means to support the family in managing the child's complex care. Is this true or false?
- When communicating with a young child:
 - Create an environment free of noise and play to minimise distractions.
 - Respect the need for the child to be alone, or to share, and be receptive if they chose to talk.
 - Remember that above all the child needs a parent, not a friend or counsellor.
 - Avoid euphemisms and involve the child in decision making wherever possible.
 - All of the above.
- Volunteers who work with parents in paediatric palliative care are valued for their ability to bring normality into the everyday life and routine of the family. Is this statement true or false?
- When supporting a sibling a volunteer should:
 - Answer questions as honestly as possible.
 - Be aware that the sibling will always ask any questions that they may have.
 - Encourage siblings in care-giving to stimulate communication.
 - Ignore attention-seeking or withdrawal behaviours.
 - Both b and d above.
 - Both a and c above.
- The experience of volunteers in paediatric palliative care is different to those in adult palliative care because:
 - The prognosis for the childhood condition may have a less well understood prognosis, and so may involve more uncertainty.
 - Children may live for many years while receiving palliative care, compared to weeks and months for adults.
 - Palliative care for children often includes interaction and involvement with the immediate family, siblings and circles of family members.
 - Paediatric palliative care often involves home support and volunteers may be more embedded in the family routine, making detachment more complex.
 - All of the above.
- Research shows that most children with a life limiting illness know less about their condition than their parents and carers realise. Is this statement true or false?

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