

## Person-centred end of life care

TEST YOUR KNOWLEDGE BY COMPLETING THIS MULTIPLE-CHOICE QUIZ

### 1. During the coronavirus disease 2019 (COVID-19) pandemic:

- a) Service demand in the community decreased
- b) Fewer palliative care patients chose to remain at home
- c) There was a reduction in face-to-face home visits from GPs, putting additional pressure on community nurses
- d) All community nurses stopped carrying out palliative and end of life care in people's homes

### 2. Person-centred care is:

- a) An approach to practice established through the formation and fostering of healthful relationships between all care providers, service users and others significant to them in their lives
- b) Underpinned by values of respect for persons, individual right to self-determination, mutual respect and understanding
- c) Enabled by cultures of empowerment that foster continuous approaches to practice development
- d) All of the above

### 3. What is the outcome in McCormack and McCance's Person-Centred Practice Framework?

- a) A healthful culture
- b) A 'one-size-fits-all' approach to care
- c) An improvement in quality of life
- d) A 'good death'

### 4. How might an effective nurse-patient relationship be achieved?

- a) By recognising that the nurse is always the expert on the patient's condition
- b) Through authentic engagement when those involved connect on an emotional level and respect each other
- c) By implementing a 'top-down' hierarchical approach to care, in which the nurse is positioned above the patient
- d) Through the provision of task-focused nursing care

### 5. Holistic assessments:

- a) Can be used as a basis for planning care with the patient and their family
- b) Should not be facilitated by community nurses
- c) Are unrelated to person-centred care
- d) Should only consider the physical health of an individual

### 6. Which statement is false?

- a) Applying a shared decision-making approach is challenging at the end of life because there are often significant levels of emotional distress
- b) Some patients may distance themselves from decision-making and this needs to be acknowledged and respected by their family members and healthcare practitioners
- c) Healthcare practitioners have a duty to ensure that all patient choices and preferences are always met
- d) Many patients will involve their family in decision-making to varying degrees

### 7. One potential element of an advance care plan is:

- a) Preferred place to die
- b) Degree of interventions, including cardiopulmonary resuscitation
- c) Lasting power of attorney
- d) All of the above

### 8. Which of these is not one of the steps of the three-talk model?

- a) Team talk
- b) Self-talk
- c) Option talk
- d) Decision talk

### 9. Which statement is true?

- a) Only doctors or specialist palliative care teams can initiate advance care planning discussions
- b) Most healthcare practitioners feel adequately prepared to explain advance care planning options
- c) Nurses may need to initiate conversations about advance care planning
- d) A standardised template for advance care planning must be developed to reduce individual differences

### 10. What does resilience-based clinical supervision entail?

- a) Focusing on the emotional systems that motivate people's responses to work situations or issues
- b) Talking to colleagues informally
- c) Enhancing access to employee assistance programmes
- d) Exploring strategies for reducing staff sickness levels

### How to complete this assessment

This multiple-choice quiz will help you test your knowledge. It comprises ten multiple choice questions broadly linked to the previous article. There is one correct answer to each question.

You can read the article before answering the questions or attempt the questions first, then read the article and see if you would answer them differently.

**You may want to write a reflective account. Visit [rcni.com/reflective-account](https://rcni.com/reflective-account)**

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This multiple-choice quiz was compiled by **Alex Bainbridge**

*The answers to this quiz are:*

1 c 2 d 3 a 4 b 5 a 6 c 7 d 8 b 9 c 10 a

This activity has taken me \_\_\_ minutes/hours to complete. Now that I have read this article and completed this assessment, I think my knowledge is:

Excellent  Good  Satisfactory  Unsatisfactory  Poor

As a result of this I intend to: \_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_