



Symptom Management Quiz

	Question	Tick most appropriate statement (one or more may apply)
1.	When we talk about the holistic approach to symptom management what do we mean by this? Look at the following statements and choose the one that best describes this framework	<input type="checkbox"/> Symptoms are purely physical <input type="checkbox"/> Symptom management must be patient centred and may need to include physical, psychological, social and spiritual needs <input type="checkbox"/> Symptom control is more disease focused than patient centred <input type="checkbox"/> Symptoms are not caused by multiple problems
2.	Which of the following statements are examples of good symptom management	<input type="checkbox"/> Find out cause of symptom <input type="checkbox"/> Explain to patient what is happening at level and language appropriate to them <input type="checkbox"/> Discuss treatment options with patient <input type="checkbox"/> Correct the correctable <input type="checkbox"/> Review, review, review
3.	When considering treatment of symptoms which of the following statements are most appropriate?	<input type="checkbox"/> Non drug options can only be tried if medications do not work <input type="checkbox"/> Keep drug treatment as simple as possible <input type="checkbox"/> Always consider side effects <input type="checkbox"/> It is always best not to warn patients of side effects
4.	Which of the following factors may affect pain threshold & <u>increase</u> the experience of pain? What else can you add?	<input type="checkbox"/> Explanation <input type="checkbox"/> Depression <input type="checkbox"/> Fatigue <input type="checkbox"/> Past experience <input type="checkbox"/> Support <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
5.	Which of the following are common side effects of morphine? Do you know any more?	<input type="checkbox"/> Jaundice <input type="checkbox"/> Nausea <input type="checkbox"/> Drowsiness <input type="checkbox"/> Diarrhoea <input type="checkbox"/> Dry mouth <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>

Principles & Practice of End of Life Care
Symptom Management in End of Life Care

6.	Name at least 4 ways you can help someone experiencing breathlessness.	
7.	Name at least 4 ways you can help someone experiencing nausea.	

Well done!
Check again after the session to see how you did & what else you can add now!

What else?