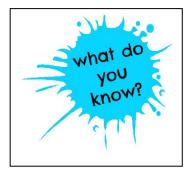
## Principles & Practice of End of Life Care Symptom Management in End of Life Care



## 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	<ul> <li>Symptoms are purely physical</li> <li>Symptom management must be patient centred and may need to include physical, psychological, social and spiritual needs</li> <li>Symptom control is more disease focused than patient centred</li> <li>Symptoms are not caused by multiple problems</li> </ul>
2.	Which of the following statements are examples of good symptom management	Find out cause of symptom  Explain to patient what is happening at level and language appropriate to them  Discuss treatment options with patient  Correct the correctable  Review, review, review
3.	When considering treatment of symptoms which of the following statements are most appropriate?	<ul> <li>Non drug options can only be tried if medications do not work</li> <li>Keep drug treatment as simple as possible</li> <li>Always consider side effects</li> <li>It is always best not to warn patients of side effects</li> </ul>
4.	Which of the following factors may affect pain threshold & increase the experience of pain?	Explanation Depression Fatigue Past experience Support
	What else can you add?	Se Se Se
5.	Which of the following are common side effects of morphine? Do you know any more?	Jaundice Nausea Drowsiness Diarrhoea Dry mouth

## 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.	