

Care CEUs

Understanding Hospice

1. Which of the following patients is eligible for hospice care?

- A. A 79-year-old male patient with a terminal illness and lifetime prognosis of six months or less.
- B. A 78-year-old male patient with a terminal illness and lifetime prognosis of eight months or more.
- C. A 67-year-old female patient with a terminal illness and lifetime prognosis of ten months or more.
- D. A 64-year-old female patient with a terminal illness and lifetime prognosis of twelve months.

2. Which of the following statements best defines the term "durable power of attorney?"

- A. A durable power of attorney for health care may refer to a legal document that prevents DNR orders.
- B. A durable power of attorney for health care may refer to a legal document that prevents DNI orders.
- C. A durable power of attorney for health care may refer to a legal document that allows organ transplantation.
- D. A durable power of attorney for health care may refer to a legal document naming a health care proxy.

3. A health care professional has questions regarding the use of morphine in hospice care. Which of the following informational points of interest should be communicated to the health care professional?

- A. Morphine should be avoided.
- B. Morphine may be administered to hospice patients to ease feelings of shortness of breath.
- C. Research suggests that morphine given in clinical settings at the end of life for pain does hasten death.
- D. Research suggests that morphine given in clinical settings at the end of life for shortness of breath does hasten death.

4. A 79-year-old female hospice patient lost her appetite. Which of the following best represents an effective strategy to help the patient eat?

- A. Offer the patient's favorite foods in very large amounts.
- B. Offer the patient's favorite foods in small amounts.
- C. Only serve the patient three large meals per day.
- D. Only serve the patient four large meals per day.

5. Which of the following statements is most accurate?

- A. When a patient agrees to hospice care, he or she is agreeing to comfort care (palliative care) instead of care to cure an illness.
- B. When a patient agrees to hospice care, he or she is agreeing to comfort care (palliative care) and care to cure an illness.
- C. When a patient agrees to hospice care, he or she is agreeing to comfort care (palliative care), care to cure an illness, and the potential use of experiential medications.
- D. When a patient agrees to hospice care, he or she is agreeing to comfort care (palliative care), care to cure an illness, and the potential use of experiential procedures.

6. Which of the following is typically covered by Medicare hospice coverage?

- A. Drugs for pain management
- B. Drugs for cancer treatment
- C. Room and board if the hospice patient lives in his or her own home
- D. Patient transportation costs

7. A 72-year-old female hospice patient wants to pursue curative therapies. How can the hospice patient pursue curative therapy?

- A. Request curative therapies from a hospice care physician.
- B. Submit a request for curative therapies to a hospice in writing.
- C. Receive care at home.
- D. Withdraw from hospice care.

8. A health care professional is developing an educational lecture focused on hospice patients' rights. Which of the following informational points of interest should be included in the health care professional's lecture?

- A. Hospice patients do not have the right to refuse hospice care and treatment.
- B. Hospice patients suffering from dementia do not have the right to refuse hospice care and treatment.
- C. Only patients under the age of 65 have the right to discontinue hospice care.
- D. Hospice patients have the right to discontinue hospice care.

9. Which of the following statements best defines the term "palliative care?"

- A. Palliative care may refer to patient and family-centered care that optimizes quality of life by anticipating, preventing, and treating suffering.
- B. Palliative care may refer to patient and family-centered care that optimizes quality of life by anticipating, preventing, and treating disease states and suffering.
- C. Palliative care may refer to patient and family-centered care that optimizes quality of life by anticipating, preventing, and treating cancer and suffering.

D. Palliative care may refer to patient and family-centered care that optimizes quality of life by anticipating, preventing, and treating cancer, mental illness, and suffering.

10. According to Title 42 Part 418 - Hospice Care, which of the following statements is most accurate?

- A. The hospice must designate a registered nurse that is a member of the interdisciplinary group to provide coordination of care and to ensure continuous assessment of each patient's and family's needs and implementation of the interdisciplinary plan of care.
- B. The hospice must designate a registered nurse that is not a member of the interdisciplinary group to provide coordination of care and to ensure continuous assessment of each patient's and family's needs and implementation of the interdisciplinary plan of care.
- C. The hospice must designate a registered nurse that is not a member of the interdisciplinary group to provide coordination of care and to ensure continuous assessment of each patient that is over the age of 65.
- D. The hospice must designate a registered nurse that is not a member of the interdisciplinary group to provide coordination of care and to ensure continuous assessment of each patient that is under the age of 65.

11. Which of the following best represents a requirement included in Title 42 Part 418 - Hospice Care?

- A. The hospice must only develop an individualized written plan of care for each patient suffering from dementia.
- B. The hospice must only develop an individualized written plan of care for each patient suffering from cancer.
- C. The hospice must develop an individualized written plan of care at the request of a patient.
- D. The hospice must develop an individualized written plan of care for each patient.

12. According to Title 42 Part 418 - Hospice Care, which of the following statements is most accurate?

- A. The hospice interdisciplinary group (in collaboration with the individual's attending physician, if any) must review, revise and document an individualized plan as frequently as the patient's condition requires, but no less frequently than every 10 calendar days.
- B. The hospice interdisciplinary group (in collaboration with the individual's attending physician, if any) must review, revise and document an individualized plan as frequently as the patient's condition requires, but no less frequently than every 15 calendar days.
- C. The hospice interdisciplinary group (in collaboration with the individual's attending physician, if any) must review, revise and document an individualized plan as frequently as the patient's condition requires, but no less frequently than every 30 calendar days.
- D. The hospice interdisciplinary group (in collaboration with the individual's attending physician, if any) must review, revise and document an individualized plan as frequently as the patient's condition requires, but no less frequently than every 60 calendar days.

13. A health care professional has questions regarding Title 42 Part 418 - Hospice Care and COVID-19. Which of the following informational points of interest should be communicated to the health care professional?

- A. According to Title 42 Part 418 - Hospice Care, the hospice must develop and implement policies and procedures to ensure that all staff are fully vaccinated for COVID-19.
- B. According to Title 42 Part 418 - Hospice Care, the hospice must develop and implement policies and procedures to ensure that all staff are fully vaccinated for COVID-19 every four months.
- C. According to Title 42 Part 418 - Hospice Care, the hospice must develop and implement policies and procedures to ensure that all staff and patients, over the age of 65, are fully vaccinated for COVID-19.
- D. According to Title 42 Part 418 - Hospice Care, the hospice must develop and implement policies and procedures to ensure that all staff, patients, and visiting family are fully vaccinated for COVID-19.

14. Which of the following best represents a requirement included in Title 42 Part 418 - Hospice Care?

- A. The hospice must have an organized program for the provision of bereavement services that is available to patients only.
- B. The hospice must have an organized program for the provision of bereavement services that is available once a week to patients only.
- C. The hospice must have an organized program for the provision of bereavement services that is available once a month to patients only.
- D. The hospice must have an organized program for the provision of bereavement services furnished under the supervision of a qualified professional with experience or education in grief or loss counseling.

15. According to Title 42 Part 418 - Hospice Care, which of the following statements is most accurate?

- A. The hospice must provide an assessment of a patient's and family's spiritual needs.
- B. The hospice does not have to provide an assessment of a patient's and family's spiritual needs.
- C. The hospice only has to provide an assessment of a patient's and family's spiritual needs upon the request of a patient.
- D. The hospice only has to provide an assessment of a patient's and family's spiritual needs upon the request of a social worker.

16. A health care professional has questions regarding hospice aide training. Which of the following informational points of interest should be communicated to the health care professional?

- A. Classroom and supervised practical training combined must total at least 50 hours.
- B. Classroom and supervised practical training combined must total at least 75 hours.

- C. A hospice aide training program does not have to address communication skills.
- D. A hospice aide training program does not have to address basic infection control procedures.

17. According to Title 42 Part 418 - Hospice Care, which of the following statements is most accurate?

- A. When restraint or seclusion is used for the management of violent or self-destructive behavior that jeopardizes the immediate physical safety of the patient, a staff member, or others, the patient must be seen face-to-face within one hour after the initiation of the intervention by a physician; or registered nurse who has been trained.
- B. When restraint or seclusion is used for the management of violent or self-destructive behavior that jeopardizes the immediate physical safety of the patient, a staff member, or others, the patient must be seen face-to-face within two hours after the initiation of the intervention by a physician; or registered nurse who has been trained.
- C. When restraint or seclusion is used for the management of violent or self-destructive behavior that jeopardizes the immediate physical safety of the patient, a staff member, or others, the patient must be seen face-to-face within 24 hours after the initiation of the intervention by a physician; or registered nurse who has been trained.
- D. When restraint or seclusion is used for the management of violent or self-destructive behavior that jeopardizes the immediate physical safety of the patient, a staff member, or others, the patient must be seen face-to-face within 48 hours after the initiation of the intervention by a physician; or registered nurse who has been trained.

18. Which of the following best represents a requirement included in Title 42 Part 418 - Hospice Care?

- A. Hospices must only report deaths associated with the use of restraint.
- B. Hospices must report deaths associated with the use of seclusion or restraint.
- C. Hospices must only report deaths associated with the use of seclusion or restraint if the patient is over the age of 65 and suffers from dementia.
- D. Hospices must only report a death associated with the use of seclusion or restraint if the patient is under the age of 65 and suffers from dementia.

19. Which of the following statements best defines the term "respite care?"

- A. Respite care is short-term inpatient care provided to the individual every six months to relieve the family members or other persons caring for the individual.
- B. Respite care is short-term inpatient care provided to the individual every 12 months to relieve the family members or other persons caring for the individual.
- C. Respite care is short-term outpatient care provided to the individual only when necessary to relieve the family members or other persons caring for the individual.
- D. Respite care is short-term inpatient care provided to the individual only when necessary to relieve the family members or other persons caring for the individual.

20. Which of the following best represents a sign/symptom of stress?

- A. Irritability
- B. Polyphagia
- C. Polydipsia
- D. Incontinence

21. Which of the following statements best defines the term "burn-out?"

- A. Burn-out may refer to a factor that causes emotional, physical, or psychological tension.
- B. Burn-out may refer to a factor that causes emotional, physical, or psychological tension, as well as muscle tension and anxiety.
- C. Burn-out may refer to a syndrome conceptualized as resulting from chronic personal stress that has not been successfully managed.
- D. Burn-out may refer to a syndrome conceptualized as resulting from chronic workplace stress that has not been successfully managed.

22. Which of the following best represents a dimension of burn-out?

- A. Feelings of increased energy
- B. Increased professional efficacy
- C. Feelings of extreme positivity related to one's job
- D. Increased mental distance from one's job

23. A 58-year-old male patient has questions regarding grief. Which of the following informational points of interest should be communicated to the patient?

- A. Grief is not a normal response that comes from losing someone or something important.
- B. Grief is the normal response of sorrow, heartache, and confusion that comes from losing someone or something important.
- C. Typical grief reactions do not include denial.
- D. Typical grief reactions, for individuals under the age of 65, do not include anxiety.

24. Which of the following best represents a physical reaction to grief?

- A. Excessive weight gain
- B. Difficulty breathing
- C. Enuresis
- D. Hematuria

25. Which of the following statements best defines the term "complicated/traumatic grief?"

- A. Complicated/traumatic grief may refer to grief that ends after four months.
- B. Complicated/traumatic grief may refer to grief that ends after six months.

- C. Complicated/traumatic grief may refer to grief that ends after 12 months and does not help an individual make progress toward getting back to typical activities and/or a typical routine within 12 months.
- D. Complicated/traumatic grief may refer to grief that does not end and does not help an individual make progress toward getting back to typical activities and/or a typical routine.

26. Which of the following best represents a sign that children may need assistance dealing with grief?

- A. The child resumes normal routines within one month of the death of a loved one.
- B. The child resumes normal routines within two months of the death of a loved one.
- C. The child is not interested in daily activities.
- D. The child becomes interested in new activities.

27. A hospice patient's family member has questions regarding stress, grief, and PTSD. Which of the following educational points should be communicated to the hospice patient's family member?

- A. PTSD typically only lasts for a period of two to three weeks.
- B. PTSD typically only lasts for a period of two to three months.
- C. Social isolation after a traumatic event is a risk factor for PTSD.
- D. Individuals over the age of 65 do not typically experience PTSD.

28. Which of the following best represents a method/strategy to manage stress and grief?

- A. Do not acknowledge stress and grief
- B. Engage in breathing exercises
- C. Avoid physical activity due to potential muscle tension
- D. Take in at least 2,800 calories per day

29. A health care professional has questions regarding stress and heavy drinking. Which of the following informational points of interest should be communicated to the health care professional?

- A. Heavy drinking is defined as six or more drinks a week for women.
- B. Heavy drinking is defined as 10 or more drinks a week for women.
- C. Heavy drinking is defined as 15 or more drinks a week for men.
- D. Heavy drinking is defined as 20 or more drinks a week for men.

30. A hospice patient's family member has questions regarding methods to connect with other individuals in order to manage grief. Which of the following recommendations should be provided to the hospice patient's family member?

- A. Avoid large family functions.
- B. Avoid developing a virtual memory book.
- C. Avoid seeking support from trusted community leaders and friends.

D. Coordinate a date and time for family and friends to honor a loved one by reciting a selected poem, spiritual reading, or prayer within their own households.

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