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**HPCC**

# CHPNA

*Certified Hospice and Palliative Nursing Assistant*

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## BELOW ARE SOME SAMPLE QUESTIONS.

### Question: 913

A patient receiving palliative care expresses frustration over persistent itching that disrupts their sleep. Which of the following factors should you assess that may contribute to this symptom?

- A. The patient's dietary intake and hydration status
- B. The patient's mobility level during the day
- C. The medications the patient is currently taking
- D. The patient's family support system

Answer: C

Explanation: Many medications, especially opioids and certain antihistamines, can cause itching as a side effect. Assessing medication use is crucial.

### Question: 914

When assisting a patient who uses eyeglasses, which of the following best practices should be emphasized to ensure optimal visual function?

- A. Allow the patient to wear their eyeglasses only during specific activities
- B. Regularly check the fit and condition of the eyeglasses, including lens clarity
- C. Assume that the patient knows how to care for their eyeglasses
- D. Store the eyeglasses in a drawer to prevent damage

Answer: B

Explanation: Regularly checking the fit and condition of eyeglasses ensures that patients can effectively use them for optimal visual function.

### Question: 915

You notice that a colleague is consistently late in completing necessary documentation. What is the best way to address this issue as a supportive peer?

- A. Publicly criticize them in front of the team
- B. Speak to them privately about the importance of timely documentation and offer assistance
- C. Report them to a supervisor immediately

D. Ignore the issue, as it is not your responsibility

Answer: B

Explanation: Speaking privately shows support and encourages improvement without creating a negative atmosphere among the team.

**Question: 916**

In situations where a patient is hesitant to engage in spiritual discussions due to prior negative experiences, what is the best approach for the hospice assistant?

- A. Forcing the patient to confront their feelings about spirituality
- B. Respecting their boundaries and offering support in other areas
- C. Encouraging them to talk about spirituality to heal
- D. Ignoring the topic to focus solely on physical care

Answer: B

Explanation: Respecting the patient's boundaries and offering support in other areas shows sensitivity to their experiences and promotes trust.

**Question: 917**

A nursing assistant is tasked with creating a homelike environment for a patient nearing the end of life. Which of the following strategies best supports this goal?

- A. Involving family members in decorating the room with personal items
- B. Arranging the patient's room with hospital equipment only
- C. Keeping the room as sterile as possible to prevent infection
- D. Limiting visitors to reduce noise and disruption

Answer: A

Explanation: Involving family members in decorating the room with personal items helps create a comfortable, familiar environment that can enhance the patient's emotional well-being.

**Question: 918**

When considering the unique nutritional and hydration needs of a patient as they decline, which of the following approaches is most appropriate for ensuring comfort while respecting the patient's preferences?

- A. Forcing fluids to prevent dehydration
- B. Restricting all food and fluids to avoid choking
- C. Disregarding the patient's appetite and providing high-calorie meals
- D. Offering small, frequent sips of preferred fluids and soft foods

Answer: D

Explanation: Offering small, frequent sips of preferred fluids and soft foods respects the patient's preferences and promotes comfort while addressing the unique challenges of declining nutritional intake.

**Question: 919**

What is the most appropriate action for a nursing assistant when a family expresses guilt about their loved one's condition?

- A. Reassuring them that their feelings are unfounded
- B. Ignoring their feelings to keep the focus on the patient
- C. Encouraging open discussion about their feelings and providing support resources
- D. Suggesting they seek professional counseling without further discussion

Answer: C

Explanation: Encouraging discussion allows family members to process their feelings and fosters a supportive environment.

**Question: 920**

In a hospice setting, which of the following is the most important consideration when helping a patient remain in their place of choice?

- A. The physical layout of the home
- B. The opinions of healthcare providers on the best place for care
- C. The financial implications of home care versus facility care
- D. The patient's emotional and psychological comfort

Answer: D

Explanation: Prioritizing the patient's emotional and psychological comfort is crucial in supporting their wishes for end-of-life care.

**Question: 921**

You are caring for a patient who is displaying emotional changes, specifically increased anxiety and fear about dying. Which intervention would best support the patient in this situation?

- A. Avoid discussing their fears to prevent distress
- B. Suggest they focus on their physical health instead
- C. Redirect the conversation to positive topics
- D. Provide reassurance and engage in active listening

Answer: D

Explanation: Providing reassurance and engaging in active listening allows the patient to express their fears and may help alleviate anxiety.

**Question: 922**

When assessing a patient in hospice care, which of the following is the most crucial aspect to consider when identifying the needs of both the patient and their family members or caregivers, particularly in relation to emotional support during the end-of-life process?

- A. The financial status of the family
- B. The patient's medical history only
- C. The patient's cultural background and beliefs
- D. The presence of family members during visits

Answer: C

Explanation: Understanding the patient's cultural background and beliefs is essential as it significantly influences their emotional needs and preferences during end-of-life care. This knowledge helps tailor support and interventions that align with their values.

**Question: 923**

During a change of shift report, what is the most critical information a nursing assistant should provide regarding a patient's recent decline in health?

- A. A summary of changes in symptoms, emotional state, and any family concerns expressed
- B. Only the medical diagnosis and treatment plan
- C. Personal opinions about the patient's care
- D. Information that is not relevant to the patient's current condition

Answer: A

Explanation: Providing a comprehensive summary ensures continuity of care and informs the incoming staff about the patient's overall status.

**Question: 924**

A patient with a history of substance use disorder is receiving pain management for a terminal condition. Which of the following is the most important consideration for the nursing assistant in this case?

- A. The patient may exaggerate pain levels to obtain more medication.
- B. The patient should be treated with the same pain management protocols as others.
- C. The patient should avoid all opioid medications regardless of pain levels.
- D. The potential for addiction must be balanced with the need for adequate pain control.

Answer: D

Explanation: It is essential to balance the potential for addiction with the need for effective pain management in patients with a history of substance use disorder.

**Question: 925**

How should a nursing assistant handle a situation where a family member is visibly upset and conflicts arise regarding the care plan for a dying patient?

- A. Ignore the conflict to avoid escalating emotions further.
- B. Take sides to maintain harmony among family members.
- C. Acknowledge the family member's feelings, facilitate a discussion to address their concerns, and involve the healthcare team as needed.
- D. Suggest that the family member leave the room to avoid disrupting care.

Answer: C

Explanation: Acknowledging feelings and facilitating communication helps resolve conflicts and ensures that the family feels heard and supported in the care process.

**Question: 926**

In a situation where a patient has expressed a desire for a specific spiritual ritual before death, what should the nursing assistant prioritize?

- A. Ensuring that the ritual is performed according to the family's preferences.
- B. Quickly completing all medical tasks before the ritual begins.
- C. Suggesting a more conventional approach to comfort the patient.
- D. Documenting the request but not facilitating it due to time constraints.

Answer: A

Explanation: Prioritizing the family's and patient's wishes regarding spiritual rituals honors their beliefs and provides emotional comfort at the end of life.

**Question: 927**

When observing a patient for changes in their pain level, what is the most effective way to assess their pain if they are non-verbal?

- A. Observe their facial expressions and body language
- B. Monitor the patient's vital signs closely
- C. Ask the family about the patient's usual pain level
- D. Assume no pain if they are not communicating

Answer: A

Explanation: Non-verbal cues such as facial expressions, body language, and movements are critical indicators of pain in non-verbal patients and should be closely monitored.

**Question: 928**

Which of the following best describes the role of empathy in providing care to hospice patients and their families?

- A. Empathy allows caregivers to connect with patients and families on an emotional level, fostering trust and comfort.
- B. Empathy is less important than delivering clinical care effectively.
- C. Empathy should be reserved for family members only, as patients do not need emotional support.
- D. Empathy can be detrimental, as it may lead to over-involvement in the patient's emotional state.

Answer: A

Explanation: Empathy is crucial in hospice care, as it helps build trust and provides emotional support, enhancing the overall care experience for patients and families.

**Question: 929**

In assessing the needs of a terminally ill patient and their family, which of the following factors should be prioritized by nursing assistants to ensure comprehensive care?

- A. The patient's previous medical treatments and outcomes.
- B. The emotional, spiritual, and practical needs of both the patient and family members.
- C. The family's ability to provide care without support.
- D. The financial resources available for hospice care services.

Answer: B

Explanation: Addressing the emotional, spiritual, and practical needs of patients and families ensures holistic care that supports overall well-being.

**Question: 930**

When assessing a patient's elimination habits, which of the following factors is most likely to contribute to a significant change in bowel habits in a terminally ill patient?

- A. Increased fluid intake
- B. Regular physical activity
- C. The use of opioids for pain management
- D. A high-fiber diet

Answer: C

Explanation: Opioids can cause constipation by slowing bowel motility, which is a common side effect in patients receiving palliative care. This can lead to significant changes in bowel habits.

**Question: 931**

A patient nearing the end of life has developed a severe rash that is causing significant discomfort. What should you prioritize in your care plan for this patient?

- A. Ensuring the patient is kept cool and comfortable
- B. Regular assessment of the rash for changes
- C. Frequent application of topical creams
- D. Educating the family on potential causes of the rash

Answer: A

Explanation: Keeping the patient cool and comfortable can alleviate discomfort associated with a rash, especially in palliative care.

**Question: 932**

In managing PTSD symptoms, which therapeutic approach is most effective for helping patients process their trauma while in hospice care?

- A. Avoidance of discussing the trauma
- B. Focusing on unrelated life events to distract from trauma
- C. Relying solely on pharmacological interventions
- D. Exposure therapy in a controlled environment

Answer: D

Explanation: Exposure therapy in a controlled environment allows patients to confront and process their trauma in a safe context, making it an effective intervention for managing PTSD symptoms.

**Question: 933**

In a situation where a patient's privacy is compromised during care, what is the most appropriate action for a nursing assistant to take?

- A. Discuss the patient's condition openly in the hallway
- B. Ignore the situation as it is not a priority
- C. Ensure the patient is covered properly and close the door for privacy
- D. Ask family members to leave the room during care

Answer: C

Explanation: Ensuring proper coverage and closing the door respects the patient's privacy and dignity during care.



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