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**Nursing**

**CHPNA**

*HPCC Certified Hospice and Palliative Nursing Assistant*

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### **Question: 1**

When working with patients of diverse cultural backgrounds, it is important for the Certified Hospice and Palliative Nursing Assistant (CHPNA) to:

- A. Impose their own cultural beliefs on the patient.
- B. Disregard cultural differences and treat all patients the same.
- C. Maintain a neutral attitude and respect the patient's cultural background.
- D. Encourage patients to abandon their cultural practices.

Answer: C

Explanation: The CHPNA should respect and maintain a neutral attitude regarding the cultural background of patients. It is essential to recognize and honor cultural differences, as they influence beliefs, values, and practices related to end-of-life care. By acknowledging and respecting cultural diversity, the CHPNA can provide culturally sensitive care and ensure that the patient's individual needs and preferences are met.

### **Question: 2**

A patient expresses feelings of guilt and a sense of estrangement from their loved ones. The nursing assistant should

- A. dismiss the patient's feelings as irrational.
- B. encourage the patient to suppress those feelings for the sake of peace.
- C. provide spiritual support and facilitate open communication.
- D. refer the patient to a mental health professional.

Answer: C

**Explanation:** The nursing assistant should provide spiritual support and facilitate open communication when a patient expresses feelings of guilt and estrangement. Spiritual support involves acknowledging and validating the patient's feelings, providing a non-judgmental and compassionate presence, and creating a safe space for the patient to express their emotions. Facilitating open communication can help the patient explore and address the underlying issues contributing to their feelings of guilt and estrangement, which can promote healing and reconciliation.

### **Question: 3**

Which of the following is an important aspect of patient and family support during the final hours of life?

- A. Providing medical interventions to prolong life.
- B. Offering companionship and a comforting presence.
- C. Ensuring the presence of family members at all times.
- D. Encouraging discussions about funeral arrangements.

**Answer: B**

**Explanation:** During the final hours of life, a CHPNA can provide crucial support by offering companionship and a comforting presence. This involves being present with the patient, providing emotional support, and creating a peaceful and supportive environment. It may include holding a patient's hand, providing gentle reassurance, and being available to address any concerns or needs that arise.

### **Question: 4**

A patient is experiencing grief and loss after the death of a loved one. The nursing assistant should offer

- A. suggest the patient seek support solely from family and friends.
- B. advice on how to suppress and avoid grieving to prevent emotional distress.
- C. distraction techniques to divert the patient's attention from the grief.
- D. information on agency/community services that provide grief support.

**Answer: D**

**Explanation:** The nursing assistant should offer information on agency/community services that provide grief support when a patient is experiencing grief and loss after the death of a loved one. Grief can be a complex and challenging emotional process, and patients may benefit from additional support beyond their immediate circle of family and friends. By providing information about available grief support services, the nursing assistant helps connect the patient to resources that can provide professional guidance, counseling, and group support during their grieving journey.

### **Question: 5**

When providing patient and family support, a CHPNA may offer respite care. What does respite care involve?

- A. Assisting with personal care and comfort measures.
- B. Offering temporary relief and support to primary caregivers.
- C. Advocating for the patient and family's needs.
- D. Providing emotional support and companionship.

**Answer: B**

**Explanation:** Respite care involves providing temporary relief and support to primary caregivers. It allows caregivers the opportunity to take a break from their caregiving responsibilities, attend to their own needs, or engage in other activities. By offering respite care, a CHPNA helps alleviate caregiver stress

and burnout, ensuring the well-being of both the patient and the caregiver.

### **Question: 6**

In providing care to patients, it is essential for the nursing assistant to respect differences and maintain a neutral attitude. This includes respecting differences based on:

- A. ethnicity, race, and cultural background.
- B. religious/spiritual preference and sexual preference.
- C. age difference, living conditions, and treatment choices.
- D. all of the above.

Answer: D

Explanation: The nursing assistant should respect differences and maintain a neutral attitude regarding ethnicity, race, cultural background, religious/spiritual preference, sexual preference, age difference, living conditions, and treatment choices. Respecting diversity and maintaining a non-judgmental approach are fundamental principles in providing patient-centered care. By acknowledging and honoring the unique characteristics and preferences of each patient, the nursing assistant creates an inclusive and supportive care environment.

### **Question: 7**

A patient requests to receive sacraments as part of their spiritual practices. The nursing assistant should

- A. arrange for the patient to receive the requested sacraments.
- B. discourage the patient from engaging in sacramental practices.
- C. educate the patient about the insignificance of sacraments.
- D. ignore the patient's request as it is not relevant to their care.

Answer: A

Explanation: The nursing assistant should arrange for the patient to receive the requested sacraments as part of their spiritual practices. Honoring individual spiritual beliefs and enabling spiritual practices is an essential aspect of providing holistic care. If the patient finds meaning and comfort in receiving sacraments, it is important to respect their wishes and make the necessary arrangements to facilitate their participation in these practices.

### Question: 8

What is the purpose of reframing hope in the context of hospice and palliative care?

- A. Encouraging unrealistic expectations about recovery.
- B. Minimizing the patient's emotional experience.
- C. Discouraging patients from expressing their fears and concerns.
- D. Shifting the focus from cure to comfort and quality of life.

Answer: D

Explanation: Reframing hope in hospice and palliative care involves shifting the focus from cure to comfort and quality of life. It does not involve encouraging unrealistic expectations about recovery. The goal is to help patients and their families find meaning, peace, and fulfillment in the remaining time they have together. Reframing hope acknowledges the reality of the situation while emphasizing the importance of finding hope and purpose in each day.

### Question: 9

Which of the following is an appropriate action for a CHPNA to take when

assisting a patient with treatment choices and advance directives?

- A. Making decisions on behalf of the patient without their input.
- B. Ignoring the patient's treatment choices and advance directives.
- C. Educating the patient about treatment options and facilitating informed decision-making.
- D. Discouraging the patient from considering advance directives.

Answer: C

Explanation: A CHPNA plays a crucial role in educating patients about treatment choices and advance directives. They should provide information about available options, explain the potential benefits and risks, and facilitate informed decision-making. It is essential to respect the patient's autonomy and ensure they have the necessary information to make choices aligned with their values and preferences.

### Question: 10

A patient and their family express a need for information about impending death. The nursing assistant should

- A. refer the patient and family to a grief counselor to address their concerns.
- B. discourage the patient and family from discussing death to maintain hope.
- C. withhold information about impending death to protect the patient and family from distress.
- D. provide accurate and honest information about the patient's prognosis and what to expect.

Answer: D

Explanation: The nursing assistant should provide accurate and honest

information about the patient's prognosis and what to expect when the patient and family express a need for information about impending death. Open and transparent communication is crucial in end-of-life care. By providing the patient and family with the information they seek, the nursing assistant supports their decision-making, helps them prepare emotionally and practically, and fosters a sense of trust and understanding in the care relationship.

### **Question: 11**

A patient expresses a desire to pray but is unable to attend religious services due to transportation limitations. The nursing assistant should

- A. discourage the patient from relying on religious practices for comfort.
- B. arrange transport services to enable the patient's participation in religious services.
- C. provide alternative spiritual practices that do not require attendance at religious services.
- D. ignore the patient's request as it is not within the scope of the nursing assistant's role.

**Answer: B**

**Explanation:** The nursing assistant should arrange transport services to enable the patient's participation in religious services if the patient expresses a desire to pray but is unable to attend due to transportation limitations. Enabling spiritual practices includes addressing barriers that prevent patients from engaging in activities that hold significance to them. By arranging transport services, the nursing assistant supports the patient's spiritual well-being and helps fulfill their desire to participate in religious services.

### **Question: 12**

When providing care to veterans, the nursing assistant should

- A. avoid discussing the patient's military service to prevent emotional distress.
- B. be aware of potential military-related traumas and sensitivities.
- C. prioritize the needs of non-veteran patients over veteran patients.
- D. discourage the patient from seeking support from veteran-specific resources.

Answer: B

Explanation: When providing care to veterans, the nursing assistant should be aware of potential military-related traumas and sensitivities. Veterans may have experienced unique challenges and traumas during their military service, such as combat-related stress, injuries, or loss of comrades. It is important for the nursing assistant to approach their care with sensitivity, understanding, and respect for their military background. Being aware of these potential traumas allows the nursing assistant to provide appropriate support and create a safe and empathetic care environment.

### Question: 13

Which of the following topics should a CHPNA address when providing education to patients and their families?

- A. Disregarding the patient's nutritional and hydration needs.
- B. Ignoring the patient's need for information about impending death.
- C. Avoiding discussions about grief and loss.
- D. Energy-saving techniques and universal precautions.

Answer: D

Explanation: When providing education, a CHPNA should address various topics to support patients and their families. This includes energy-saving

techniques to help patients conserve their energy and manage fatigue. It also involves educating patients and families about universal precautions to prevent the spread of infections. By addressing these topics, a CHPNA empowers patients and their families with knowledge and skills to enhance their well-being during the end-of-life journey.

**Question: 14**

How should a CHPNA approach the topic of grief and loss with patients and their families?

- A. Avoid discussing grief and loss to protect the patient's emotional well-being.
- B. Disregard the unique needs and experiences of patients and their families.
- C. Encourage patients and families to suppress their feelings of grief.
- D. Provide emotional support and education about the grieving process.

Answer: D

Explanation: When addressing the topic of grief and loss, a CHPNA should provide emotional support and education about the grieving process. Grief is a natural response to loss, and acknowledging and validating the patient's and family's feelings is essential. By offering support, resources, and information about the grieving process, the CHPNA can assist patients and families in navigating their emotions and finding healthy ways to cope with their loss.

**Question: 15**

What is the role of a CHPNA in addressing end-of-life concerns and advance directives?

- A. Advocating for the patient's preferences and ensuring their wishes are respected.

- B. Disregarding the patient's wishes regarding end-of-life care.
- C. Preventing discussions about end-of-life concerns.
- D. Making decisions regarding advance directives without involving the patient.

**Answer: A**

**Explanation:** The role of a CHPNA includes advocating for the patient's preferences and ensuring their wishes regarding end-of-life care are respected. They play a crucial role in facilitating discussions about end-of-life concerns and advance directives, ensuring that the patient's preferences are documented and communicated to the healthcare team. By advocating for the patient, the CHPNA helps ensure that the patient's values and goals of care are honored.

**Question: 16**

A patient is nearing the end of life and expresses a fear of dying. The nursing assistant should provide reassurance and

- A. recommend seeking counseling to cope with the fear of dying.
- B. divert the patient's attention away from thoughts of death.
- C. encourage the patient to suppress their fear and focus on positive thoughts.
- D. give the patient permission to let go and permission to die.

**Answer: D**

**Explanation:** The nursing assistant should give the patient permission to let go and permission to die when a patient expresses a fear of dying. The fear of dying is a common emotional response among patients nearing the end of life. Providing reassurance and permission to let go can help alleviate the patient's anxiety and foster a sense of peace and acceptance. By acknowledging the patient's fear and validating their experience, the nursing assistant supports the

patient's emotional and spiritual well-being during this challenging time.

**Question: 17**

Which of the following is an essential aspect of providing spiritual care to hospice and palliative care patients?

- A. Discouraging patients from engaging in prayer or meditation.
- B. Encouraging patients to avoid discussing spiritual matters.
- C. Administering sacraments according to the patient's religious beliefs.
- D. Disregarding the patient's individual spiritual beliefs.

Answer: C

Explanation: Providing spiritual care involves respecting and honoring the individual spiritual beliefs of hospice and palliative care patients.

Administering sacraments according to the patient's religious beliefs is an important aspect of meeting their spiritual needs. It demonstrates sensitivity to their faith and supports their practices and rituals, promoting a sense of comfort and connection during the end-of-life journey.

# SAMPLE QUESTIONS



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