

PREVIEW QUESTION BANK

Module Name : aic24-ge15 Yoga Volunteers for Palliative Care - Part 1-ENG
Exam Date : 18-May-2024 Batch : 09:00-12:00

Sr. No.	Client Question ID	Question Body and Alternatives	Marks	Negative Marks
Objective Question				
1	13381001	<p>What is the primary goal of palliative care?</p> <ol style="list-style-type: none"> 1. To cure the disease 2. To alleviate suffering and improve quality of life 3. To prolong life at any cost 4. To provide surgical interventions <p>A1 : 1</p> <p>A2 : 2</p> <p>A3 : 3</p> <p>A4 : 4</p>	2.0	0.00
Objective Question				
2	13381002	<p>According to the Global Perspective, worldwide how many people annually require palliative care ?</p> <ol style="list-style-type: none"> 1. Less than 10 million 2. Around 50 million 3. More than 100 million 4. Approximately 1 billion <p>A1 : 1</p> <p>A2 : 2</p> <p>A3 : 3</p> <p>A4 : 4</p>	2.0	0.00
Objective Question				
3	13381003	<p>1. What is India's ranking on the Quality of Death Index, which assesses the quality of palliative care in different countries?</p> <ol style="list-style-type: none"> 1. High 2. Moderate 3. Low 4. Not ranked <p>A1 : 1</p>	2.0	0.00

A2 : 2

A3 : 3

A4 : 4

Objective Question

4	13381004	Which Indian state is highlighted as having a more widespread distribution of palliative care facilities?	2.0	0.00
		<ol style="list-style-type: none"> 1. Maharashtra 2. Uttar Pradesh 3. Kerala 4. Gujarat 		
		A1 : 1		
		A2 : 2		
		A3 : 3		
		A4 : 4		

Objective Question

5	13381005	What is the proposed role of physicians in palliative care provision?	2.0	0.00
		<ol style="list-style-type: none"> 1. Only prescribe medication 2. Provide accurate prognostic communication and advanced care planning 3. Perform surgeries 4. Refer patients to other specialists 		
		A1 : 1		
		A2 : 2		
		A3 : 3		
		A4 : 4		

Objective Question

6	13381006	What is the suggested approach for identifying patients in need of palliative care in India?	2.0	0.00
		<ol style="list-style-type: none"> 1. Only through hospitals 2. Through primary healthcare centers and community workers 3. Only through referrals from specialists 4. Through social media campaigns 		
		A1 : 1		
		A2 : 2		

A3 : 3

A4 : 4

Objective Question

7	13381007	<p>Why is home-based palliative care emphasized in India?</p> <ol style="list-style-type: none"> 1. Due to government regulations 2. Because hospitals refuse to admit patients 3. It aligns with population preferences and reduces the burden on hospitals 4. Only wealthy individuals can afford it <p>A1 : 1</p> <p>A2 : 2</p> <p>A3 : 3</p> <p>A4 : 4</p>	2.0	0.00
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Objective Question

8	13381008	<p>According to the World Health Organization (WHO), what does palliative care aim to prevent and alleviate?</p> <ol style="list-style-type: none"> 1. Only physical symptoms 2. Only psychological issues 3. Physical, psychological, spiritual, and other related issues 4. Only Social issues <p>A1 : 1</p> <p>A2 : 2</p> <p>A3 : 3</p> <p>A4 : 4</p>	2.0	0.00
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Objective Question

9	13381009	<p>What was the significance of the establishment of the first committed-based hospital model in the 1960s?</p> <ol style="list-style-type: none"> 1. It marked the birth of palliative care in India. 2. It contributed to the global growth of inpatient palliative care teams. 3. It introduced outpatient palliative care. 4. Introduced Palliative care with rehabilitation <p>A1 : 1</p> <p>A2 : 2</p> <p>A3 : 3</p>	2.0	0.00
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A4 : 4

Objective Question

10	13381010	<p>What are the three key components of palliative care ?</p> <ol style="list-style-type: none"> 1. Spiritual care, pain management, and medical interventions 2. Symptom management, psychosocial support, and spiritual support 3. Only medical treatments 4. Counselling, Surgery and Medicine <p>A1 : 1</p> <p>A2 : 2</p> <p>A3 : 3</p> <p>A4 : 4</p>	2.0	0.00
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Objective Question

11	13381011	<p>Worldwide what percentage of people who need palliative care actually receive it?</p> <ol style="list-style-type: none"> 1. Approximately 50% 2. Less than 10% 3. Only 14% 4. More than 75% <p>A1 : 1</p> <p>A2 : 2</p> <p>A3 : 3</p> <p>A4 : 4</p>	2.0	0.00
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Objective Question

12	13381012	<p>What is the primary objective of effective symptom management in palliative care?</p> <ol style="list-style-type: none"> 1. Curing the underlying diseases 2. Providing comfort and improving quality of life 3. Focusing solely on physical symptoms 4. Preventing psychological distress <p>A1 : 1</p> <p>A2 : 2</p> <p>A3 : 3</p> <p>A4 : 4</p>	2.0	0.00
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Objective Question

13	13381013	<p>How are symptoms classified in terms of their impact on daily functioning?</p> <ol style="list-style-type: none"> 1. Severity and duration 2. Frequency and intensity 3. Impact on physical, psychological, and social functioning 4. Type and persistence <p>A1 : 1</p> <p>A2 : 2</p> <p>A3 : 3</p> <p>A4 : 4</p>	2.0	0.00
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Objective Question

14	13381014	<p>What percentage, of advanced cancer patients, experience pain?</p> <ol style="list-style-type: none"> 1. Approximately 50% 2. Approximately 75% 3. Approximately 89% 4. Approximately 60% <p>A1 : 1</p> <p>A2 : 2</p> <p>A3 : 3</p> <p>A4 : 4</p>	2.0	0.00
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Objective Question

15	13381015	<p>What term is used to describe patients experiencing multiple symptoms concurrently?</p> <ol style="list-style-type: none"> 1. Polysymptomatic 2. Monosymptomatic 3. Asymptomatic 4. Dysfunctional <p>A1 : 1</p> <p>A2 : 2</p> <p>A3 : 3</p> <p>A4 : 4</p>	2.0	0.00
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Objective Question				
16	13381016	<p>How are symptoms assessed in terms of their frequency, severity, and distress?</p> <ol style="list-style-type: none"> 1. Through open-ended questions only 2. Through objective clinical measures 3. Through subjective patient self-reports 4. Through laboratory tests <p>A1 : 1</p> <p>A2 : 2</p> <p>A3 : 3</p> <p>A4 : 4</p>	2.0	0.00

Objective Question				
17	13381017	<p>How does the International Association for the Study of Pain (IASP) define pain?</p> <ol style="list-style-type: none"> 1. physical sensation associated with tissue damage 2. A sensation of discomfort caused by illness 3. An unpleasant sensory and emotional experience related to tissue damage 4. A psychological reaction to physical discomfort <p>A1 : 1</p> <p>A2 : 2</p> <p>A3 : 3</p> <p>A4 : 4</p>	2.0	0.00

Objective Question				
18	13381018	<p>Which event in history led to an understanding of the influence of psychology on pain perception?</p> <ol style="list-style-type: none"> 1. World War I 2. World War II 3. Vietnam War 4. Korean War <p>A1 : 1</p> <p>A2 : 2</p> <p>A3 : 3</p> <p>A4 : 4</p>	2.0	0.00

Objective Question			
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19	13381019	<p>Which organization advocated for pain assessment in hospitals using standardized scales similar to vital signs?</p> <ol style="list-style-type: none"> 1. American Pain Society (APS) 2. World Health Organization (WHO) 3. International Association for the Study of Pain (IASP) 4. United Nations (UN) <p>A1 : 1</p> <p>A2 : 2</p> <p>A3 : 3</p> <p>A4 : 4</p>	2.0	0.00
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Objective Question

20	13381020	<p>What is a potential challenge associated with the use of opioids for pain management in palliative care, as mentioned in the document?</p> <ol style="list-style-type: none"> 1. Rapid onset of action 2. Lack of availability 3. Potential side effects like addiction and withdrawal 4. Inexpensive cost <p>A1 : 1</p> <p>A2 : 2</p> <p>A3 : 3</p> <p>A4 : 4</p>	2.0	0.00
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Objective Question

21	13381021	<p>According to the Society of Integrative Oncology, what evidence-based approach is recommended as part of a multidisciplinary approach to palliative care?</p> <ol style="list-style-type: none"> 1. Exclusive reliance on pharmacological interventions 2. Mind-body modalities, such as yoga 3. Surgical interventions 4. Immunotherapy <p>A1 : 1</p> <p>A2 : 2</p> <p>A3 : 3</p> <p>A4 : 4</p>	2.0	0.00
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Objective Question

22	13381022	<p>The population-based study which found a significant proportion of cancer survivors trying yoga, citing various benefits including relaxation and coping with cancer-related distress, is:</p> <ol style="list-style-type: none"> 1. National Cancer Registry Report 2. Comprehensive Cancer Care and Yoga study 3. Society of Integrative Oncology Study 4. Yoga for Cancer Survivors Study <p>A1 : 1</p> <p>A2 : 2</p> <p>A3 : 3</p> <p>A4 : 4</p>	2.0	0.00
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Objective Question

23	13381023	<p>How is fatigue characterized in cancer-related fatigue?</p> <ol style="list-style-type: none"> 1. Relieved by sleep or rest 2. Mainly affecting emotional well-being 3. Not associated with cognitive difficulties 4. Pervasive and persistent, not relieved by sleep or rest <p>A1 : 1</p> <p>A2 : 2</p> <p>A3 : 3</p> <p>A4 : 4</p>	2.0	0.00
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Objective Question

24	13381024	<p>What organization offers a definition of cancer-related fatigue that emphasizes its impact on multiple dimensions and its persistence?</p> <ol style="list-style-type: none"> 1. Society of Integrative Oncology 2. American Pain Society (APS) 3. European Association of Palliative Care 4. National comprehensive Cancer Network (NCCN) <p>A1 : 1</p> <p>A2 : 2</p> <p>A3 : 3</p> <p>A4 : 4</p>	2.0	0.00
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Objective Question

25	13381025	<p>What is the major challenge in understanding fatigue ?</p> <ol style="list-style-type: none"> 1. Differentiating between primary and secondary fatigue 2. Distinguishing between fatigue and fatigability 3. Assessing fatigue severity accurately 4. Identifying the underlying causes of fatigue <p>A1 : 1</p> <p>A2 : 2</p> <p>A3 : 3</p> <p>A4 : 4</p>	2.0	0.00
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Objective Question

26	13381026	<p>What is a recommended principle of fatigue management ?</p> <ol style="list-style-type: none"> 1. Encouraging sedentary lifestyle 2. Minimizing patient education about energy conservation 3. Developing a standardized management plan for all patients 4. Addressing reversible factors contributing to fatigue <p>A1 : 1</p> <p>A2 : 2</p> <p>A3 : 3</p> <p>A4 : 4</p>	2.0	0.00
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Objective Question

27	13381027	<p>What is the primary goal of screening for fatigue in palliative care?</p> <ol style="list-style-type: none"> 1. To diagnose underlying medical conditions 2. To assess the severity and impact of fatigue on patients 3. To prescribe pharmacological interventions 4. To monitor patient progress over time <p>A1 : 1</p> <p>A2 : 2</p> <p>A3 : 3</p> <p>A4 : 4</p>	2.0	0.00
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Objective Question

28	13381028		2.0	0.00
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Which of the following is NOT considered a reversible cause of fatigue in palliative care patients?

1. Sleep disorders
2. Anemia
3. Depression
4. Disease progression

A1 : 1

A2 : 2

A3 : 3

A4 : 4

Objective Question

29	13381029	<p>What is cachexia primarily characterized by?</p> <ol style="list-style-type: none"> 1. Weight gain 2. Skeletal muscle growth 3. Weight loss and skeletal muscle wasting 4. Increased food intake <p>A1 : 1</p> <p>A2 : 2</p> <p>A3 : 3</p> <p>A4 : 4</p>	2.0	0.00
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Objective Question

30	13381030	<p>Which cancer type shows particularly high incidence rates of cachexia?</p> <ol style="list-style-type: none"> 1. Breast cancer 2. Prostate cancer 3. Pancreatic and gastric cancers 4. Skin cancer <p>A1 : 1</p> <p>A2 : 2</p> <p>A3 : 3</p> <p>A4 : 4</p>	2.0	0.00
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Objective Question

31	13381031		2.0	0.00
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Cancer-cachexia (CC) is a wasting syndrome that occurs up to what percentage of cancer patients?

1. Less than 5%
2. Approximately 10%
3. Around 80%
4. More than 50%

A1 : 1

A2 : 2

A3 : 3

A4 : 4

Objective Question

32	13381032	<p>What factors contribute to the development and prognosis of cachexia?</p> <ol style="list-style-type: none"> 1. Chronic inflammation, anemia, and protein depletion 2. Increased food intake and muscle growth 3. Reduced fatigue and increased muscle strength 4. Depression and Anxiety <p>A1 : 1</p> <p>A2 : 2</p> <p>A3 : 3</p> <p>A4 : 4</p>	2.0	0.00
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Objective Question

33	13381033	<p>How has the understanding of cachexia evolved over time?</p> <ol style="list-style-type: none"> 1. It has remained unchanged 2. It is now primarily considered a nutritional syndrome 3. Systemic inflammation is now recognized as a key component 4. It is no longer considered a significant symptom in palliative care <p>A1 : 1</p> <p>A2 : 2</p> <p>A3 : 3</p> <p>A4 : 4</p>	2.0	0.00
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Objective Question

34	13381034		2.0	0.00
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		<p>What is the primary goal of managing pre-cachexia?</p> <ol style="list-style-type: none"> 1. Symptom palliation 2. Delaying or preventing progression to cachexia 3. Providing psychosocial support 4. Maximizing quality of life in refractory cachexia <p>A1 : 1</p> <p>A2 : 2</p> <p>A3 : 3</p> <p>A4 : 4</p>		
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Objective Question

35	13381035	<p>Which of the following is NOT considered a reversible cause of anorexia in cachexia management?</p> <ol style="list-style-type: none"> 1. Stomatitis 2. Depression 3. Weight gain 4. Nausea <p>A1 : 1</p> <p>A2 : 2</p> <p>A3 : 3</p> <p>A4 : 4</p>	2.0	0.00
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Objective Question

36	13381036	<p>What is the main focus of the Patient-Generated Subjective Global Assessment (PGSGA)?</p> <ol style="list-style-type: none"> 1. Assessing inflammatory markers 2. Evaluating anorexia severity 3. Measuring malnutrition status 4. Monitoring physical activity levels <p>A1 : 1</p> <p>A2 : 2</p> <p>A3 : 3</p> <p>A4 : 4</p>	2.0	0.00
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Objective Question

37	13381037		2.0	0.00
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		<p>What is one of the core treatment goals for addressing cachexia?</p> <ol style="list-style-type: none"> 1. Reducing physical activity 2. Decreasing protein intake 3. Maintaining muscle mass 4. Increasing systemic inflammation <p>A1 : 1</p> <p>A2 : 2</p> <p>A3 : 3</p> <p>A4 : 4</p>		
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Objective Question

38	13381038	<p>Which category of multimodal interventions for cachexia emphasizes the involvement of family or caregivers?</p> <ol style="list-style-type: none"> 1. Psychosocial support 2. Nutritional support and counseling 3. Pharmacological treatments 4. Self-monitoring of the disease <p>A1 : 1</p> <p>A2 : 2</p> <p>A3 : 3</p> <p>A4 : 4</p>	2.0	0.00
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Objective Question

39	13381039	<p>What is dyspnoea commonly referred to as?</p> <ol style="list-style-type: none"> 1. Chest pain 2. Dizziness 3. Shortness of breath 4. Headache <p>A1 : 1</p> <p>A2 : 2</p> <p>A3 : 3</p> <p>A4 : 4</p>	2.0	0.00
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Objective Question

40	13381040		2.0	0.00
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How do you treat dyspnea in palliative care?

1. Stretching
2. Positioning, pacing, and the use of cool air and fans
3. Walking
4. Drinking water

A1 : 1

A2 : 2

A3 : 3

A4 : 4

Objective Question

41	13381041	<p>Which of the following is NOT listed as an associated symptom contributing to the burden of dyspnoea?</p> <ol style="list-style-type: none"> 1. Fatigue 2. Anxiety 3. Depression 4. Insomnia <p>A1 : 1</p> <p>A2 : 2</p> <p>A3 : 3</p> <p>A4 : 4</p>	2.0	0.00
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Objective Question

42	13381042	<p>What is recommended has routinely screen for dyspnoea in patients?</p> <ol style="list-style-type: none"> 1. Blood pressure monitoring 2. Pulse oximetry 3. Urinalysis 4. Electrocardiogram <p>A1 : 1</p> <p>A2 : 2</p> <p>A3 : 3</p> <p>A4 : 4</p>	2.0	0.00
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Objective Question

43	13381043		2.0	0.00
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Which assessment tool is widely used to predict the presence of dyspnoea, depression, anxiety, tiredness, and lack of appetite?

1. Visual Analog Scale
2. Glasgow Coma Scale
3. Edmonton Symptom Assessment Scale
4. Bristol Stool Scale

A1 : 1

A2 : 2

A3 : 3

A4 : 4

Objective Question

44 13381044

What does the Bhagavad Gita describe regarding a person's food preferences?

1. Preference for spicy and salty foods
2. Influence of disposition or gunas on food preferences
3. Promotion of healthy eating habits
4. Importance of fasting in dietary practices

A1 : 1

A2 : 2

A3 : 3

A4 : 4

2.0 0.00

Objective Question

45 13381045

What has recent scientific literature emphasized regarding the role of nutrition in cancer?

1. Its impact on increasing cancer risk
2. Its relevance to the etiology of cancer progression
3. Its association with psychological well-being
4. Its role in replacing conventional treatments

A1 : 1

A2 : 2

A3 : 3

A4 : 4

2.0 0.00

Objective Question

46 13381046

2.0 0.00

	<p>Which cancer-type patients demonstrate highest prevalence of malnutrition?</p> <ol style="list-style-type: none"> 1. Breast cancer 2. Glioma 3. Leukemia 4. Gastrointestinal tract and lung <p>A1 : 1</p> <p>A2 : 2</p> <p>A3 : 3</p> <p>A4 : 4</p>		
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Objective Question

47	13381047	<p>According to the text, what are the three aspects that play a role in differentiating individuals' suffering experiences?</p> <ol style="list-style-type: none"> 1. Genetics, lifestyle, and environment 2. Past actions (karma), present lifestyle, and goals 3. Family history, diet, and exercise routine 4. Socioeconomic status, education, and profession <p>A1 : 1</p> <p>A2 : 2</p> <p>A3 : 3</p> <p>A4 : 4</p>	2.0	0.00
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Objective Question

48	13381048	<p>According to the philosophy of karma, what is the ultimate goal?</p> <ol style="list-style-type: none"> 1. Accumulating as much positive karma as possible 2. Avoiding suffering entirely 3. Achieving liberation from the cycle of birth and death 4. Maintaining a balanced lifestyle <p>A1 : 1</p> <p>A2 : 2</p> <p>A3 : 3</p> <p>A4 : 4</p>	2.0	0.00
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Objective Question

49	13381049		2.0	0.00
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How has the scope of palliative care expanded beyond the regular care

1. By focusing solely on oncological therapies
2. By incorporating lifestyle behaviors for disease management
3. By limiting treatment options for patients
4. By prioritizing pain management over other

A1 : 1

A2 : 2

A3 : 3

A4 : 4

Objective Question

50 13381050

2.0 0.00

What are the three gunas mentioned in Srimad Bhagwad Gita, which influence human behavior?

1. Wisdom, ambition, and laziness
2. Purity, restlessness, and inertia
3. Compassion, competitiveness, and ignorance
4. Virtue, activity, and darkness

A1 : 1

A2 : 2

A3 : 3

A4 : 4