

HOMELAND CRISIS TRAINING INSTITUTE

Hospice Care Chaplain Certification

Final Examination

Name: _____

Date: _____

The following questions are multiple choice, matching, or true/false. More than one answer to any given question may have merit. Choose the **most correct** answer.

1. Parental grief is _____
 - A. intense
 - B. long-lasting
 - C. complex
 - D. all of the above
2. Our lack of awareness about grief can make the grief process more difficult.
 - A. True
 - B. False
3. Not all hospice care is palliative in nature
 - A. True
 - B. False
4. Organic modes of representation characterize nature as a living, _____ and intentional organism.
 - A. unified
 - B. consistent
 - C. cohesive
 - D. interconnected
5. Herbal remedies may indicate possible religious or spiritual beliefs and practices by a patient.
 - A. True
 - B. False
6. According to the text, there are four tasks associated with grief. Task #1 is _____
 - A. Experiencing the pain of the loss
 - B. Accepting the reality of the loss
 - C. Adjusting to a new environment
 - D. Emotionally relocating the deceased
7. _____ is one way to experience a rejuvenating supply of wisdom and strength and peace from God.
 - A. Taking time off
 - B. Reflection
 - C. Meditation
 - D. Worship
8. The research indicates that the beneficial effects of some respite from work are usually long term.
 - A. True
 - B. False

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9. The work of grief involves dealing with _____ emotions and pain.
- A. protracted
 - B. strong
 - C. unfamiliar
 - D. transient
10. During the first few months after a loss, many signs and symptoms of normal grief are the same as those of complicated grief.
- A. True
 - B. False
11. For children in this age group, death is not a permanent condition:
- A. Preschooler
 - B. Teenager
 - C. Toddler
 - D. Adolescent
12. Empathetic presence mediates divine care.
- A. True
 - B. False
13. Who founded the first modern day hospice?
- A. Carrie Meeks
 - B. Cicely Saunders
 - C. Stanislaus Graf
 - D. Jeffrey Mitchell
14. Hospice focuses on curing.
- A. True
 - B. False
15. When death is represented in terms of pathology it is medicalized.
- A. True
 - B. False
16. The core of modern medical practice lays in the Cartesian belief that the human body can be treated as if it _____.
- A. is self-healing
 - B. will never wear out
 - C. were a machine
 - D. will respond to intervention
17. _____ was a pioneer in the psychological field of death counseling. (42)
- A. Cicely Saunders
 - B. George Everly
 - C. Stanislaus Graf
 - D. Elisabeth Kubler-Ross

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18. Empathetic presence involves listening beyond or beneath the literal words.
A. True
B. False
19. Death is a process that the body _____.
A. intends
B. is prepared for
C. is capable of achieving
D. all of the above
E. none of the above
20. The CISM process is excellent therapy for chaplains and other helping personnel who are suffering from overexposure to trauma.
A. True
B. False
21. Separation from the primary caretakers is the main fear of a _____.
A. Preschooler
B. Teenager
C. Toddler
D. Adolescent
22. Sometimes the grief process is less painful because the loss seems appropriate.
A. True
B. False
23. Which of the following factors seem to influence children's conception of death?
A. their developmental stages
B. their environments
C. their experiences
D. all of the above
E. none of the above
24. Fewer than _____ of the nation's 3,000 hospice programs provide end-of-life care for children.
A. 1%
B. 5%
C. 8%
D. 10%
25. Uncontrolled crying usually only lasts _____.
A. two or three minutes
B. less than 60 seconds
C. ten or twenty minutes
D. 30 minutes or so

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26. The stages of dying do not always occur in every case. If they do all occur, they are in no way sequential or predictable.
- A. True
 - B. False
27. Burnout requires _____ and _____ until the cynicism and impairment are gone.
- A. discontinuing being a caregiver
 - B. professional help
 - C. neither A nor B
 - D. both A and B
28. According to the text, there are four tasks associated with grief. Task #2 is _____
- A. Accepting the reality of the loss
 - B. Experiencing the pain of the loss
 - C. Emotionally relocating the deceased
 - D. Adjusting to a new environment
29. The first modern day hospice was founded in _____.
- A. Madrid
 - B. Paris
 - C. London
 - D. Florida
30. To say that it is _____ is to mean that death is supposed to occur.
- A. normal
 - B. good
 - C. natural
 - D. usual
31. Empathetic presence allows the chaplain to give the patient answers.
- A. True
 - B. False
32. Reconciliation means _____.
- A. none of the below
 - B. forgiving the dead person
 - C. adjusting our relationship with the dead person
 - D. understanding our relationship with the dead person
33. Extroverts want to express their grief to others.
- A. True
 - B. False
34. The strong feelings suffered during grief never completely disappear.
- A. True
 - B. False

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35. Which of the following gives an example of solving burnout spiritually?
- A. Mark 8: 6-10
 - B. John 6: 12-13
 - C. Luke 6: 30-32
 - D. Mark 6:12-13
36. _____ is the most effective and rapid method for treating PTSD
- A. QPR
 - B. CISM
 - C. EMDR
 - D. CISD
37. Avoiding talk of death allows us to protect our children and keep them safe and happy.
- A. True
 - B. False
38. Burnout does not affect chaplains on a spiritual level.
- A. True
 - B. False
39. Active listening, relaxed yet engaged body posture, eye contact (when culturally appropriate), and reassuring touch (when culturally appropriate) are all components of _____
- A. talk therapy
 - B. stress debriefing
 - C. empathetic presence
 - D. CISM
40. Operation Restore Trust scrutinized the administration of the Medicare and Medicaid Hospice benefits during the 1990's.
- A. True
 - B. False
41. Who is credited with the discovery of the importance of the holistic/psychological approach to the relief of emotional and spiritual suffering?
- A. Cicely Saunders
 - B. Stanislaus Graf
 - C. Both A and B
 - D. Neither A nor B
42. Introverts tend to experience grief in a more solitary manner.
- A. True
 - B. False
43. I have completed the compassion fatigue test at the end of the manual?
- A. True
 - B. False

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44. Medicare or insurance typically pays a per diem rate that is intended to cover all hospice services, including a negotiated amount of help from home health aides, but only after a physician certifies that the patient has a fatal disorder with a life expectancy of _____.
A. none of the below
B. 1 year or less
C. 3 months or less
D. 6 months or less
45. According to the text, there are four tasks associated with grief. Task #3 is _____.
A. Experiencing the pain of the loss
B. Adjusting to a new environment
C. Accepting the reality of the loss
D. Emotionally relocating the deceased
46. While the interpretation of mortality through the metaphors of "pathology" or "risk" may be a necessary logic for a system of thought geared towards the avoidance of death, it likely impedes the care of the dying.
A. True
B. False
47. Hospice is not a place but a philosophy of care created to help people live with dignity, comfort, and compassion at the end of life.
A. True
B. False
48. The interpretation of death as part of _____ is important, for it draws attention away from questions to do with how people die. It suggests, instead, answer to the question of why they die.
A. life
B. a phase
C. God's plan
D. a cycle
49. "The final rest before the long journey" describes which stage of death?
A. Stage 6
B. Stage 3
C. Stage 5
D. Stage 4
50. As a result of Operation Restore Trust, the concept of palliative care was added to the hospice program.
A. True
B. False
51. Physicians may be reluctant to use hospice care because a treatable condition could develop.
A. True
B. False

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52. Components of the death system include_____.
- A. places
 - B. people
 - C. objects
 - D. all of the above
 - E. none of the above
53. Books about the meaning of illness or healing practices may indicate possible religious or spiritual beliefs and practices by a patient.
- A. True
 - B. False
54. A practical service that a caregiver can give is to help the dying_____.
- A. accept their diagnosis
 - B. understand their fate
 - C. tell their stories
 - D. mend fences
55. A dying person always goes through all the stages in the exact order, that's how we are able to determine what's going on with them.
- A. True
 - B. False
56. Some practices that have been proven to help in the management of physical pain include:
- A. Chanting
 - B. Prayer
 - C. Acts of atonement
 - D. all of the above
 - E. none of the above
57. Empathetic presence is hard to sustain _____.
- A. in the face of unrelieved and prolonged suffering
 - B. when we identify too strongly with the patient
 - C. both of the above
 - D. neither of the above
58. Calling the chaplain for prayer and last rites with the bereaved family is good spiritual care.
- A. True
 - B. False
59. It is the role of the clergy and support people to help the dying person to reach acceptance.
- A. True
 - B. False
60. Hospice uses an individual approach to care for people with life-limiting illnesses.
- A. True
 - B. False

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61. Even statisticians who create actuarial tables play a role in the death system.
- A. True
 - B. False
62. Which prophet gives us a biblical example of resolving burnout?
- A. Isaiah
 - B. Daniel
 - C. Elijah
 - D. Elisha
63. There is an interactive, or synergistic, effect among primary traumatic stress, secondary traumatic stress, and burnout symptoms in the life of an afflicted caregiver.
- A. True
 - B. False
64. Unmet spiritual needs can increase physical pain.
- A. True
 - B. False
65. Which of the following is **not** a performance indication of burnout?
- A. Reduced interest in work
 - B. Difficulty concentrating or paying attention
 - C. Depleted ability to work under stress
 - D. Cynicism and negativism about self, others, work and the world in general
66. Preparedness is an antidote to stress.
- A. True
 - B. False
67. According to the text, there are four tasks associated with grief. Task #4 is _____
- A. Experiencing the pain of the loss
 - B. Emotionally relocating the deceased
 - C. Adjusting to a new environment
 - D. Accepting the reality of the loss
68. While the hospice movement has contributed significantly to pain and symptom management and has helped raise awareness of the need for better terminal care, it has also contributed by providing alternate forms of interpreting death.
- A. True
 - B. False
69. In Western societies, death has traditionally been seen as the departure of the soul from the body.
- A. True
 - B. False
70. Hospice services provide medical, nursing, emotional and spiritual care.
- A. True
 - B. False

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71. The growth of home-based hospice has had no effect on how hospitals deal with the dying.
A. True
B. False
72. Some practices that have been proven to help in the management of physical pain include:
A. Relaxation techniques
B. Ritual cleansing
C. Herbal remedies
D. all of the above
E. none of the above
73. Which of the following statements is a warning sign of burnout?
A. "God will help me though this."
B. "I've got to do something."
C. "Nobody can do my job better than I can."
D. "I love my job. I love my job. I love my job."
74. Persons need time to grieve the many losses that accompany a terminal prognosis. Moving on to other objects of hope too quickly may short-circuit this process.
A. True
B. False
75. Which of the following is **not** a Psychological Indication of Burnout?
A. Decreased tolerance for frustration
B. Diminished initiative
C. Increased risk taking and impulsivity
D. Depression
76. Plans to manage pain pharmacologically often fail, or patients do not comply with these plans, when the larger spiritual framework is not adequately understood and integrated into the plan of care.
A. True
B. False
77. The fear of dying can be a possible underlying deterrent for being able to living a fruitful life.
A. True
B. False
78. Guilt never serves a positive purpose.
A. True
B. False
79. Dame Cicely Saunders coined the phrase "total pain" to refer to physical, spiritual, emotional kinds of suffering commonly experienced by persons with life-limiting illness and their families.
A. True
B. False

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80. Hospice programs embrace most diagnostic testing and life-prolonging treatments.
A. True
B. False
81. It is possible for lay people to participate in and even shape the process of dying.
A. True
B. False
82. Introverts may not talk about their grief for a while.
A. True
B. False
83. According to the text, the essence of _____ is found in human company.
A. hope
B. faith
C. charity
D. confidence
84. Physical pain cannot be aggravated by guilt.
A. True
B. False
85. Faith based counselors working with dying individuals need to remain alert to their own defenses in confronting their own death.
A. True
B. False
86. Studies show that when people don't deal with the emotions of grief, the pain goes away.
A. True
B. False
87. Empathetic presence is hard to sustain _____.
A. when our own fears and insecurities are evoked
B. because of the age of the person
C. both of the above
D. neither of the above
88. Practitioners of Hinduism and Buddhism believe that death should _____.
A. be ignored because there is nothing you can do about it anyway.
B. be considered an "ever present companion" in life.
C. not be avoided
D. not concern us
89. One of the key features of medicalization is the transfer of authority from previously non-medical domains to the medical community.
A. True
B. False

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90. State Legislator Carrie Meeks introduced legislation creating the first hospice services in the state of _____.
A. Texas
B. New York
C. Georgia
D. Florida
91. Grief does not follow a timetable.
A. True
B. False
92. Anger can be a /an _____.
A. expression of pain
B. assertion of life
C. unhealthy emotion
D. stumbling block to healing
93. Existential theorists consider death as one of four ultimate concerns of life, along with _____.
A. Freedom
B. Segregation
C. Autonomy
D. Independence
94. Visual cues indicating possible religious or spiritual beliefs and practices may include:
A. Representations of religious figures or community leaders
B. Altars or shrines
C. Religious symbols or art
D. All of the above
95. When a child in this age group becomes seriously ill, they may believe it is their punishment for something they did or thought about.
A. Toddler
B. Adolescent
C. Preschool Age
D. Teenager
96. _____ is responsible for ensuring follow-up services are provided or accessible whenever CISM is used.
A. The team leader
B. The chaplain
C. A peer
D. The facility director
97. Time alone will not heal grief.
A. True
B. False

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98. If CISM provides initial services post-incident, follow-up services are _____.
A. essential
B. necessary
C. discretionary
D. mandatory
99. Hospice chaplains should be good at _____.
A. organizing groups
B. preaching
C. empathetic presence
D. fundraising
100. Complicated grief is considered a very common occurrence.
A. True
B. False