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## Dying, Death, and Hospice

## 1. Discuss the stages of grief

**Multiple Choice**

*Read each scenario below and choose which stage of grief the person described is experiencing.*

1. Mr. Cane was told two years ago that a tumor in his brain was inoperable and would eventually be fatal. Since that time, he has visited many specialists. Despite receiving the same diagnosis from every doctor, he continues to seek further opinions, insisting that each doctor try to remove the tumor. Which stage of grief is Mr. Cane in?  
(A) Denial  
(B) Anger  
(C) Bargaining  
(D) Depression  
(E) Acceptance
2. Mrs. Tyler is dying of heart disease. One day as her home health aide, Makayla, is assisting her with personal care, Mrs. Tyler lashes out at her. She tells Makayla that she is a dumb girl who is wasting her life and does not deserve the many years she has left to live. Which stage of grief is Mrs. Tyler in?  
(A) Denial  
(B) Anger  
(C) Bargaining  
(D) Depression  
(E) Acceptance
3. Mr. Lopez is dying of AIDS. He has called his friends to say goodbye and has discussed with his family the kind of memorial service he would like them to arrange. Which stage of grief is Mr. Lopez in?  
(A) Denial  
(B) Anger  
(C) Bargaining  
(D) Depression  
(E) Acceptance
4. Ms. Corke has always been lively and happy. Since she learned that she has Lou Gehrig's disease, however, her mood has changed drastically. Although she is still healthy enough to do activities, she rarely leaves her bedroom or even changes out of her pajamas. Which stage of grief is Ms. Corke in?  
(A) Denial  
(B) Anger  
(C) Bargaining  
(D) Depression  
(E) Acceptance
5. Mr. Celasco has had lung cancer for several years. During that time, he has tried to quit smoking but has been unsuccessful. When he finds out that there are no further treatments for him to try, he pledges that he will give up smoking in exchange for a few more years of life. Which stage of grief is Mr. Celasco in?  
(A) Denial  
(B) Anger  
(C) Bargaining  
(D) Depression  
(E) Acceptance

## 2. Describe the grief process

### Multiple Choice

*Read each scenario below and choose which reaction to a loved one's death each person is experiencing.*

- Malcolm's wife died during the birth of their second daughter. Malcolm is so upset with her for abandoning him and the children that he cannot even stand to hear her name spoken. Which reaction is Malcolm experiencing?
  - Loneliness
  - Denial
  - Anger
  - Guilt
  - Sadness
- Shanice's mother had been ill for many years before she died when Shanice was 15 years old. After her death, Shanice remembers how she used to resent helping her mother around the house and wishes that she had been kinder and more cheerful. Which reaction is she having?
  - Anger
  - Sadness
  - Guilt
  - Denial
  - Relief
- Melinda's grandmother, to whom she was very close, died after a long illness on Sunday afternoon. On Monday morning, Melinda's mother is astonished to find Melinda cheerfully getting ready for school as she does every Monday morning. Which reaction is Melinda having?
  - Loneliness
  - Denial
  - Relief
  - Guilt
  - Regret
- Micah's best friend, Lawrence, died of cancer at the age of 45. Whenever Micah spends time with the friends that they had in common, he is reminded of Lawrence and feels sad. He is not as close to his other friends as he was to Lawrence, and he feels he has no one to confide in since Lawrence is gone. Which reaction is he having?
  - Shock
  - Denial
  - Anger
  - Loneliness
  - Guilt
- Theresa's 9-year-old son went to a pool party for a friend's birthday and accidentally drowned. Theresa has been unable to forgive herself for letting him go to the party. Which reaction is she having?
  - Anger
  - Loneliness
  - Denial
  - Guilt
  - Shock
- Casey's brother was killed suddenly in a car accident. He is surprised that he seems to feel very little emotion regarding the death. Which reaction is Casey having?
  - Relief
  - Shock
  - Guilt
  - Anger
  - Regret
- When Elizabeth's boyfriend was killed by a drunk driver on his way home one night, Elizabeth was inconsolable. She has stopped seeing her friends and stays in her room crying for hours at a time. Which reaction is she having?
  - Anger
  - Sadness
  - Guilt
  - Denial
  - Regret

8. Marcela's father recently died after battling congestive heart failure for many years. When he got sicker, Marcela had to take a leave of absence from work to help deal with his care, which greatly affected her income and caused her worry. She found herself resenting him at times. After he died, Marcela felt sad, but she also thinks about how she is free to make her own decisions about her life again. Which reaction is she having?
- (A) Anger  
(B) Denial  
(C) Relief  
(D) Guilt  
(E) Loneliness

### 3. Discuss how feelings and attitudes about death differ

#### Short Answer

1. Have you ever experienced the death of a loved one? If so, what are some of the emotions you felt?

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2. What, if any, religious beliefs do you subscribe to? How do they influence your feelings about death? If you do not have any religious or spiritual beliefs, what are your feelings about death?

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3. What cultural background do you have? What cultures are you familiar with? Briefly describe how your culture or other cultures you are familiar with feel about death.

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### 4. Discuss how to care for a client who is dying

#### True or False

1. \_\_\_\_ Advance directives do not need to be honored if the medical professional feels he can save the person's life.
2. \_\_\_\_ Listening to a client who is dying is an important thing that a home health aide can do.
3. \_\_\_\_ Hearing is usually the last sense to leave the body, so the home health aide should continue to speak in a normal tone.
4. \_\_\_\_ When a person is dying, he no longer needs skin care.
5. \_\_\_\_ Keeping the room lighting low is best for a client who is dying.
6. \_\_\_\_ It is important for home health aides to observe clients for signs of pain, as they may not be able to communicate that they are in pain.

7. \_\_\_\_ Back massage is one way to help clients who are in pain.
8. \_\_\_\_ It is best to keep a client who is dying isolated (by himself).
9. \_\_\_\_ To help a client who is dying to think positively, the home health aide can tell the client that he could still recover.

### 5. Explain legal rights for clients who are dying and describe ways to promote dignity

#### Short Answer

1. List three legal rights that must be honored when working with clients who are dying.

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2. Look at *The Dying Person's Bill of Rights* on page 345 of your textbook. Pick three rights that you feel would be most important to you. Briefly describe why they would be important to you.

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Name: \_\_\_\_\_

### 6. Define the goals of a hospice program and identify guidelines for hospice work

#### Multiple Choice

1. Hospice care is the term for compassionate care given to
  - (A) Clients who have respiratory diseases
  - (B) Clients who are dying
  - (C) Clients with Parkinson's disease
  - (D) Clients with developmental disabilities
2. Hospice care encourages clients to
  - (A) Allow hospice care teams to handle all care decisions
  - (B) Allow lawyers to make care decisions
  - (C) Allow doctors to make care decisions
  - (D) Participate in their own care as much as possible
3. Hospice goals focus on
  - (A) Recovery of the dying person
  - (B) Comfort and dignity of the dying person
  - (C) Curing the dying person's disease
  - (D) Creating a will and other legal documents for the dying person
4. Focusing on pain relief, controlling symptoms, and preventing complications is called \_\_\_\_\_ care.
  - (A) Palliative
  - (B) Personal
  - (C) Professional
  - (D) Pediatric

#### Short Answer

5. List seven guidelines that are helpful for hospice work.

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6. How do you alleviate stress in your life?

7. What are three ways you can take care of yourself?

7. Explain common signs of approaching death

Short Answer  
Place a check mark (✓) beside the signs of approaching death.

1. ☐ High blood pressure
2. ☐ Fever
3. ☐ Cold, pale skin
4. ☐ Disorientation

5. ☐ Healthy skin tone
6. ☐ Heightened sense of touch
7. ☐ Impaired speech
8. ☐ Incontinence
9. ☐ Perspiration
10. ☐ Strong pulse

8. Describe postmortem care

Multiple Choice

1. After death, the muscles in the body become  
(A) Warm and pulsating  
(B) Bendable  
(C) Stiff and rigid  
(D) Hot and sharp
2. Caring for a body after death is called  
(A) Postmortem care  
(B) Mortician care  
(C) Funeral home care  
(D) Before-burial care
3. After death, the home health aide should place drainage pads under the body. These pads are most often needed  
(A) Under the arms  
(B) Under the perineum  
(C) Under the axillary area  
(D) Under the feet
4. If family members would like to remain with their loved one's body after death, the home health aide should  
(A) Let them do so  
(B) Inform them that the HHA needs to ask the doctor first  
(C) Ask them to perform the postmortem care since they are staying with the body  
(D) Talk to them about the importance of organ donation

9. Understand and respect different postmortem practices

True or False

1. ☐ Most people grieve in the same way.

2. \_\_\_\_\_ Some people like to remain with the body to perform religious rituals.
3. \_\_\_\_\_ The overall mood at a wake is usually very sad and somber.
4. \_\_\_\_\_ Having an open casket means the preserved body will be displayed to others.
5. \_\_\_\_\_ Some people will choose to be cremated, which means the body is burned until it is reduced to ashes.
6. \_\_\_\_\_ Readings of religious scripture and prayers may take place at a funeral.
7. \_\_\_\_\_ An atheist's funeral will normally involve prayers or hymns.
8. \_\_\_\_\_ A natural burial involves embalming the body before burying it in a composting coffin.
9. \_\_\_\_\_ The home health aide should remain professional and respectful whether or not he agrees with the rituals that take place after a client has died.