

ASSESSMENT OF 30 MCQs

FPSC No : 79
MCQS ON GERIATRIC CARE UPDATE (RERUN)
Submission DEADLINE: 3 MARCH 2020, 12 NOON

INSTRUCTIONS

- To submit answers to the following multiple choice questions, you are required to log on to the College Online Portal (www.cfps2online.org)
- Attempt ALL the following multiple choice questions.
- There is only ONE correct answer for each question.
- The answers should be submitted to the College of Family Physicians Singapore via the College Online Portal before the submission deadline stated above.
- There will be NO further extension of the submission deadline

1. Which type of dementia is associated with Behavioral and psychological symptoms of dementia (BPSD)?
 - A. Alzheimer's dementia
 - B. Vascular Dementia
 - C. Lewy Body Dementia
 - D. Frontotemporal Dementia
 - E. All of the above
2. Which of the below scenarios are least likely to aggravate BPSD?
 - A. Hiring of a new maid to provide care for a person with dementia
 - B. A cool, quiet bedroom with music gently streaming from the radio
 - C. A person with dementia with expressive dysphasia trying to ask for a glass of water
 - D. A daughter who is under financial stress after giving up her full-time job to look after her mother with dementia
 - E. Constipation, with bowels opening every 4 to 5 days
3. Which of these are not a recommended non-pharmacological approach to sundowning for a person with dementia?
 - A. Strapping on the safety belt to keep the person in a Geriatric Chair when they are shouting that they need to go look for their mother
 - B. Looking through old photo albums, discussing memories of Singapore in the 1960s
 - C. Singing along to old tunes that their parents used to play on vinyl records
 - D. A light hand massage with lavender aromatherapy oil
 - E. Turning down the loud TV volume when the grandchildren are running around the living room shouting and laughing
4. BPSD has adverse effects on which of the following?
 - A. Financial cost of care
 - B. Frequency of utilization of healthcare facilities
 - C. Quality of life of a person with dementia and caregiver
 - D. Premature institutionalisation
 - E. All of the above
5. What is the first line of intervention for a person with dementia who is incessantly banging their fists against table tops, bed rails and the arm rest of their wheelchair?
 - A. Risperidone 0.5mg PRN for agitation
 - B. ABC charting
 - C. Restraints of hands in mittens
 - D. Shouting at the person to stop every time they bang their fists
 - E. Donepezil 5mg OM
6. The Mental Capacity Act (in helping to determine mental capacity) affirms the default position in the law of presumed capacity:
 - A. In persons of age 18 and above
 - B. Appearance, medical condition and behaviour are crucial factors
 - C. Quality and sensibility of decisions made prior to a situation
 - D. Timings and place of assessment must be made convenient to the assessor
 - E. None of the above
7. The Lasting Power of Attorney (LPA) is a document where:
 - A. it allows the family members to decide for the relative in a way they deemed fit
 - B. the donor's best interest is not the most important
 - C. the right to self-determination by the donor is protected in advance
 - D. the donees must ask the courts to decide on all matters
 - E. all donees must agree before any decision is made
8. The Mental Capacity Act:
 - A. Assumes that everyone will not act in the best interests of the patient/donor
 - B. Advocates an approach of the best interest of the person regardless of the donor's original plans
 - C. Assumes that the best interest may mean restricting the donor's rights and freedom of action
 - D. Includes provision of best interests for the past and present wishes, feelings, beliefs and values of the donor
 - E. None of the above

- 9. The MCA states that decisions relating to care and treatment:**
- Should be decided by the donee ONLY
 - May be inconsistent with valid decisions made by a court appointed deputy
 - May include decisions relating to life sustaining measure
 - Include withholding treatment that prevents deterioration of donor's medical condition
 - Should ideally involve medical professionals in discussion with the donee with regards to best interest for the donor
- 10. When doing the LPA for a patient (donor), one should:**
- Try to do it when the donor is at his or her best state of mind
 - Make donor feel comfortable and not pressured
 - Try to ascertain that donor knows and wants to do the LPA
 - Ensure that the donor is not under any undue pressure from the relatives of family member, if possible
 - ALL of the above
- 11. A 65-year-old woman reports difficulty initiating sleep, with associated daytime fatigue and decreased ability to do housework. She is counselled to proceed to bed only when she feels sleepy and to get out of bed and move to another room if she has not fallen asleep within 20 minutes. Which of the following cognitive-behavioral therapy strategies does this treatment plan incorporate?**
- Sleep hygiene education
 - Paradoxical intention
 - Progressive muscle relaxation therapy
 - Stimulus control therapy
 - Sleep restriction therapy
- 12. Which of the following statements is false?**
- Insomnia is common in the elderly
 - Chronic insomnia rarely remits spontaneously
 - Insomnia is more common amongst women than men
 - In the treatment of insomnia, improving sleep hygiene is the first step
 - Intermittent dosing of benzodiazepines is more detrimental than regular dosing
- 13. Which of the following would be considered a maladaptive behaviour in patients with chronic insomnia?**
- Consuming one alcoholic beverage before sleep each night
 - Eliminating caffeine intake after noon
 - Intermittently using over-the-counter sleep aids (e.g., melatonin)
 - Limiting time spent in bed while awake
 - Turning off televisions and other screens while attempting to fall asleep
- 14. Which of the following unregulated supplements commonly used for insomnia has been associated with a risk of hepatic toxicity?**
- Chamomile
 - Kava kava
 - Valerian
 - Passionflower
 - Melatonin
- 15. Which of the following medications should be avoided by individuals with insomnia?**
- Mirtazapine
 - Bupropion
 - Amitriptyline
 - Trazodone
 - Agomelatine
- 16. You are seeing an elderly 87-year-old Chinese lady who has been admitted for recurrent infections. You used the Fried's criteria and diagnosed her to be frail. The physiotherapist in the ward is new and recently started work in the hospital. She came to you and asked you for instructions on how she can help in the management of this frail lady. What would be your recommendations for her?**
- Concentrate on aerobic exercises
 - Concentrate on anaerobic exercises
 - Concentrate on balance exercises
 - Concentrate on flexibility exercises
 - Concentrate on resistance exercises
- 17. You followed the community team to a Senior Activity Centre in Ang Mo Kio. The team has started a frailty intervention program there for older adults. Besides an exercise program, what are the other factors that could help to prevent frailty?**
- Prevention of depression
 - Prevention of falls
 - Prevention of social isolation
 - Prevention of osteoporosis
 - Prevention of polypharmacy
- 18. Over the last year, Madam Kee, an 89-year-old Chinese lady, has lost 5kg in weight from her baseline weight of 40kg. She also goes out with her family less often as she complains of increased lethargy and prefers to be at home. In the recent three months, she has had repeated admissions to the hospital for falls and urinary tract infection. Which of the following is the most likely explanation for her recurrent admissions?**
- Lack of exercise
 - Lack of nutrition
 - Low immunity level
 - Low mood
 - Low physiologic resilience

19. Mr Kee is a 90-year-old Chinese gentleman with a past medical history of hypertension and well-controlled type 2 diabetes mellitus. He's currently admitted for giddiness. You are interested to assess him for his frailty status. Which of the following will diagnose frailty in Mr Kee (based on Fried's criteria)?

	Weight	Fatigue	Physical activity	Hypertension
A	↑	↑	↑	+
B	↑	↓	↓	-
C	↓	↑	↑	+
D	↓	↑	↓	-
E	↓	↓	↓	+

20. You have been reading up on Frailty in your Geriatrics textbook, and you are concerned that your 76-year-old grandfather may be frail. What of the following may suggest that your grandfather is frail?
- Low albumin level
 - High blood pressure
 - Hearing impairment
 - Slow gait speed
 - Weight gain
21. A 48-year-old man presents with right hand rest tremor and stiffness. He works as a carpenter and has trouble using his tools with his symptoms. He has a history of a gambling problem. On examination, he has hypomimia, asymmetric limb rigidity and bradykinesia and a resting tremor in his right hand. What would you start this patient on?
- Cabidopa/ Levodopa
 - Ropinirole
 - Amantadine
 - Trihexyphenidyl
 - Rasagiline
22. A 70-year-old woman with advanced Parkinson's disease (PD) reports mild constipation. She also reports feeling bloated easily and having a poor appetite. Which is the most appropriate next step?
- Abdominal massage
 - Domperidone
 - Polyethylene glycol
 - Manual disimpaction
 - Hydration and exercise
23. A 75-year-old man with a 10-year history of PD is brought in by his family for concerns of dementia. They have noted that he has become increasingly forgetful and needs help with preparing his medications and using public transport. He also tends to use shorter sentences. Brain imaging and thyroid function and vitamin B12 studies are normal. Which treatment should he be started on?

- Memantine
- Apomorphine
- Quetiapine
- Rivastigmine
- Selegiline

24. The following is an absolute exclusion criterion for the diagnosis of PD:
- Presence of dementia at the onset of motor symptoms
 - Presence of significant orthostatic hypotension at the onset of motor symptoms
 - Presence of rapid eye movement (REM) sleep behavior disturbance preceding motor symptoms
 - Treatment with a dopamine receptor blocker or dopamine-depleting agent in a dose and time-course consistent with drug-induced parkinsonism
 - Presence of olfactory loss preceding motor symptoms
25. A 50-year-old woman with three years of PD is brought in by her children for concerns of changes in mood and behavior. In the past year, they have noted that she has difficulty getting herself out and about to do anything. She has cut down on her social engagements and no longer enjoys her previous hobbies of dancing or gardening. Her motor symptoms are well-controlled and she does not report any feelings of hopelessness or guilt. Cognitive testing does not reveal significant deficits. Which is the most likely diagnosis?
- Mild cognitive impairment
 - Depression
 - Apathy
 - Anxiety
 - Impulse control disorder
26. Doing leg raises and balance training with increasing difficulty over time is a form of the _____ strategy of rehabilitation.
- reconditioning
 - repetition
 - reconnection
 - restoration
 - compensation
27. What is the estimated prevalence of stroke in the general Singapore Population?
- 10 per 100,000 population
 - 36.5 per 100,000 population
 - 40.5 per 100,000 population
 - 50.5 per 100,000 population
 - 80.5 per 100,000 population

28. A 60-year-old patient with a history of dense right sided hemiplegia secondary to a pure motor stroke suffered one year ago comes for a routine medical check-up. He says that he has had intense pain the right shoulder that disturbs his sleep and movement at the shoulder in all directions is painful for the past three weeks. There is no history of fall. Initial shoulder X-rays do not show any fracture. You consider
- This may be an occult fracture- arrange for the patient to be referred to A&E for urgent MRI shoulder.
 - This is a supraspinatus tear- arrange for ultrasound examination of the right rotator cuff and treat patient with oral analgesia.
 - This is musculoskeletal shoulder pain- Suggest the patient try a course of acupuncture for pain relief.
 - This is adhesive capsulitis- treat with oral analgesia and refer the patient for physiotherapy with gentle ranging of motion exercises.
 - This is munchausen's syndrome- advise the patient to visit another outpatient practice which distributes painkiller more liberally.
29. A 65-year-old patient with an increased tone of the left upper and lower limbs secondary to a sensori-motor stroke three months prior mentions that he keeps tripping and has had several near falls in the past few days. On examination of his gait, you notice that his left foot tends to invert and plantarflex when he walks. You could consider treatment of
- Paracetamol and NSAIDS for pain relief
 - refer the patient to physiotherapy to issue a quadstick
 - advise the patient to buy better fitting shoes
 - initiate treatment of spasticity with baclofen 5mg tds for four weeks
 - recommend that the patient undergo left lower limb tibial nerve neurectomy with phenol
30. Using the Patient Health Questionnaire-2 to screen for depression in a post stroke patient, a score of _____ indicates a high risk for major depressive disorder. They should be referred on for formal psychiatric evaluation.
- 0
 - +1
 - +2
 - +3
 - 1

FPSC 82 ASTHMA AND INFLAMMATION - NEW UPDATES Answers to 15 MCQs Assessment		
1. B	2. D	3. A
4. B	5. E	6. B
7. C	8. A	9. D
10. C	11. B	12. D
13. C	14. A	15. E