

ASSESSMENT OF 30 MCQs

FPSC NO : 48
MCQs on MANAGEMENT UPDATE ON FUNCTIONAL DECLINE
IN OLDER ADULTS 2012
Submission DEADLINE : 7 APRIL 2012

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.

1. **The Short Physical Performance Battery (SPPB) is a physical performance measure. Which of the following BEST describes the information it can provide?**
 - A. Impact of an acute illness hospitalisation.
 - B. Improvement from falls prevention training.
 - C. Physical performance in low and high functioning persons.
 - D. Improvement in response to interventions only e.g., cataract surgery.
 - E. Improvement in response to an exercise programme.
2. **About the Vulnerable Elders Survey (VES-13) which of the following statement about it is MOST CORRECT?**
 - A. The VES-13 measures self-rated health.
 - B. The VES-13 identifies who should be referred to hospital urgently.
 - C. The VES-13 takes one minute to complete.
 - D. A score of 3 or more in the VES-13 identifies an elderly with a high risk of functional decline.
 - E. A score of less than 3 in the VES-13 identifies an elderly with a high risk of death.
3. **The Short Physical Performance Battery (SPPB) is used by a community centre to screen mobility-related disability in elder persons. The cut off score for referring an individual to his or her primary care doctor for further action is less than or equal to X. What is X?**
 - A. 2.
 - B. 3.
 - C. 4.
 - D. 5.
 - E. 6.
4. **A 70-year-old man is found to have a SPPB score of 7-9. What is the next step of action?**
 - A. Refer him for geriatric assessment.
 - B. Recommend a self-help strength training programme.
 - C. Strongly recommend him to take part in a physical activity.
 - D. Recommend HPB's "Stronger Together" Programme.
 - E. Start him on a weight bearing exercise programme.
5. **Of the following physical activity programmes which is specially suited to promote muscle strength and balance of adults with low physical function?**
 - A. FaBulouS.
 - B. Stronger Together.
 - C. Health Qigong.
 - D. Brisk walking.
 - E. Line dancing.
6. **About suicides, persons aged 65 years and older account for X% of suicides in the total population. What is X?**
 - A. 25.
 - B. 30.
 - C. 35.
 - D. 40.
 - E. 45.
7. **The prevalence of milder forms of depression among community-dwelling older adults seen in primary care settings is X percent. What is X?**
 - A. 21-25.
 - B. 16-20.
 - C. 11-15.
 - D. 6-10.
 - E. Less than 5.

8. The 15-item Geriatric Depression Scale (GDS-15) is administered to a group of elderly in a community health survey by volunteers. The instruction is that if any individual scores **X** or more points on this scale, the person must be referred to see a primary care doctor for further assessment and treatment. What is **X**?
- 3.
 - 4.
 - 5.
 - 6.
 - 7.
9. About the commonly used antidepressants, which of the following is most likely to cause hyponatremia and syndrome of inappropriate antidiuretic hormone secretion (SIADH)?
- Dothiepin.
 - Sertraline.
 - Venlafaxine.
 - Moclobemide.
 - Mirtazepine.
10. About the 15-item depression scale (GDS-15) which of the following questions is **CORRECTLY** phrased?
- Are you basically dissatisfied with life?
 - Do you sometimes get bored?
 - Do you feel unhappy most of the time?
 - Do you sometimes feel helpless?
 - Do you think that most people are better off than you are?
11. In Singapore the prevalence of urinary incontinence has been found to be **X** percent among community-dwelling older adults aged 75 years and older. What is **X**?
- 2.8.
 - 3.0.
 - 3.5.
 - 4.8.
 - 7.9.
12. The simplest form of screening for continence status in both the community and primary care settings is the International Consultation on Incontinence – Short Form (ICIQ-UI SF). The ICIQ score is based on how many questions?
- 2
 - 3
 - 4.
 - 5.
 - 6.
13. In a community screening for incontinence the International Consultation on Incontinence – Short Form (ICIQ-UI SF) is used. A 72-year-old woman has a score of 2. What is the next step of action for her?
- Enrol her for Kegel exercises.
 - Recommend toilet scheduling for her.
 - Recommend use of pads and absorbent garments for her.
 - Recommend use of urinary catheter.
 - Recommend that she visits a primary care doctor for further evaluation.
14. Which of the following associations of urinary incontinence type and predisposing condition is **CORRECT**?
- Overflow incontinence – Arthritis.
 - Stress incontinence – Prostate diseases.
 - Urgency incontinence – Delirium.
 - Functional incontinence – Parkinson's disease.
 - Overflow incontinence – Atrophic vaginitis.
15. A 65-year-old man complains of a recent onset of dual incontinence, and lower limb weakness. Which of the following is **UNLIKELY** to be present on physical examination?
- Saddle-anaesthesia.
 - One sided limb weakness.
 - Distended bladder.
 - Lax anal tone.
 - Lower limb weakness.
16. In Singapore, it has been found that **X** percent of adults 60 years and above felt that they had hearing loss. What is **X**?
- 22.6
 - 27.6
 - 32.6
 - 37.6
 - 42.6
17. About chronic hearing loss worldwide, which of the following is the second leading cause?
- Noise-induced hearing loss.
 - Presbycusis.
 - Otitis Media.
 - Perforated tympanic membrane.
 - Meniere's Disease.

- 18. A Hearing Handicap Inventory for the Elderly Screening (HHIE-S) is done for Mr Tan, aged 65. He says that his hearing problem sometimes cause him to feel embarrassed when meeting new people. He sometimes has difficulty hearing when someone speaks in a whisper. His hearing is sometimes a problem when talking to members of his family. However, his hearing problem does not cause him to attend church services less often than he would like. Based on these findings, Mr Tan is likely to have a HHIE-S score of at least X. What is X?**
- 2 points
 - 4 points
 - 6 points
 - 8 points
 - 12 points
- 19. An audioscope screening is done on Mr Tan aged 70 years. When tested at 40 dB, he is able to hear the pure tone at 500Hz, 1000Hz, 2000Hz, but is unable to hear at 4000Hz. This is bilateral. Which of the following is he MOST LIKELY to have?**
- Middle-ear infection.
 - Eardrum perforation.
 - Otosclerosis.
 - Meniere's disease.
 - Presbycusis.
- 20. A 67-year-old woman has a Hearing Handicap Inventory for the Elderly Screening (HHIE-S) done. She has a score of 28. She has a X percent probability of hearing impairment. What is X?**
- 13.
 - 50.
 - 60.
 - 84.
 - 95.
- 21. The percentage of Singaporean adults of Chinese origin aged 40-79 with blindness in both eyes is X percent. What is X?**
- 0.5.
 - 1.1.
 - 5.2.
 - 6.5.
 - 12.2.
- 22. A 62-year-old-man complains of loss of vision in the left eye of sudden onset. He is noted to have a decreased red reflex. Which of the following conditions is MOST LIKELY?**
- Vitreous haemorrhage.
 - Cataract.
 - Retinal haemorrhage.
 - Glaucoma.
 - Retinal vein occlusion.
- 23. Pinhole visual acuity worse than X may have eye conditions other than a refractive error and should be referred to an ophthalmologist. What is X?**
- 6/9.
 - 6/12.
 - 6/18.
 - 6/24.
 - 6/60.
- 24. A 55-year-old patient with Type II diabetes complains of a painless sudden profound loss of vision. On direct ophthalmoscopy a "cherry-red spot" is noted at the fovea. Which of the following is the MOST LIKELY diagnosis?**
- Central retinal vein occlusion.
 - Acute glaucoma.
 - Wet age-related macular degeneration.
 - Retinal detachment.
 - Central retinal artery occlusion.
- 25. A 64-year-old man presents with left eye pain. Clinically, the following are noted: conjunctival injection, corneal haziness and a mid-dilated pupil. Which of the following is the MOST LIKELY diagnosis?**
- Diabetic maculopathy.
 - Branch retinal vein occlusion.
 - Infective corneal ulcer.
 - Acute glaucoma.
 - Retinal detachment.
- 26. In a survey of 6,560 individuals aged 20 years and older in Singapore conducted by HPB in 2003, the percentage of individuals visiting the dentist once a year is X. What is X?**
- 15.5.
 - 25.5.
 - 45.5.
 - 55.5.
 - 65.5.

- 27. Salivary hypofunction and xerostomia is prevalent amongst older adults and it is estimated to affect X percent of these individuals. What is X**
- A. 20.
 - B. 30.
 - C. 40.
 - D. 50.
 - E. 60.
- 28. An elderly person has poor denture hygiene. Which of the following conditions is he or she MOST LIKELY to be predisposed to?**
- A. Aspiration pneumonia.
 - B. Periodontal disease.
 - C. Cardiovascular disease.
 - D. Poor diabetic control.
 - E. Candida infection.
- 29. About oral squamous cell carcinoma, which of the following is a site that it is likely to occur?**
- A. Premolar region.
 - B. Back of the tongue.
 - C. Roof of the mouth.
 - D. Lateral tongue surfaces.
 - E. Posterior floor of the mouth.
- 30. A 72-year-old man sees you because he is worried about oral malignancy. Which of the following is the MOST COMMON oral malignancy?**
- A. Adenocarcinoma.
 - B. Melanoma.
 - C. Teratoma.
 - D. Lymphoma.
 - E. Squamous cell carcinoma.