

ASSESSMENT OF 30 MCQs

FPSC NO : 17 (Repeat)
DEMENTIA UPDATE 2009
SUBMISSION DEADLINE : 31 MARCH 2009

INSTRUCTIONS

- With effect from 1st April 2008, the College Assessment of 30 MCQs has gone paperless.
- 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. What is the estimated proportion of Singaporeans who will be 65 years and older in 2030?
 - A. 15- 19%.
 - B. 20-24%.
 - C. 25-29%.
 - D. 30-34%.
 - E. None of the all above.
2. Today in Singapore what is the estimated number of people who will have dementia?
 - A. 18 thousands.
 - B. 25 thousands.
 - C. 32 thousands.
 - D. 39 thousands.
 - E. 46 thousands.
3. Disease modifying drugs for dementia are now in phase 3 clinical studies. What is the target of such drugs?
 - A. The genotype effect of APOE4.
 - B. The vascular cognitive component.
 - C. The effect of hypertension and diabetes.
 - D. The amyloid cascade.
 - E. The effect of oxidants on the brain.
4. Which of the following clinical features is a characteristic of delirium?
 - A. Acute onset of change in mental status.
 - B. Fluctuating attention and inattention.
 - C. Disorganised thinking.
 - D. Altered level of consciousness.
 - E. All of the above.
5. When performing physical examination as part of the assessment of a patient with dementia, which of the following is the LEAST relevant finding?
 - A. Hemiparesis.
 - B. Unilateral extensor plantar response.
 - C. Visual field defects.
 - D. Alopecia.
 - E. Hemisensory loss.
6. Which of the following laboratory investigations is LEAST useful as routine tests when working up a person with dementia?
 - A. Blood sugar.
 - B. VDRL.
 - C. Thyroid function test.
 - D. Vit B 12 level.
 - E. Serum electrolytes.
7. Which of the following is a potentially reversible cause of dementia?
 - A. Alzheimer's disease.
 - B. Diffuse Lewy body dementia.
 - C. Vascular dementia.
 - D. Neoplasm.
 - E. Creutzfeld-Jakob disease.
8. Forgetfulness is a cardinal symptom of dementia. Which of the following is the appropriate series of initial steps to establish dementia as a cause in a such patient?
 - A. Exclude delirium, depression or late onset of psychiatric disorder.
 - B. Assess the patient with the Elderly Cognitive Assessment Questionnaire (ECAQ).
 - C. Assess the patient with the Abbreviated Mental Test (AMT).
 - D. Assess the patient with a neuropsychological test.
 - E. Ask the patient if he has problem handling loose change of money.
9. The DSM-IV criteria for clinical diagnosis of dementia requires the presence of amnesia and a deficit in any one of the following cognitive domains except:
 - A. Aphonia.
 - B. Apraxia.
 - C. Agnosia.
 - D. Aphasia.
 - E. Loss of executive functioning.

10. A 58-year-old patient diagnosed with dementia 12 months ago developed rapid decline in cognition over 1 month and complains of headache. Which one of the following features is a factor that favours the decision of performing a cranial CT scan?

- A. Absence of history of head trauma.
- B. Normal muscle power of limbs.
- C. Stopped anti-coagulant use 2 years ago.
- D. Normal continence of urine.
- E. History of a seizure recently.

11. Which of the following regarding the ABC domains of Dementia is CORRECT?

- A. 'A' is for Aggravating Factors in Dementia.
- B. 'A' is for Abnormal sleep patterns.
- C. 'B' is for Behaviour change.
- D. 'C' is for Cognitive Function.
- E. 'C' is for Co-morbidities.

12. Which of the following statements on the use of medications to improve cognitive symptoms in dementia is CORRECT?

- A. Cholinesterase Inhibitors is useful only in severe dementia.
- B. Start Cholinesterase inhibitors early in patient with dementia.
- C. Cholinesterase Inhibitors lessens the tremors in patients with Parkinson Disease Dementia.
- D. Memantine is the first line medication in the treatment dementia.
- E. Memantine should not be used in combination with donepezil.

13. In the choice of drugs used in the treatment of Behavioural and Psychological Symptoms of Dementia (BPSD), which of the following statements is CORRECT?

- A. Cholinesterase inhibitor therapy may be considered in treatment of patients with behavioural problems if antipsychotics cannot be used.
- B. Use of antipsychotics is safe and should be considered in all AD patients with psychotic symptoms.
- C. Tricyclic antidepressants (TCA) are superior to Specific Serotonin Reuptake Inhibitors (SSRI) for treating depression in patients with AD.
- D. SSRI often causes postural hypotension thereby limiting its use in AD.
- E. Benzodiazepines are the drugs of choice in BPSD.

14. With regards to psychosocial intervention in dementia, which of the following statements is CORRECT?

- A. Psychosocial interventions are not recommended as first line therapy because of the lack of strong evidence for its efficacy.
- B. When talking to a dementia patient, focus on facts rather than on feelings.
- C. Many patients need not be told about the diagnosis of dementia as they would not be able to comprehend.

- D. There is good evidence that a simple exercise programme leads to a slower rate of functional decline in dementia patients.
- E. Reminiscence Therapy (RT) restores feeling of worth and competence.

15. With regards to decisional capacity in dementia, which of the following statement is CORRECT?

- A. Early in the course of a dementing illness, the function of decisional capacity may be relatively intact.
- B. In late stage dementia, those who cannot comprehend complex situations may still possess the capacity to make simple decisions.
- C. A formal assessment of testamentary capacity before a will is made will help dementia patients avoid future legal challenges.
- D. The diagnosis of a dementing illness per se is not in itself a reason to deny a person from driving.
- E. All of the above are correct.

16. A 75-year-old woman is brought by her son to see you because of progressive impairment of memory over the last year. The patient's MMSE is 22/30, and she recalls 0/3 words after a 3-minute delay. There were no other significant findings on physical examination. Which of the following is most likely to improve this patient's symptoms?

- A. Cholinesterase inhibitor.
- B. Ginkgo biloba.
- C. Vitamin E.
- D. Estrogen replacement.
- E. Piracetam (Nootropil).

17. Based on the DSM IIIR criteria, in a patient classified as mild dementia, which of the following statements is CORRECT?

- A. Independent living is hazardous.
- B. Personal hygiene is maintained.
- C. Continual supervision is required.
- D. Coherence of thought is lost.
- E. Judgment is lost.

18. Memantine should be used with caution in which of the following conditions?

- A. Vascular dementia.
- B. Mixed Vascular dementia and Alzheimer's Disease.
- C. Frontotemporal dementia.
- D. Parkinson's disease with dementia (PDD).
- E. Alzheimer's Disease.

19. Which of the following is a less common side effect of Donepezil, Rivastigmine, and Galantamine?

- A. Vomiting.
- B. Diarrhoea.
- C. Anorexia.
- D. Abdominal pain.
- E. Urinary incontinence.

20. A 72-year-old man has dementia. He also has creatinine clearance of 60 ml/min as well as epilepsy. Which of the following drugs is not suitable for him?

- A. Rivastigmine.
- B. Donepezil.
- C. Memantine.
- D. Galantamine.
- E. Gingko biloba.

21. Which of the following drugs used in treating dementia can be given as a transdermal patch?

- A. Rivastigmine.
- B. Donepezil.
- C. Memantine.
- D. Galantamine.
- E. Gingko biloba.

22. Which of the following is not a behavioural psychological symptom of dementia (BPSD)?

- A. Repeatedly asking questions of an upcoming event.
- B. Fear of being left alone.
- C. Stripping in presence of the opposite sex.
- D. Accusing people of stealing things.
- E. Difficulty in buttoning up the shirt.

23. The family members of a patient with dementia reports that recently the patient is crying a lot and is repeatedly kicking the caregiver. In your assessment of the patient, which of the following actions is LEAST helpful?

- A. Examine the patient for signs of faecal impaction.
- B. Examine the patient's activities of daily living.
- C. Examine the patient for infected gums.
- D. Examine the patient for tender joints.
- E. Examine the patient's hearing aid to check if it is faulty.

24. Which of the following medications is MOST useful for the symptom of delusion in dementia?

- A. Haloperidol.
- B. Sodium valproate.
- C. Olanzapine.
- D. Risperidone.
- E. Quetiapine.

25. A family physician intends to manage the BPSD (Behavioural and Psychological Symptoms of Dementia) using medications. Which of the following principles is INCORRECT?

- A. Be familiar with the adverse effects of the medications.
- B. Target specific behaviours e.g. hallucinations, delusions, aggression.
- C. Start with at least two drugs.
- D. Treat only moderate or severe BPSD with medication.
- E. Use of medication should be time limited.

26. In the local context, who is most likely to be the main family carer?

- A. Sister.
- B. Daughter-in-law.
- C. Spouse.
- D. Son.
- E. Daughter.

27. Which of the following statements regarding caregiver burden in dementia management is CORRECT?

- A. Subjective burden can be defined as the time and effort required of one person to attend to the needs of another.
- B. Objective burden refers to the perceived beliefs and feelings of the caregiver about the performance of caregiver tasks.
- C. Psychotic, depressive and behavioural disturbances matter more in caregiver burden than the cognitive state or level of dependency of the patient.
- D. Spousal carers in the older age group with low marital cohesion are likely to suffer from more depressive symptoms.
- E. Deterioration of the patient in the day may be a breaking point for carers.

28. Which of the following statements about caregiver burden is most CORRECT?

- A. Caregiving does not create feelings of loss of freedom.
- B. In caregiving, the feeling of the need to do more for the patient is unusual.
- C. The need to help the patient in bathing and grooming is often a breaking point.
- D. Caregiving is seldom disruptive to the life of the carer.
- E. Caregiving is likely to be associated with negative outcomes.

29. Which of the following is a factor that may lead to a positive caregiving outcome?

- A. An affectionate past relationship.
- B. A pre-existing illness.
- C. Female caregiver.
- D. A patient with mainly behavioural symptoms instead of cognitive impairment.
- E. Use of domestic helper.

30. Which of the following is NOT part of caregiver intervention?

- A. Education.
- B. Monetary reward.
- C. Support groups.
- D. Respite care.
- E. Family therapy.