

## ASSESSMENT OF 30 MCQs

FPSC NO : 4 I

## MCQs on MANAGEMENT OF FUNCTIONAL DECLINE IN OLDER ADULTS

Submission DEADLINE : 3 MAY 2011

**INSTRUCTIONS**

- To submit answers to the following multiple choice questions, you are required to log on to the College On-line Portal ([www.cfps2online.org](http://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 On-line Portal before the submission deadline stated above.

- Physical performance measures such as the Short Physical Performance Battery (SPPB) can help assess elderly patients. In this context, which of the following statements is CORRECT?**
  - SPPB cannot assess full range of performance, even in high functioning persons.
  - SPPB is not reproducible and is not sensitive to change.
  - SPPB can signal functional decline even before it is reported by patient or noticed by doctor.
  - SPPB is unable to predict preclinical stage nor allow early intervention.
  - SPPB measures upper limb power and endurance only.
- A community dwelling elderly gentleman is referred to you after a community functional screening program because his VES 13 score is 5 and his SPPB score is 6. What should you do FIRST?**
  - You should do a complete geriatric assessment.
  - You should refer him to the hospital urgently.
  - You tell them that he can see you next month.
  - You check him to make sure that there is no acute illness.
  - None of the above is correct.
- In the treatment of the elderly patient, which of the following statements is CORRECT?**
  - Treatment that makes a huge impact on function should take priority.
  - Function of the patient should be objectively measured and monitored for trend.
  - Early intervention can sometimes help preserve function.
  - Doctors, nurses, therapist, pharmacists may all be involved in the areas of intervention.
  - All the above are true.
- About brisk walking as an exercise, which of the following statements is CORRECT?**
  - It is suitable only for the elderly as it is a low impact aerobic activity.
  - It makes the elderly tired and sleep less.
  - It burns calories and manages weight.
  - It increases the stress levels.
  - It is ineffective in creating an environment for bonding.
- Older patients need to exercise to acquire good health benefits. Which of the following recommendations is CORRECT?**
  - Have 60 minutes of exercise every day.
  - Have 150 minutes of moderate intensity aerobic activity every week.
  - Have muscle building exercises daily.
  - Have gym workouts in a circuit training fashion once a week.
  - Train like they were 10 years younger.
- About factors causing depression, which of the following is LEAST likely to cause depression in the elderly?**
  - Having too many children.
  - Taking drugs such as thiazide diuretics, beta blockers, or steroids.
  - Being afflicted by sudden illnesses such as stroke or heart attack.
  - Have a past history of depression.
  - Having retirement and financial difficulties.

- 7. About suicide in the elderly, which of the following is the SINGLE MOST IMPORTANT predictor?**
- Loneliness.
  - Stroke.
  - Chronic renal disease.
  - Clinical depression.
  - Having no friends.
- 8. Besides medical therapy, which of the following is a treatment option for mild to moderate depression in the elderly?**
- Forced admission to Institute of Mental Health.
  - Calling the Police for help.
  - Referring to Family Service Centres or Day Care Centres.
  - Frequent visits to A & E.
  - Asking the patient to stop all social activities.
- 9. A patient develops nausea, vomiting, diarrhoea, and hyponatremia after being prescribed an antidepressant X. Which of the following is MOST LIKELY to be X?**
- Diazepam.
  - Fluoxetine.
  - Amitriptyline.
  - Moclobemide.
  - Mirtazepine.
- 10. About immediate referral to the A & E in an elderly patient with depression, which of the following is a CORRECT indication?**
- The diagnosis is in doubt.
  - Bipolar disorder is suspected.
  - Severe or recurrent depression is diagnosed.
  - Interference with socio and interpersonal interaction is present.
  - Danger to life of self or others is present.
- 11. About common causes of reversible urinary incontinence, which of the following is the LEAST LIKELY?**
- Anxiety or depression.
  - Diabetes mellitus.
  - Urinary tract infection.
  - Atrophic vaginitis.
  - Fracture of tibia and fibula.
- 12. About a screening question for urinary incontinence, which of the following is the BEST?**
- "How often do you have sexual relations?"
  - "How often do you wake up to pass urine at night?"
  - "How often do you leak urine?"
  - "How often do you have urinary tract infections?"
  - "How often do you see a doctor for urine problems?"
- 13. In an elderly patient with urinary incontinence, which of the following should be included in the physical examination?**
- Pelvic examination for ladies.
  - Rectal examination.
  - Neurological examination, especially of lower limbs.
  - Abdominal examination.
  - All of the above examinations.
- 14. About evaluating the elderly with urinary incontinence, which of the following is the MAIN AIM?:**
- Teach them Kegel's exercises.
  - Recommend who should be wearing pads.
  - Refer them for further investigations at the hospital.
  - Discover reversible conditions and treat them if possible.
  - Help the patient to improve mobility.
- 15. In the assessment of elderly with urinary incontinence, which of the following is the MOST IMPORTANT red flag?**
- Late onset of bowel incontinence.
  - Saddle area anaesthesia.
  - Good anal tone.
  - Upper limb weakness.
  - Neck and arm numbness.
- 16. With regards to assessing hearing loss, which of the following can be used as a simple global question?**
- "Hello, can you hear me?"
  - "Do you or your family think you may have hearing loss?"
  - "Is hearing a problem when you are in a noisy restaurant with relatives?"
  - "Do you need to turn up the volume when you watch TV?"
  - "Do you have difficulty hearing when someone speaks in a whisper?"

- 17. About chronic hearing loss in the elderly, which of the following is the leading cause?**
- Presbycusis.
  - Noise-induced hearing loss.
  - Otitis Media.
  - Perforated tympanic membrane.
  - Meniere's Disease.
- 18. Mr Tan always feels frustrated when talking to his wife. He always has difficulty hearing what is on the television. He definitely feels handicapped due to his hearing problem and he sometimes skips Sunday church services. He does not feel that his social life has suffered. Based on these findings, Mr Tan is likely to have a HHIE-S score of at least X. What is X?**
- 6 points
  - 8 points
  - 14 points
  - 26 points
  - 40 points
- 19. Regarding presbycusis, which of the following statements is CORRECT?**
- It affects the lower frequencies of hearing first.
  - Noisy background situations have little effect.
  - Lip reading and context cues are not usually required.
  - It is usually fixed and non-progressive.
  - It may lead to social withdrawal, depression, and poorer cognition.
- 20. If an elderly patient complains of hearing loss, which of the following is the FIRST step that the GP would take?**
- Refer for audiology test.
  - Refer to ENT specialist.
  - Arrange for MRI of ear canal.
  - Check for ear wax and ear infections.
  - Advice on buying hearing aids.
- 21. The percentage of Singaporean adults of Chinese origin aged 40-79 with visual impairment in both eyes is X. What is X?**
- 0.5%
  - 1.1%
  - 5.2%
  - 6.5%
  - 12.2%
- 22. About immediate same day referral to an ophthalmologist, which of the following is the LEAST LIKELY indication?**
- Itchy red eye with discharge.
  - Acute sudden loss of vision.
  - Flashes with sudden increase in floaters.
  - Progressive visual field defect.
  - Relative afferent pupillary defect.
- 23. Impaired vision correctable with a pinhole visual acuity of X or better is likely to have refractive error and should be referred to an optometrist. What is X?**
- 6/9
  - 6/12
  - 6/18
  - 6/60
  - 6/120
- 24. About pinhole testing to distinguish between refractive error and ocular pathology, which of the following explanation is the MOST CORRECT?**
- Patients with ocular pathology will see better with a pinhole.
  - Patients with refractive error will not be able to focus with a pinhole.
  - It dilates the pupil by allowing less light to fall on the retina.
  - Patients are unlikely to have co-existent refractive error and ocular pathology in the same eye.
  - The pinhole focuses light and allows light to pass through the visual axis undeviated, thereby temporarily removing the effects of refractive error.
- 25. Which of the following conditions can be referred as a non-urgent routine case to the ophthalmologist?**
- Central retinal vein occlusion.
  - Central retinal artery occlusion.
  - Wet age-related macular degeneration.
  - Dry age-related macular degeneration.
  - Retinal detachment.
- 26. What did the HPB survey of Singaporean adults in 2003 show?**
- Most adults only brushed their teeth once a day.
  - The mean number of missing teeth in the elderly aged 65-69 years old is 5.
  - 32.8% of adults flossed their teeth at least once a day.
  - 45.5% of adults visited the dentist once every 6 months.
  - Most Singaporeans have the correct perception of their own oral health.

**27. Diabetes Mellitus has the greatest association with X. What is X?**

- A. Dental caries.
- B. Periodontal disease.
- C. Tooth loss.
- D. Oral cancer.
- E. Oral ulcers.

**28. Regarding xerostomia, which of the following is CORRECT?**

- A. It affects approximately 30% of older adults.
- B. It may be caused by concomitant chemotherapy.
- C. It may be due to medications such as antihistamines and antidepressants.
- D. It increases the risk of dental caries and oral infections.
- E. All of the above are correct.

**29. The primary care doctor can play a role in the maintenance of good oral health by giving simple oral hygiene tips. Which of the following is CORRECT?**

- A. Keeping lips moist by frequent licking.
- B. Once a day brushing of teeth.
- C. Dental checkups if symptoms such as pain develops.
- D. Stop smoking.
- E. Leaving dentures in a cool dry place for storage.

**30. About referral to the dental surgeon for further management, which of the following conditions should be referred?**

- A. Gum redness and inflammation under dentures.
- B. Dry mouth leading to difficulty in swallowing.
- C. Broken teeth exposing the roots.
- D. Loose dentures that require adhesive.
- E. All the above should be referred.