

ASSESSMENT OF 30 MCQs

FPSC NO : 42 MCQs on Integrated Eldercare Course Submission DEADLINE : 14 October 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).
- 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.

- With regards to common everyday health related services, which of the following pairs of associations is CORRECT?**
 - Long term care and palliative care.
 - Social care and volunteer home help.
 - Short term care and sheltered home.
 - Supportive services and oxygen concentrators.
 - Aids and appliances and ambulance.
- Three levels of integration of care have been described, namely linkage, co-ordination, and full integration. Which of the following statements in this context is CORRECT?**
 - Linkage services in Singapore serve people with complex healthcare needs.
 - A good example of linkage services is care delivered by multiple disciplinary teams.
 - Current integrated care networks in Singapore are at the level of co-ordination.
 - Into the future, Singapore aims to provide full integrated services for every elderly patient.
 - None of the above is correct.
- In the context of integrated care, a multidisciplinary team provides comprehensive assessment of medical, functional, psychological needs and formulates care plans for the patient. Which of the following is NOT a member of such a team?**
 - Social worker.
 - Allied health personnel.
 - Occupational therapist.
 - Health policy maker.
 - Physiotherapist.
- Different homes have different requirements for placement. For example, St Vincent's Home accepts only patients on Public Assistance (PA) and who are able to perform X. What is X?**
 - Communicate their needs.
 - Cook and wash their own clothes.
 - Do simple calculations.
 - Feed themselves.
 - Bathe themselves unaided.
- Madam Tan, aged 70 years is admitted for community acquired pneumonia. She is due for discharge. She is ADL independent. Which of the following is an appropriate discharge action?**
 - Identify who is her primary care provider
 - Referral to medical social worker.
 - Referral to AIC nurse.
 - Identify care giver and decision maker.
 - Refer to dietitian.
- Which regards to the history of the Agency for Integrated Care, it began as a Care Liason Service with the key functions of X. What was X?**
 - Referrals to home therapy.
 - Referrals to home nursing.
 - Referrals to home medical care.
 - Referrals to day rehabilitation centres.
 - None of the above.
- The Agency for Integrated Care functions as a National Integrator. As such, it performs the following functions EXCEPT X. What is X?**
 - Facilitates the integration of healthcare services.
 - Implements a national care assessment framework.
 - Develops acute hospital services.
 - Coordinates referrals to intermediate and long-term care services.
 - Facilitates improvement of quality of long-term care services.
- Integrated care has become a major theme for healthcare organisations throughout the world. To succeed in this, Singapore needs to move towards a new model of care. Which of the following statements best describes this new model of care?**
 - Care that adopts a private-public mix approach.
 - Care that adopts a holistic and patient-centric approach.
 - Care that maximises the acute centric approach.
 - Care that pays attention to linkage, co-ordination, and full integration.
 - Care that downplays the importance of acute care.

9. With regards to the **ACTION Team project of the Agency for Integrated Care**, what is the aim of the project?
- Help patients make the important transition from hospital into their home or community.
 - Help to reduce acute hospital stay.
 - Help to reduce readmissions.
 - Help to reduce healthcare expenditure.
 - Help to maximise the use of intermediate and long-term care facilities.
10. In the **ACTION Team Project** what patients are the focus of the referral management teams?
- Patients with mild and moderate healthcare needs.
 - Patients with poor pre-existing social support
 - Patients with psychiatric problems.
 - Patients with complex medical and social needs.
 - Every patient 65 years and older.
11. By 2030, the resident population of Singapore aged 65 and above is projected to be X. What is X?
- 600,000.
 - 700,000.
 - 800,000.
 - 900,000.
 - 1,000,000.
12. Singapore's healthcare financing framework is made up of 5 layers of support. Which of the following is the first layer of support?
- Self funded or family funded financing.
 - Heavy government subsidy of up to 80% of the total health bill in acute public hospital wards.
 - MOH subsidy for the needy through the Primary Care Partnership Scheme (PCPS) and Intermediate and Long Term Care (ILTC) services.
 - Medifund "Safety net" financing.
 - Insurance e.g. MediShield and ElderShield.
13. Medisave is a financing scheme set up to help individuals put aside part of the income for healthcare related expenses. With regards to the use of Medisave for outpatient treatment, which of the following statements is **CORRECT**?
- Desferrioxamine drug and blood transfusion for Thalassemia up to \$500 per month.
 - Positive airway pressure therapy up to \$100 per month.
 - Immuno-suppressants for patients after organ transplant up to \$600 per month.
 - Approved drugs for HIV/Drugs up to \$550 per month.
 - All of the above are correct.
14. With regards to the use of Medisave for Inpatient treatment, which of the following statements is **CORRECT**?
- Approved aesthetic surgery.
 - Approved convalescent hospitals up to \$200 per day for daily hospital charges.
 - Daily ward charges.
 - Surgical operation fees but not the fees for use of operating theatres.
 - All of the above are correct.
15. About the Senior Mobility Fund (SMF), which of the following statements about eligibility criteria is **CORRECT**?
- Singapore citizen aged 60 and above.
 - Means tested to be in the lower 40% income group.
 - Has less than three ADL impairments.
 - Able to count money.
 - All the above are correct.
16. "Problem medications" are an indicator of the higher risk patient for unscheduled readmission and poorer outcome after discharge. Which of the following is an example of a "problem medication"?
- Digoxin.
 - Aspirin.
 - Glipizide.
 - Diclofenac.
 - Amoxicillin.
17. With regards to the higher risk patient for unscheduled re-admission and poorer outcome, which of the following psychological issues is an indicator?
- Borderline personality disorder.
 - Obsessive compulsive disorder.
 - Phobia with agoraphobia.
 - Somatisation disorder.
 - Depression.
18. With regards to the higher risk patient for unscheduled re-admission and poorer outcome, polypharmacy is an indicator. Polypharmacy is defined as having more than X medications. What is X?
- 4.
 - 5.
 - 6.
 - 7.
 - 8.
19. With regards to the higher risk patient for unscheduled re-admission and poorer outcome, patient education and instructions is one solution. Unfortunately, patients recall less than X% of what is taught. What is X?
- 10.
 - 20.
 - 30.
 - 40.
 - 50.
20. Regarding the meaning of "medication reconciliation", which of the following is the **BEST** statement?
- The list of medications has no omissions.
 - The list of medications is duplication free.
 - The list of medications is the most accurate.
 - The list of medications has no dosing errors.
 - The list of medications is free of potential drug interactions.

- 21. With regards to canes (walking sticks), which of the following statements is CORRECT?**
- The offset cane is useful in patients with painful lower limb joints.
 - The quad stick allows less displacement of the patient's weight onto the shaft of the stick than the offset cane.
 - The functional grip cane allows people with poor grip function to use it.
 - The standard cane is adjustable to suit the user's height.
 - None of the above is correct.
- 22. With regards to walkers (walking frames), which of the following statements is CORRECT?**
- Suitable patients for the use of the 2-wheel walker are patients with severe ataxia.
 - The standard walker has no wheels which therefore makes the gait fluid, namely no starts and stops.
 - The standard walker does not allow the patient to displace his or her weight onto the walker.
 - The 2 wheel walker benefits the patient with a parietal lobe related gait disorder.
 - Suitable patients for the use of the 4-wheeled walker are patients with mild to moderate Parkinson's disease.
- 23. About the use of axillary clutches, which of the following statements is CORRECT?**
- It allows up to 80% of the patient's body weight to be displaced on to the clutches during ambulation.
 - The height is not adjustable so they must be custom made.
 - Patients can rest their entire body onto the clutches to reduce the risk of compressive brachial neuropathies.
 - Trunk stability is not a requirement to use this walking aid.
 - It provides support from forearm to the floor.
- 24. Mr. Tan aged 75 has mild impaired balance and mild instability. He needs to walk short distances. Which of the following walking aid would you recommend him?**
- Quad stick.
 - Bilateral clutches.
 - Two-wheel walker.
 - Single-point walking stick.
 - Four-wheel walker.
- 25. Mr Tan who has a stroke with residual hemiparesis on the left side. He intends to descend a flight of stairs while using the quad stick. About the first action to take, which of the following is CORRECT?**
- The affected left leg is placed on the step below.
 - The right leg is placed on the step below.
 - The quad stick is placed on the step below.
 - He holds on to the wall with his right hand.
 - The quad stick should not be used at all.
- 26. The number of of seven adults aged 15-59 supporting one older person is expected to decrease as our population ages into the future. In 2030, it is estimated that there will be X adults supporting one older person. What will X be?**
- 1.
 - 2.
 - 3.
 - 4.
 - 5.
- 27. With regard to caregiver support in frail elderly person, which of the following is considered o be the primary pillar of support?**
- The community.
 - The family.
 - The Ministry of Health.
 - The Ministry of Community, Youth, and Sports.
 - The individual himself.
- 28. Programmes are available to lessen caregiver burden, strain, and to improve psychological well-being. These programmes typically include X. What is X?**
- Problem solving.
 - Coping skills training.
 - Cognitive-behavioural therapy.
 - Individual and family counseling.
 - All of the above.
- 29. With regards to caregiver interventions to enable the caregiver, research has shown that X has the largest effect size. What is X?**
- Role playing exercises.
 - Skills in managing caregiver's own emotional response to caregiving.
 - Targetted caregiver knowledge as the initial intervention.
 - Training in managing care recipient's behaviour.
 - Training in cognitive-behaviour therapy.
- 30. The Caregiver Training Grant from MCYS is now available to caregivers. Regardless of income levels, families/caregivers can tap on an annual training grant of X for every independent under their care to attend approved training programmes. What is X?**
- \$400.
 - \$350.
 - \$300.
 - \$250.
 - \$200.



Senior's Mobility Fund


Helping your patients stay mobile in the community.

What is Senior's Mobility Fund?

Many elderly are unable to get out of their apartments to socialise because of their disabilities and they cannot afford the mobility devices.

The Senior's Mobility Fund seeks to assist the elderly in getting devices to help them remain ambulant in the community to perform their daily activities.

What is the funding amount?

Types of Devices	Funding Cap
Wheelchairs: 	90% of actual cost or \$180 whichever is lower. Example: For a wheelchair that cost \$280, you will need to pay \$100.
Others: Walking frame, quad-stick, walking stick 	90% of actual cost or \$135 whichever is lower. Example: For a walking frame that cost \$70, you will need to pay \$7.

Who can apply for the Senior's Mobility Fund (SMF)?

Your patients need to fulfill all the eligibility criteria below:

- ✓ Singaporean Citizens (SC) aged 60 and above
- ✓ Be Means Tested: Applicant's Assessable Income of $\leq \$30,000$ in year 2010 and Annual Value of Home of $\leq \$7,000$ as at 31 Dec 2010
- ✓ Undergo assessment to determine the need and type of mobility device (to be done by a qualified therapist)



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