

CHAPTER 2. GERIATRICS, SELF-ASSESSMENT QUESTIONS

1. The following is an accurate description of the aging population:
 - A. The number of older adults will reach 17 million in 2030
 - B. The ratio of women to men will no longer exist
 - C. The surviving baby boomers will be more racially diverse than previous elders
 - D. The surviving baby boomers will have less financial resources than previous elders
 - E. The minority elder populations are projected to decrease in 2020
2. Education and health literacy in the older Americans can be described as:
 - A. In 2007, 62% of Hispanic elders had high school degrees
 - B. Nearly 20% of people 75 years and older have low health literacy
 - C. In 2007, 62% of black elders had high school degrees
 - D. Nearly 40% of people 75 years and older have low health literacy
 - E. None of the above
3. Following are common chronic conditions older Americans have:
 - A. Diabetes, hypertension, cancer
 - B. Hypertension, Alzheimer disease, Parkinson disease
 - C. Asthma, stroke, hypothyroidism
 - D. Chronic lower respiratory diseases, Alzheimer disease, stroke
 - E. Cancer, heart disease, Parkinson disease
4. The most important pharmacokinetic change that occurs with aging is:
 - A. Reduced renal function
 - B. Delayed gastric emptying

- C. Increased conjugation
 - D. Phase II hepatic metabolism
 - E. Deconditioning
5. All of the following are incorporated into the Cockcroft–Gault equation *except*:
- A. Age
 - B. Gender
 - C. Serum albumin
 - D. Serum creatinine
 - E. Weight
6. Because of pharmacodynamic changes, older adults have increased sensitivity to:
- A. Acetaminophen
 - B. Metformin
 - C. Aspirin
 - D. Morphine
 - E. Cyanocobalamin
7. Polypharmacy use in older adults does *not* result in:
- A. Increased adherence
 - B. Increased drug–drug interaction
 - C. Increased complex regimen
 - D. Increased hospitalization
 - E. Increased health care cost
8. According to the 2012 Beers criteria, the following drug should be avoided in older adults:
- A. Diazepam

- B. Warfarin
- C. Aspirin
- D. Pravastatin
- E. Mirtazapine

9. The following statement about pain in older adults is true:

- A. Older adults do not feel as much pain as younger adults.
- B. Older adults experience less addiction when using opioids for nerve pain.
- C. Pain is not a quality indicator in long-term care facilities because it is not an objective measure.
- D. Pain is frequently undertreated and underreported in elders.
- E. Elders are more comfortable with opioid use because they are closer to end of life.

10. The predictors of adverse drug reactions include the following *except*:

- A. More than four medications
- B. Longer than 14 days of hospital stay
- C. More than four active medical problems
- D. Smoking history
- E. History of alcohol use

11. Medication nonadherence among older adults is influenced by:

- A. More than two prescribers
- B. Four or more medication changes in past 12 months
- C. History of more than two surgeries
- D. Having no caregiver help
- E. More than two chronic conditions for at least 10 years

12. Anticoagulation therapy in older adults:

- A. has proven benefit in atrial fibrillation
- B. should be withheld due to bleeding side effects
- C. should be withheld due to fall risks
- D. is more beneficial in the very sick
- E. is less beneficial in the community-dwelling ambulatory patient

13. Geriatric assessment:

- A. should only be performed by a board-certified geriatrician
- B. is an interprofessional collaborative process
- C. routinely includes a formal driving evaluation by occupational therapy
- D. includes history taking from the patient alone without family for maximum privacy
- E. is usually done at the hospital during an acute admission

14. Quality indicators:

- A. monitor costs related to pressure ulcer formation in long-term care facilities
- B. are used to measure the environmental quality of outpatient geriatric clinics
- C. do not include subjective complaints such as pain
- D. focus on physical health issues and do not include mental health issues
- E. are used by facility administrators and government overseers to identify problem areas

15. The following statement about pharmacotherapy in older adults is *false*:

- A. Renal function needs to be monitored for patients on digoxin.
- B. Beers criteria indicate inappropriate medications.

- C. Benzodiazepines may cause significant adverse effects.
- D. Albumin needs to be monitored for patients on phenytoin.
- E. Drug monitoring is often unnecessary due to multimorbidity.

Answers

1. C

2. D

3. A

4. A

5. C

6. D

7. A

8. A

9. D

10. D

11. B

12. A

13. B

14. E

15. E