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
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