

Geriatric Medicine

- Which of the following is NOT an appropriate step to prevent delirium in a hospitalized elderly patient?
 - Regular mobilization to encourage strength
 - Bladder catheterization to reduce risk of falls when going to the bathroom
 - Provide appropriate vision and hearing aids
 - Monitor sleep-wake cycles
- You have been asked to see an 84 year-old man with a history of hypertension, diabetes, dyslipidemia, benign prostatic hyperplasia, and recent admission for myocardial infarction about two months ago. His medications on discharge include metformin, metoprolol, aspirin, simvastatin, amlodipine, ramipril, and Tamsulosin. Today, he tells you that he is troubled by increased swelling in his legs, which is confirmed with 2+ pitting edema bilaterally on physical exam. Remainder of physical exam is unremarkable. What is the next best step for managing his edema?
 - Add furosemide to facilitate diuresis
 - Decrease dose of amlodipine
 - Encourage the patient to ambulate frequently to prevent dependent leg edema
 - Reassure and follow-up in 1 year
- A 76 year-old male sees multiple prescribers for the 10 different medications used to treat his 6 comorbid conditions. Which of the following is NOT a risk factor for the development of an adverse drug reaction (ADR)?
 - Age of 76
 - Multiple prescribers
 - Use of 10 medications
 - 6 comorbidities
- Diazepam is a lipophilic drug. Which of the following is true about the metabolism of diazepam in an older adult compared to a younger adult?
 - Diazepam will have decreased elimination leading to an increased half-life
 - Diazepam will have increased elimination leading to a decreased half-life
 - Diazepam will have a larger volume of distribution leading to a reduced maximum concentration
 - Diazepam will have a reduced volume of distribution leading to an increased maximum concentration
- The cause of the greatest decrease in quality of life in the elderly is:
 - Arthritis
 - Dementia
 - Heart disease
 - Stroke
 - Hypertension
- Which of the following is NOT an age related change?
 - Impaired myocardial diastolic dysfunction
 - Increased gastric acid secretion
 - Decreased drug clearance
 - Increased nocturnal sodium and fluid excretion
 - Decreased baroreflex sensitivity
- Regarding the elderly patient, which of the following apply?
 - Vague symptoms
 - Atypical presentations
 - Loss of function
 - Polypharmacy
 - All of the above

8. An 80 year-old female with a 25% reduction in her GFR requires which of the following adjustments for a drug that is predominantly cleared by the kidneys?

1. 25% decrease in individual doses
2. 25% increase in dosing intervals
3. Increase overall fluid intake
4. Decrease length of therapy by 25%

- a) All of the above
- b) 1 and 3
- c) 2 and 4
- d) 2, 3, and 4
- e) 1 and 2

9. Consequences of immobility include which ONE of the following:

- a) Diarrhea
- b) Maintenance of muscle mass
- c) Urinary retention
- d) Pneumonia
- e) Hastened wound healing

10. Which of the following is FALSE in terms of falls in the elderly?

- a) They are the most common cause of mortality due to injury
- b) Environment plays a significant role
- c) Fractures most commonly involve the humerus
- d) Age-related sensory changes make the elderly more susceptible
- e) Fear of falling contributes to self-protection immobility

ANSWERS

1. B
2. B
3. A
4. C
5. E
6. B
7. E
8. E
9. D
10. C