

Medications, Pain and Mood Distress Quiz Answers

1. Frailty includes factors such as age, cognition, general health status, functional independence, social support, medication use, mood, and continence.
True or False?
2. The brain becomes more sensitive to the effects of drugs with advancing age and frailty? (Example: Drugs aren't processed as efficiently, and toxic levels can build up)
True or False?
3. The medication reconciliation process requires accurate diagnoses and appropriate prescribing.
True or False?
4. Medication review involves: (Choose the best answer)
 - a. Identification of medication harms
 - b. Identification of mis-prescribing, over and under prescribing
 - c. Conversations with the client and/or supportive decision-maker about risks, benefits, and alternatives
 - d. Optimizing the person's comfort and well-being
 - e. **All the above**
5. Important questions to ask in a medication review (ISEA) are: (Choose four answers that best apply)
 - a. **Why is the medication being taken?**
 - b. **Is the drug causing actual or potential harms?**
 - c. **Is the medication improving comfort and/or well-being?**
 - d. Is the prescribing of the medication evidence-based?
 - e. **Is the person able and willing to take the medication?**
6. Which is not an example of a prescribing cascade:
 - a. Blood pressure medication, edema, diuretic
 - b. Diuretic, constipation, bowel stimulant
 - c. **Too many medications and loss of appetite**
 - d. Too many medications, agitation, benzodiazepine
7. The ultimate goal of medication review to get to zero medications.
True or **False**?
8. The risks of medications for frail older adults include: (choose three answers that best apply)
 - a. **Falls**
 - b. Colour blindness
 - c. **Confusion**
 - d. **Disrupted sleep**

Medications, Pain and Mood Distress Quiz Answers

9. An example of a medication change that could *decrease* distress: (choose the best answer)
- a. Stop a statin to reduce possible leg pain and weakness
 - b. Reduce medications contributing to low sodium and delirium
 - c. Regularly schedule an analgesic for identified pain
 - d. All the above**
10. Signs of delirium can include: (choose the best answer)
- a. Psychomotor agitation
 - b. Heightened anxiety
 - c. Inability to focus or pay attention
 - d. Lethargy
 - e. All the above**

