

# Medications, Pain and Mood Distress Quiz

- 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 become 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

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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

