

Test Questions

1. Which one of the following is most true about the rule of fourths?
 - a. One-fourth of geriatric problems are iatrogenic.
 - b. Little can be done to prevent three-fourths of the problems of aging.
 - c. For every medical complaint a patient presents with, a careful assessment can identify three other diagnoses.
 - d. What used to be called normal aging can be largely explained by processes that are not normal.
 - e. A good way to conduct a geriatric assessment is to use four categories: mental, physical, psychosocial, and environmental.
2. Which one of the following is most true about aging changes?
 - a. Stage 3 and 4 sleep decreases.
 - b. Renal perfusion is not reduced, but renal function is reduced.
 - c. Hearing acuity declines beginning in middle age.
 - d. Prostatic enlargement occurs only in a minority of men.
3. An old woman who is cared for by attentive, cautious, concerned family is particularly likely to suffer from which one of the following complications after an episode of gastroenteritis?
 - a. Immobility related to overconcern
 - b. Continued vomiting caused by too-rapid feeding
 - c. Diarrhea resulting from administration of milk products
 - d. Constipation related to overtreatment of diarrhea
4. Which one of the following is most true about psychological aging?
 - a. Disengagement tends to promote better psychological health than continued engagement.
 - b. Most older adults do not worry about memory loss.
 - c. Happiness declines starting in middle age.
 - d. Ageism can lead to isolation and depression.

5. Of the following conditions, which one is most common and most often preventable?

- a. Falls
- b. Frailty
- c. Cognitive impairment
- d. Iatrogenic disease
- e. Depression

Test Question Answers

- 1. d
- 2. a
- 3. a
- 4. d
- 5. d

6. Which of the following is true about cultural humility?

- a. It is typically accomplished through professional development courses.
- b. It can only be achieved by underrepresented minority groups.
- c. It places emphasis on power imbalances and promotes interpersonal sensitivity through partnerships with and learning from patients.
- d. It rarely considers the biologic, socioeconomic, and racial impacts of upstream structural factors on health disparities.

7. Racial disparities have been a part of US healthcare for many decades. How might this impact the expectations of older Black Americans?

- a. Reluctance to participate in medical research because of unethical studies in the past
- b. Underrepresentation of Black physicians in the geriatric workforce
- c. Cumulative effects of differences in access to healthcare providers
- d. All of these

8. Dementia is a relatively common condition in the geriatric population. It becomes more common as people age. Which is the most appropriate description of “personhood” as it relates to people with dementia?
- a. Personhood is a universal concept that is defined the same way in all cultures.
 - b. The ability to relate to others as people, rather than preserving cognitive independence, is an important aspect of “personhood.”
 - c. The ability to recognize family members by name is an important aspect of “personhood.”
 - d. A deterioration in cognitive function demonstrates the decreasing value of older adults in society.
9. Immigrant families bring cultural traditions into healthcare decisions. With regard to older adults, which of the following is true?
- a. End-of-life care is particularly sensitive to cultural beliefs and should be explored carefully with the patient and family, as appropriate.
 - b. Clinicians should assume that all cultures value autonomy of the individual over the family unit.
 - c. It is considered rude to offer interpreters when talking to patients who do not speak English, when family members are present.
 - d. Most cultures outside of the United States believe that life support should not be used after age 65 years.

Test Question Answers

- 1. c
- 2. d
- 3. b
- 4. a

10. Which of the following statements is true?
- a. Decision-making capacity can be determined only by a psychiatrist.
 - b. A diagnosis of dementia precludes competent decision making.

c. Lack of decision-making capacity should not be presumed if the patient goes against medical advice.

d. Expression of a choice is sufficient to indicate decision-making capacity.

11. Which of the following statements concerning advance directives is true?

a. The Supreme Court has established a standard advance directive form.

b. The living will is used to appoint a healthcare agent to make medical decisions if an individual loses decision-making capacity.

c. A DNR order is not equivalent to a do-not-treat order.

d. Periods of acute illness are the most appropriate times to begin discussions with patients about advance directives.

12. The following are components of the open disclosure of medical error, except:

a. An apology to the injured patient.

b. An explanation of the error in lay language.

c. A best guess as to why the error occurred.

d. An assurance that a full investigation will take place.

13. Mrs. Gloth is an 84-year-old woman whom you are admitting to the nursing home. Her son takes you aside and tells you that she has metastatic ovarian cancer but has not been told the diagnosis. He asks that you not tell her, because she would “lose all hope and die.” Which of the following is an appropriate response?

a. Tell the son that you are going to immediately inform the patient of her diagnosis.

b. Tell the son that he can count on you to respect his wishes.

c. Suggest that you discuss this further after getting to know the patient and family a little better.

d. Find out from the son what the family has been telling her about her health, so you will maintain a consistent story.

14. Dr. Smith is obtaining informed consent from Mr. Jones to perform a colonoscopy, because the patient had blood in his stool

and Dr. Smith is concerned that this might indicate the presence of carcinoma of the colon. Mr. Jones is able to recite back to Dr. Smith what a colonoscopy is, how it is done, and that a colonoscopy is performed to look for cancer. He then tells Dr. Smith that he is refusing the procedure; he knows he does not have cancer because he has not experienced any bleeding. Of the following required elements for Mr. Jones's decision-making capacity, which is impaired?

- a. Understanding
- b. **Appreciation**
- c. Ability to express a choice

15. George Hall is a 91-year-old man visiting his physician to receive the results of a recent computed tomography scan of his abdomen. He is cognitively intact and still works 2 days a week. He is accompanied by his daughter Eleanor. She takes the doctor aside before the appointment and says, "Please do not tell my father any bad news. It would just kill him." If the physician were to agree, which ethical principles might this violate?

- a. Paternalism
- b. **Autonomy**
- c. Authenticity
- d. None of the above
- e. Answers a, b, and c

16. Lenore White is an 80-year-old woman who smokes two packs of cigarettes per day. She is hospitalized for pneumonia because she has presenting symptoms of cough and fever. On her second day of hospitalization, she asks the nurse to please wheel her outside so she can smoke a cigarette. The nurse feels uncomfortable agreeing to this and speaks to her clinical nurse manager. What two ethical principles are in conflict?

- a. Beneficence and community
- b. Nonmaleficence and justice
- c. Autonomy and justice

d. **Autonomy and nonmaleficence**

17. Ms. Greta Thornberg is an 88-year-old woman admitted to the hospital with a diagnosis of squamous cell carcinoma of the lung with metastases to liver. She has signed a POLST indicating that she would like no limitation on life-sustaining measures, including resuscitation, artificial feeding, antibiotics, and hydration. On the second day of her stay, she sustains a stroke, resulting in global aphasia and hemiparesis. As her clinician, in addition to instituting appropriate medical management, you contact her healthcare agent and:

- a. Inform her healthcare agent of the POLST and notify her that it cannot be changed.
- b. **Inform her healthcare agent of the POLST and notify her that the change of condition requires that the POLST be reviewed.**
- c. Ask her healthcare agent to locate her Last Will and Testament.
- d. Since she has a signed POLST, there is no reason to contact the healthcare agent.

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- 1. c
- 2. c
- 3. c
- 4. c
- 5. b
- 6. b
- 7. d
- 8. b

18. A 75-year-old man with lung cancer metastatic to the bones is receiving hospice care in his home. His predominant symptom is nociceptive and neuropathic right chest wall pain caused by a fourth rib metastasis. In recent days he has experienced a dramatic increase in his pain, and hospice staff have titrated his pain regimen to gabapentin 900 mg three times daily, extended release

morphine 100 mg three times daily, and immediate release morphine 30 mg every 2 hours as needed. The hospice nurse calls you to ask about next steps, and reports that he is still in severe pain but is now nonverbal, and his family is struggling to administer his medication orally because of his somnolence. The patient's family is exhausted. What is the best next step to assure the patient's comfort?

- a. Admit to an inpatient facility under the General Inpatient Hospice benefit.
- b. Discharge from hospice, admit to the hospital.
- c. Call 911.
- d. Instruct the family to give the immediate release morphine every 30 minutes instead of every 2 hours.

19. An 85-year-old woman with congestive heart failure, end-stage chronic obstructive pulmonary disease, chronic kidney disease stage 4, and frailty is brought to your office for a routine appointment. She has preserved cognition and her last Mini-Mental State Examination was 26. Affect is normal, and she has no history of depression. She has a loving and supportive family with whom she lives. During the visit, she shares that her quality of life is no longer acceptable, and asks about options to hasten the end of her life. Which of the following means of hastening death is legal throughout the United States?

- a. Euthanasia
- b. Palliative sedation
- c. Voluntary stopping of eating and drinking
- d. Physician-assisted death

20. A 78-year-old woman with atherosclerotic cardiovascular disease (ASCVD), peripheral vascular disease, and a history of transient ischemic attacks s/p carotid endarterectomy is seen as part of an annual wellness visit. She is advised to create an advance directive but declines, saying "I don't know who to pick" for a healthcare agent. Which one of the following is a necessary characteristic of a healthcare agent?

- a. Geographic proximity to the patient's home