Falls Module Test

Correct answers are **bolded**.

Question One

Which of the following would NOT be a common test to investigate possible causes of muscle weakness? (1 points)

Magnesium

Creatinine Kinase

**Muscle biopsy**

Parathyroid Hormone

Question Two

Which of the following medications has the GREATEST potential to increase falls risk? (1 points)

**Benzodiazepines**

Diuretics

Non-steroidal anti-inflammatories

Anti-hypertensives

Question Three

Which of the following statements regarding falls risk is true? (1 points)

Adults who take only over-the-counter medications are not at increased risk of falls

Adults who take two or more medications are at increased risk of falls

**Adults who take four or more medications are at increased risk of falls**

None of the above are true

Question Four

In Australia: (1 points)

One in five adults over the age of 65 fall each year

**One in three adults over the age of 65 fall each year**

One in ten adults over the age of 65 fall each year

One in eight adults over the age of 65 fall each year

Question Five

Which of the following is the MOST common cause of Vitamin D deficiency? (1 points)

**Insufficient exposure to sunlight**

Alcoholism

Decreased efficiency of skin conversion

Poor diet

Question Six

Which vision related factors have been shown to increase falls risk? (each 1 points)

Wearing bifocal lenses

Poor contrast-sensitivity

Visual field loss

**All of the above**

Question Seven

The optimal way to examine for orthostatic hypertension is: (1 points)

Take blood pressure while the patient is lying down, then again immediately after they stand up

**Take blood pressure while the patient is lying down, then again immediately after they stand up. Wait for 2 minutes and repeat standing blood pressure.**

Take blood pressure while the patient is lying down, then again immediately after they stand up. Wait 5 minutes then repeat entire process.

Take blood pressure while the patient is seated, then again immediately after they stand up.

Question Eight

The MOST COMMON risk factors for falls are? (1 points)

Age, Insomnia, Incontinence

Balance disorders, Multiple medical problems, Muscle weakness

Age, Diabetes, Hypotension

**Age, Multiple medical problems, Multiple medications**