Health Ageing Module Test Answers (correct answers are **bolded**)

Question One

Which of the following would be least relevant in investigating the underlying causes of insomnia? (1 points)

Thyroid Function Tests

FBC

**Cholesterol Levels**

Geriatric Depression Scale

Question Two

If an otherwise asymptomatic older person presents to you with insomnia, which of the following would be the most common diagnosis? (1 points)

Hyperthyroidism

Sleep disorder

Sleep apnoea

**Change in circadian rhythm**

Question Three

Which of the following is NOT recommended as a strategy to help overcome insomnia? (1 points)

**Participate in physical activity late in the day**

Have a nap early in the day

Have a glass of hot milk or a banana before bed

Avoid high protein foods at night

Question Four

Which of the following would be least useful in investigating unexplained muscle weakness in an older person? (1 points)

Urea and Electrolytes

**Anti-phospholipid antibodies**

Creatinine Kinase

Calcium and Vitamin D

Question Five

If an elderly person presents to you with muscle weakness and balance problems NOT associated with pain, dizziness or abnormal lab results and who is otherwise well, the most likely differential diagnosis would be...? (1 points)

Peripheral Vascular Disease

Hypokalaemia

**Ageing related changes in neuromuscular condition**

Fibromyalgia

Question Six

Which of the following is MOST commonly associated with the normal ageing process?  (1 points)

Glaucoma

Diabetic retinopathy

Cataracts

**Macular degeneration**

Question Seven

A difficulty in hearing soft, high voices, with recent onset in a person over the age of 70 is most likely explained by...?  (1 points)

Ear infection

**Presbyacusis**

Meniere's Disease

Excessive exposure to noise or trauma

Question Eight

Which of these factors causes constipation in people over the age of 75 LEAST COMMONLY? (1 points)

**Heart disease**

Medications

Iron and/or calcium supplementation

Normal change in gut motility

Overuse of caffeine

Question Nine

Constipation can cause urinary incontinence.(1 points)

**True**

False

Question Ten

In older people, diet and fluid intake are less important factors in managing constipation. (1 points)

True

**False**