Question One

Delirium develops... (1 points)

Suddenly, over hours or days (CORRECT)

Moderately, lasting for months

Slowly and insidiously over many months

In line with the ageing process

Question Two

Key signs and symptoms of delirium include... (1 points)

Loss of long term memory and cognition

Wandering and antisocial behaviour

Sudden changes in level of alertness and orientation (CORRECT)

Gradual disorientation to surroundings

Question Three

Delirium is caused by... (1 points)

The normal ageing process

A complex interaction of multiple factors (CORRECT)

Plaque-like deposits in the brain

Ischemic attacks on the brain

Question Four

Which sub-type of delirium presents with lethargy and reduced motor behaviours? (1 points)

Hyperactive type

Dementia

Sundowners

Hypoactive type (CORRECT)

Question Five

Which of the following is NOT a predisposing factor for delirium? (1 points)

Age

Physical Inactivity (CORRECT)

Visual impairment

Dementia

Question Six

Which of the following is NOT a common precipitating factor for delirium? (1 points)

Multiple medications during hospitalisations

Dehydration, Infection or Pain

Urinary retention or faecal impaction

Headaches (CORRECT)

Question Seven

A multi-modal approach to the prevention and reduction of delirium does not include which of the following? (1 points)

Adequate pain relief

Adequate fluid and electrolyte balance

Restriction of mobilisation (CORRECT)

Reduction of the use of psychoactive medication

Question Eight

Which of the following is INCORRECT regarding the use of medication in the management and treatment of delirium? (1 points)

Medication should never be used in a patient who is delirious (CORRECT)

Medication should only be used after non-pharmacological interventions have been employed and symptoms of delirium persist

Medication should only be used in the case of severe behavioural or emotional disturbances which place the patient or others at risk

Medication must be used with caution in the patient who has delirium as it can exacerbate their condition

Question Nine

Which of the following is NOT a recommended psychosocial and behavioural intervention for the management of delirium? (1 points)

Reorientation and reassurance

Use of restraints to prevent wandering (CORRECT)

Education of family and significant others

Calming, non-threatening verbal and non-verbal communications

Question Ten

The Mini Mental State Exam (MMSE) and Abbreviated Mental Test (AMT) can be used to diagnose delirium (1 points)

True

False (CORRECT)