



BRAINWARE UNIVERSITY

Term End Examination 2021 - 22

Programme – Bachelor of Science in Physician Assistant

Course Name – Geriatric

Course Code - BPA402

(Semester IV)

Time allotted : 1 Hrs.15 Min.

Full Marks : 60

[The figure in the margin indicates full marks.]

Group-A

(Multiple Choice Type Question)

1 x 60=60

Choose the correct alternative from the following :

- (1) Following are the causes of confusional state

a) Congestive heart failure	b) Hypoglycaemia
c) Broca aphasia	d) All of these
- (2) What is the most common clinical complication in a patient with advanced dementia ?

a) Physical aggression	b) Febrile episodes
c) Pneumonia	d) Eating problems
- (3) With regards to oro-pharyngeal dysphagia and the institution of tube feeding, what is False ?

a) Tube feeding helps meet nutritional requirements and can shorten the time to healing of pressure ulcers	b) Tube feeding provides no advantage in nutritional indices
c) Tube feeding does not provide a decreased risk of aspiration	d) None of these
- (4) Successful ageing is associated most highly with which of the following factors ?

a) Self rated mental health	b) Self rated physical health
c) Lack of mental illness	d) None of these
- (5) Which of the following is the greatest individual visual risk factor for falling

a) Decreased visual acuity	b) Decreased glare sensitivity
c) Impaired depth perception	d) None of these
- (6) Which of the following is most highly correlated with institutionalisation following hospitalisation

a) Being female	b) Dementia
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- c) Age > 95
- d) Delirium
- (7) Which of the following is not associated with a comprehensive geriatric assessment ?
- a) Increased cognition
- b) Increased living at home at 6 months
- c) Decreased living in residential care
- d) Decreased risk of conversion of mild cognitive impairment to Alzheimer's dementia
- (8) Which of the following drugs is most likely to cause falls in older person
- a) beta blockers
- b) benzodiazepines
- c) antidepressants
- d) None of these
- (9) Which of the following is the most effective in reducing the risk of falling of community-dwelling older persons
- a) exercise programs
- b) vitamin D supplements
- c) multifactorial interventions
- d) reducing medications that increase the risk of falling
- (10) What is the highest risk factor for delirium
- a) depression
- b) hearing impairment
- c) pre-existing cognitive impairment
- d) polypharmacy
- (11) The theory behind the aging process is
- a) Abiotrophy
- b) Hormonal theory
- c) Free radical theory
- d) Dysgenetic theory
- (12) All are increased in old age except
- a) Hematocrit
- b) GFR
- c) Impaired glucose tolerance
- d) Blood pressure
- (13) An 80-year-old woman fell and hurt her left hip. She was normally independent for activities of daily living in her own home. Her regular medication comprised Rampril 10mg, bendroflumethiazide 2.5 mg, and amlodipine 5mg od for hypertension. On examination of the left hip, there was no deformity, but it was painful to move and she was unable to weight bear. Antero posterior and lateral X Rays of the left hip were performed. These did not show any fracture, but a fracture was suspected clinically. What is the next best step in management ?
- a) CT scan of the hip
- b) MRI scan of the hip
- c) No further imaging
- d) Radio-isotope imaging of the hip
- (14) An 80-year-old woman fell and hurt her left hip. She was normally independent for activities of daily living in her own home. Her regular medication comprised Rampril 10mg, bendroflumethiazide 2.5 mg, and amlodipine 5mg od for hypertension. On examination of the left hip, there was no deformity, but it was painful to move and she was unable to weight bear. Antero posterior and lateral X Rays of the left hip were performed. These did not show any fracture. The sensitivity of plane X-rays in suspected hip fracture in the Emergency Department is 95%. Which of the following statements is most relevant to this case ?
- a) 1:20 hip fractures will be missed on plain X-ray
- b) a normal plane X-ray virtually excludes a hip fracture
- c) A test with a high sensitivity tend to have a low specificity
- d) A very sensitive test will over-diagnose suspected hip fractures
- (15) A 79-year-old woman was admitted for an elective right knee replacement under general anaesthesia. She had a past medical history of type 2 diabetes and hypertension and was taking metformin and rampril. After an uneventful surgery she was found to be confused

and disoriented the next day. Which of the following best predicts delirium over other causes of 'confusion' ?

- a) general anaesthesia
b) hallucinations
c) history of dementia
d) inattention
- (16) An 80 year old man with history of dementia was admitted from his residential home not eating and drinking and more confused than usual. On examination he appeared underweight. The only abnormal finding was a large reddish lump in his right groin which seemed to be uncomfortable when palpated. The abdomen was otherwise soft, non tender and not distended with normal bowel sounds. His investigations were normal apart from a slightly raised white cell count, His chest X-ray showed evidence of old tuberculosis. What is the most likely diagnosis ?
- a) incarcerated inguinal hernia
b) leiomyosarcoma
c) lymphoma
d) tuberculosis
- (17) Which of the following has the most sedative action among these 4
- a) diazepam
b) Scopolamine
c) All of these
d) None of these
- (18) Risk factors of delirium except
- a) dementia
b) smoking
c) all of these
d) none of these
- (19) Due to aging, there is a reduction of renal mass. The renal mass at aged
- a) 180-220
b) 140-170
c) 190-240
d) none of these
- (20) In between 40 to 80 years of age, the GFR declines with age, at the rate
- a) 1 ml/min/year
b) 1 ml/hour/year
c) 0.5 ml/min/hour
d) 2 ml/month/year
- (21) Functional changes in the respiratory system
- a) VC down RV up TLC constant
b) VC down RV down TLC raised
c) VC down RV remain same
d) VC up RV down
- (22) The lowest value of Gcs can be for
- a) E3V2M2
b) E1V1M1
c) E0VtM3
d) E0V0M0
- (23) Bright and diffuse is light used to see
- a) oculocephalic reflex
b) corneal reflex
c) papillary reaction
d) none of these
- (24) source of extrinsic damage includes
- a) UV irradiating
b) ROS
c) spontaneous hydrolysis
d) environmental toxic growth
- (25) ICMR (2010) has suggested Intakes of iron for adult men
- a) 17 mg per day
b) 25 mg per day
c) 10 mg per day
d) 30 mg per day
- (26) WHO (2002) has suggested Intakes of protein of _____ for older persons
- a) 0.9-1.1 gm/kg body weight per day
b) 0.3-1.0 gm/kg body weight per day
c) 0.7-0.9 gm/kg body weight per day
d) 1.3- 1.7 gm/kg body weight per day

- (27) Hypokalemia means
- a) $K^+ < 3.5$ mEq/L
 - b) $K^+ < 3.0$ mEq/L
 - c) $K^+ < 4.0$ mEq/L
 - d) $K^+ < 2.5$ mEq/L
- (28) In case of hypokalemia, ECG shows abnormality
- a) prominent u waves
 - b) ST depression
 - c) QT prolongation
 - d) all of these
- (29) Normal concentration of sodium in serum
- a) 135 - 145 mEq/L
 - b) 133 - 143 mEq/L
 - c) 145 - 155 mEq/L
 - d) 130 - 150 mEq/L
- (30) Normal concentration of potassium in blood
- a) 3.5 - 4.5 mEq/L
 - b) 3.5 - 5.5 mEq/L
 - c) 3 - 5 mEq/L
 - d) 4.5 - 5.5 mEq/L
- (31) Hypothermia means
- a) > 38.5 degree C
 - b) > 37.5 degree C
 - c) > 40.5 degree C
 - d) > 40 degree C
- (32) Hypoglycemia can be defined when
- a) < 45 mg/dl
 - b) < 25 mg/dl
 - c) < 60 mg/dl
 - d) < 15 mg/dl
- (33) Changes that predisposes to in continence
- a) increase in urethral closure pressure
 - b) increased in bladder contractibility and capacity
 - c) decrease in urethral closure pressure
 - d) increase in night time urine output
- (34) recommend dietary allowance for vitamin d for adults
- a) RDA 400-800 IU/day
 - b) RDA 300-1200 IU/day
 - c) RDA 700-900 IU/day
 - d) RDA 500- 1000 IU/day
- (35) Heart weight increased due to
- a) hypertrophy of the left ventricle
 - b) hypertrophy of the right ventricle
 - c) hypertrophy of the right atrium
 - d) hypertrophy of the left atrium
- (36) BMI of 32 is under
- a) grade 2 obese
 - b) grade 1 obese
 - c) overweight
 - d) grade 3
- (37) Bone forming cells are called
- a) osteoblasts
 - b) osteoclasts
 - c) chondrioblast
 - d) giant cells
- (38) A value for BMD that lies between 1 and 2.5 SD below the young adult mean value
- a) osteopenia
 - b) osteoporosis
 - c) severe osteoporosis
 - d) normal
- (39) following lab investigation help in diagnosis of osteoporosis
- a) CBC
 - b) serum calcium, phosphorus, alkaline phosphatase
 - c) serum 25 (OH), vitamin d, PTH, TSH
 - d) all of these
- (40) Non nitrogen contains compounds of Bisphophonats

- a) Etidronate
c) risedronate
- b) Pamidronate
d) alendronate
- (41) First Bisphosphonats approved by FDA
- a) Pamidronate
c) Tilu dronate
- b) alendronate
d) risedronate
- (42) In case of elderly patients pneumonia poor prognosis is same except
- a) WBC count 9000 to 12500 mm³
c) WBC count < 4000 mm³
- b) WBC count > 13000 per mm³
d) haematocrit < 30%
- (43) which organism cause infective endure cardinal
- a) staphylococcus aureus
c) all of these
- b) HACEK group organism
d) none of these
- (44) The most common symptoms of benign prostatic hypertrophy are:
- a) chills, fever, and nausea.
c) intermittency, hesitancy, and dribbling.
- b) dysuria, abdominal pain, and urinary retention.
d) nocturia, bladder spasms, and hematuria.
- (45) An effective way to adequately provide nourishment to a patient with moderate dementia is:
- a) allowing the patient to choose foods from a varied menu.
c) routinely reminding the patient about the need for adequate nutrition
- b) hand feeding the patient's favorite foods.
d) serving soup in a mug, and offering finger foods.
- (46) When teaching an independent older adult patient how to self-administer insulin, the most productive approach is to:
- a) facilitate involvement in a small group where the skill is being taught.
c) provide frequent, competitive skills testing to enhance learning.
- b) gather information about the patient's family health history.
d) use repeated return demonstrations to promote the patient's retention of the involved tasks.
- (47) Signs and symptoms of age-related macular degeneration include:
- a) decreases in depth perception.
c) distortion of lines and print
- b) deficits in peripheral vision.
d) reports of flashes of light.
- (48) A 75-year-old patient, whose marriage ended in divorce after two years, has lived alone for the past 50 years. Feeling as if life has had little meaning, the patient is terrified of living out the remaining years and of dying. The age-related issue to be resolved is:
- a) disengagement vs. activity.
c) self-determination vs. resignation.
- b) ego integrity vs. despair.
d) self-esteem vs. self-actualization.
- (49) A 79-year-old retired actor, who continues to pursue lifelong interests in swimming and singing, exemplifies which theory of aging?
- a) Continuity.
c) Disengagement.
- b) Developmental.
d) Physical.
- (50) For older adult patients who are taking neuroleptic medication, the primary concern is the development of:
- a) lethargy.
c) poor appetite.
- b) nausea.
d) tardive dyskinesia.
- (51) Ageing is associated with multiple changes in the gastrointestinal system. What is the most clinically significant change in the gastrointestinal tract with ageing?

- a) a reduction in gut motility b) a reduction in pancreatic secretions
c) a reduction in small intestinal absorptive area d) an increased prevalence of atrophic gastritis
- (52) An 86-year-old man with significant disability following a cerebrovascular event 6 months previously lived with his wife in a privately owned bungalow. He received assistance from home care services, and the occupational therapists had provided him with several aids and appliances. However, his wife contacted the general practitioner to say that she was exhausted, as she had to provide a significant amount of care for her husband, especially at night. She was otherwise well, and the patient's condition had not recently changed. What is the most appropriate next step in management?
- a) admit the husband to hospital b) community nurse to visit
c) domiciliary visit from a geriatrician d) respite care for husband
- (53) Geron is a _____ term
- a) Spanish b) Latin
c) Greek d) English
- (54) Gerontology is the study of
- a) Psychology b) Physiology
c) Aging d) Growth
- (55) Geriatric age group are
- a) ≥ 65 b) ≥ 70
c) ≥ 75 d) ≥ 60
- (56) Geriatric age group are divided in
- a) two b) three
c) four d) five
- (57) Adulthood is the age of
- a) 25 + b) 20 +
c) 30 + d) 18 +
- (58) Age of the body slow down are _____ in every 10yrs after 20yrs
- a) 0.1 b) 0.05
c) 0.15 d) 0.2
- (59) The most important glycemic index is
- a) PPBS b) FBS
c) RBS d) HBA1c
- (60) The normal range of HBA1c is
- a) ≤ 7.5 b) ≤ 6.5
c) ≤ 7 d) ≤ 8