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The CPD Management Office

Question 1-4: Common upper respiratory tract symptoms in the elderly: Page 20-23

1. Choose the incorrect statement.

- Pneumococcal disease is up to 14 times more prevalent in people older than 70 years.
- Otitis media and tonsillitis are rare in the elderly.
- Influenza and RSV are the most common viral causes for URTIs in the elderly.
- Sinusitis should be treated with antibiotics.
- Cough mixtures play an important role in the treatment of URTIs in the elderly.

2. Choose the incorrect statement.

- Influenza should be suspected if an elderly patient presents with lassitude, fever and confusion during winter.
- Influenza is more prevalent in the elderly than in other populations.
- Hospitalisation is 20 times more likely in the elderly suffering from influenza.
- Secondary bacterial pneumonia is the most common complication post influenza.
- If pneumonia is to complicate an influenza infection, viral pneumonia occurs sooner than bacterial pneumonia.

3. True or False.

- Persons who have had annual vaccinations for the prior four years are more likely to develop immunity against influenza.*
- True
 - False

4. Choose the incorrect statement

- Respiratory Syncytial Virus frequently causes lower respiratory tract symptoms like wheezes and crackles.
- There is a reduced sensitivity against RSV tests in the elderly.
- Sinusitis should be suspected if an URT-infection doesn't clear up by 10 days or worsens after seven days.
- Polyvalent pneumococcal vaccine is ineffective in 60-90% of older people.
- Post-nasal drip, reflux disease and asthma are the most common causes of a chronic cough in the elderly.

Question 5-8: Pneumonia in the elderly: Page 24-28

5. True or False.

- Worsening comorbidities, falls, confusion or new or worsening incontinence may be atypical presentations of pneumonia in the elderly.*
- True
 - False

6. True or False.

- A respiratory rate of more than 20 breaths per minute is the earliest and most reliable clinical sign when diagnosing pneumonia in the elderly and may precede other clinical signs by three to four days.*
- True
 - False

7. True or False.

- Amoxicillin-clavulanate, metronidazole and clindamycin have adequate efficacy against anaerobes.*
- True
 - False

8. True or False.

- Gati oxacin should be avoided in patients with uncontrolled glucose levels.*
- True
 - False

Question 9-12: Common skin disorders in the elderly: Page 29-34

9. Choose the incorrect statement

- Skin tags often occur on the eyelids and axillae.
- Campbell de Morgan spots are benign angiomas found on the trunk and proximal part of limbs.
- Seborrheic keratosis manifests as brown macules with a wart-like appearance.
- Actinic keratosis is a benign condition.
- Solar lentiginos may be removed for cosmetic purposes.

10. True or False

Actinic keratosis can be treated once with cryotherapy, imiquimod or 5- fluorouracil, but requires excision if it reoccurs at the same site.

- True
- False

11. Choose the incorrect statement.

- Asteatosis is pruritis associated with obstructive jaundice.
- Iron deficiency may cause pruritis.
- The diagnostic mite burrow of scabies can be found on the wrists, web spaces, posterior axillae, areolae, periumbilical skin and penile shaft.
- Drug reactions may cause pruritis.
- Bullous pemphigoid is the most common of the auto-antibody-mediated blistering conditions in the elderly.

12. True or False.

Cancerous ulcers are usually heaped up, have raised borders and are usually partially keratinised.

- True
- False

13. True or False.

Amoxicillin-clavulanate and clindamycin are effective in both staphylococcal and streptococcal causes of erysipelas.

- True
- False

Question 14-17: Preventing fractures in GP practice: Page 35-43

14. True or False.

Low bone mass, a previous fragility fracture and the propensity to fall, consistently increases the fracture risk of all patients.

- True
- False

15. True or False

The "get up and go" test is a valuable tool to determine if patients should undergo further investigation.

- True
- False

16. Choose the incorrect statement

- Calcium supplementation plays a limited role in prevention of fractures.
- Vitamin D supplementation may be indicated in patients over the age of 70 years who are not exposed to sunlight.
- Weight-bearing exercises are more beneficial than non-weight-bearing exercises in preventing fractures.
- Moderate alcohol use decreases bone mineral density.
- Patients may experience hot flushes when treated with SERMs.

17. True or False.

Smoking reduces the age at which menopause occurs, increases the metabolism of oestrogen and depresses osteoblastic activity.

- True
- False

Question 18-20: Management of hypertension in older persons: Page 44-49

18. True or False.

ACE-inhibitors and ARB's are usually well-tolerated by older patients.

- True
- False

19. True or False.

Calcium channel blockers are effective in salt-sensitive hypertensives, such as blacks and older persons.

- True
- False

20. True or False

The ASCOT trial showed a slight increase in mortality and prevalence of type two diabetes in the beta-blocker (atenolol) and thiazide (bendro umethiazide) combination arm when compared to the combination of the calcium channel blocker (amlodipine) and ACE-inhibitor (lisinopril) combination.

- True
- False