Managing depression in older people

TEST YOUR KNOWLEDGE BY COMPLETING THIS MULTIPLE-CHOICE QUIZ

1. What percentage of people are estimated to be living with depression in UK care homes?
   a) 4%
   b) 8%
   c) 32%
   d) 40%

2. Depression is commonly associated with what long-term condition?
   a) Acute kidney injury
   b) Diabetes
   c) Urinary tract infection
   d) Dermatitis

3. A barrier to older people seeking treatment for depression is:
   a) Stigma
   b) Belief that symptoms are a consequence of ageing
   c) Ageist attitudes of health professionals
   d) All of the above

4. Which of the following statements about primary care networks is true?
   a) Keeping people out of hospital is the focus
   b) Reactive provision of GP appointments is a core aim
   c) Social care services will be excluded from networks
   d) Speedy hospital admission is the focus

5. Which of the following is not one of the core symptoms of depression?
   a) Weight change
   b) Low mood
   c) Loss of pleasure in activities
   d) Reduced energy levels

6. A therapeutic relationship is characterised by:
   a) Indifference
   b) Trust
   c) Longevity
   d) Apathy

7. A person may be depressed if they:
   a) Speak fast
   b) Move quickly
   c) Speak in a flat monotone
   d) Dress smartly

8. An intervention at step 1 of NICE’s stepped-care model for depression is:
   a) Electroconvulsive therapy
   b) Medication
   c) Inpatient care
   d) Assessment

9. What percentage of older people with depression are referred to specialist mental health services?
   a) 6%
   b) 12%
   c) 50%
   d) 60%

10. NICE recommends which class of antidepressant as first-line treatment?
    a) Tricyclic
    b) Selective serotonin reuptake inhibitor
    c) Monoamine oxidase inhibitor
    d) Serotonin and norepinephrine reuptake inhibitor

How to complete this assessment
This multiple-choice quiz will help you test your knowledge. It comprises ten multiple choice questions broadly linked to the previous article. There is one correct answer to each question. You can read the article before answering the questions or attempt the questions first, then read the article and see if you would answer them differently.

You may want to write a reflective account. Visit rcni.com/reflective-account

Go online to complete this multiple-choice quiz and you can save it to your RCNi portfolio to help meet your revalidation requirements.

Go to rcni.com/cpd/test-your-knowledge

This multiple-choice quiz was compiled by Lisa Berry

The answers to this quiz are:

This activity has taken me __ minutes/hours to complete. Now that I have read this article and completed this assessment, I think my knowledge is:

Excellent □  Good □  Satisfactory □  Unsatisfactory □  Poor □

As a result of this I intend to: ____________________________________________________________