Assessment and management of older patients with delirium in acute settings

TEST YOUR KNOWLEDGE BY COMPLETING THIS MULTIPLE-CHOICE QUIZ 7

1. A hallmark of delirium is:
   a) Acute onset
   b) Defined course
   c) Coherent state of consciousness
   d) Chronic onset

2. After surgery, delirium affects what percentage of older patients:
   a) 10%
   b) 30%
   c) 50%
   d) 65%

3. A common risk factor for delirium is:
   a) Age 65 years or older
   b) Dementia
   c) Dehydration
   d) All of the above

4. A characteristic of hypoactive delirium is:
   a) Raised heart rate
   b) Withdrawal
   c) Shouting
   d) Screaming

5. A clinical assessment of a patient with delirium can be made using:
   a) 4AT
   b) PINCH ME
   c) Hospital Elder Life Program
   d) This is Me booklet

6. A score of 4 on the 4AT suggests the patient has:
   a) Possible delirium with or without cognitive impairment
   b) Possible mild cognitive impairment
   c) No severe cognitive impairment
   d) No delirium

7. Staff can minimise the adverse environmental effects of busy acute wards by:
   a) Encouraging mobilisation
   b) Prompting intake of drinks
   c) Providing patients with earplugs at night
   d) Optimising pain control

8. In the mnemonic PINCH ME, ‘M’ represents:
   a) Mobilisation
   b) Multidisciplinary
   c) Medication
   d) Malnourished

9. Involvement of families in the care of patients with delirium is important because they can:
   a) Provide a baseline of patients’ usual behaviour
   b) Highlight if patients’ behaviour has changed
   c) Provide information about the patient that can promote person-centred care
   d) All of the above

10. A clinical outcome of delirium is:
    a) Reduced hospital stay
    b) Death
    c) Decreased risk of admission to long-term care
    d) Reduced risk of dementia

How to complete this quiz
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. When you have completed the questionnaire, cut out this page and add it to your professional portfolio. You can record the amount of time it has taken you to complete it. 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:

1.a, 2.c, 3.d, 4.b, 5.a, 6.a, 7.c, 8.c, 9.d, 10.b