

# Care CEUs

## Navigating Depression in Older Adults

**1. Which of the following symptoms is most closely associated with atypical depression in older adults?**

- A. Improved mood in response to positive events
  - B. Persistent sadness regardless of circumstances
  - C. Loss of interest in activities once enjoyed
  - D. Extreme guilt and worthlessness
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**2. What factor is NOT typically considered a key risk for depression among seniors?**

- A. Chronic illness
  - B. Functional limitations
  - C. Increased financial wealth
  - D. Social isolation
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**3. When using Selective Serotonin Reuptake Inhibitors (SSRIs) to treat depression in older adults, what is a primary consideration for their use?**

- A. They increase serotonin and dopamine levels simultaneously.
  - B. They generally have fewer side effects compared to other antidepressants.
  - C. They require strict dietary restrictions.
  - D. They work immediately with full effectiveness.
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**4. Which non-pharmacological intervention emphasizes the mind-body connection and can be particularly useful for managing depression in older adults?**

- A. Art therapy
  - B. Meditation
  - C. Exercise programs
  - D. Social groups
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**5. What is a recommended approach to reduce social isolation and foster a sense of community among nursing home residents?**

- A. Mandating daily exercise participation
  - B. Prescribing more antidepressant medications
  - C. Facilitating one-on-one interactions based on residents' preferences
  - D. Encouraging competitive activities
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**6. What is a common atypical symptom of depression in older adults that differs from younger individuals?**

- A. Feelings of sadness or anxiety
  - B. A sense of numbness or lack of interest in activities
  - C. Difficulty concentrating or remembering
  - D. Changes in appetite
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**7. Which of the following interventions is NOT a non-medical approach for managing depression in older adults?**

- A. Psychotherapy
  - B. Mindfulness-based therapies
  - C. Antidepressant medications
  - D. Group therapy
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**8. Why is it essential to provide cultural sensitivity training to staff in nursing homes?**

- A. To ensure compliance with legal requirements
  - B. To enhance understanding of diverse cultures and perspectives
  - C. To reduce costs associated with care
  - D. To increase staff's medical knowledge
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**9. Which depression assessment tool is specifically designed for individuals with dementia?**

- A. Geriatric Depression Scale (GDS)
  - B. Patient Health Questionnaire (PHQ-9)
  - C. Hamilton Depression Rating Scale (HAM-D)
  - D. Cornell Scale for Depression in Dementia (CSDD)
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**10. What is a critical role that staff can play in recognizing depression in older adults?**

- A. Prescribe medications for depression
  - B. Conduct regular check-ins with residents to monitor their mood and well-being
  - C. Request additional funding for the nursing home
  - D. Review the resident's financial situation
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**11. Which of the following is a key symptom of depression in older adults?**

- A. Increased physical activity
  - B. Improved cognitive function
  - C. Decreased interest in once-enjoyed activities
  - D. Enhanced social interactions
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**12. Which factor is most likely to increase the risk of depression in seniors?**

- A. Chronic pain management
  - B. Strong social support
  - C. Regular physical exercise
  - D. Social isolation
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**13. What was a primary intervention utilized by the staff to address Mrs. Smith's depression in her case study?**

- A. Having extensive medical treatments
  - B. Engaging her in individualized therapy sessions
  - C. Encouraging participation in group activities and social interactions
  - D. Administering increased medication dosages
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**14. What is a potential risk associated with the use of medication for treating depression in older adults?**

- A. Increased appetite
  - B. Potential drug interactions with existing medications
  - C. Enhanced physical mobility
  - D. Short-term memory improvement
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**15. Which non-medical intervention was NOT included in Sarah's wellness initiative for combating depression in residents?**

- A. Exercise programs like yoga and tai chi
  - B. Regular group fitness classes
  - C. Administering mood-stabilizing medication
  - D. Mindfulness and meditation practices
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**16. Which symptom is most characteristic of Seasonal Affective Disorder (SAD) in older adults?**

- A. Increased appetite and weight gain
  - B. Decreased interest in previously enjoyable activities
  - C. Insomnia and restlessness
  - D. Paranoia and delusions
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**17. Which factor is NOT typically associated with an increased risk of depression in older adults?**

- A. Chronic illness
  - B. Physical exercise
  - C. Social isolation
  - D. Alcohol use
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**18. In the context of treating depression in older adults, why is it important to consider potential medication side effects?**

- A. Because all medications have the same side effects
  - B. Older adults may refuse to take any medication
  - C. Older adults may experience unique side effects and interactions
  - D. Medications are not effective for older adults
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**19. What is a key component of implementing effective Quality Assurance and Performance Improvement (QAPI) programs for enhancing depression care in a nursing home?**

- A. Collecting data exclusively from the management team
  - B. Focusing only on immediate interventions
  - C. Utilizing feedback, data systems, and monitoring
  - D. Avoiding changes to prescribed medication regimens
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**20. When implementing non-medical interventions for managing depression in older adults, which of the following is a crucial consideration?**

- A. Avoiding social activities to prevent overstimulation
  - B. Focusing on only one type of activity for all residents
  - C. Offering a variety of activities tailored to individual preferences
  - D. Limiting residents' interaction with technology
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