

# Cheap Nursing CEUs

## Navigating Depression in Older Adults

**1. Which symptom is NOT commonly associated with depression in older adults?**

- A. Persistent sadness
  - B. Increased appetite
  - C. Enhanced cognitive function
  - D. Difficulty concentrating
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**2. Which factor is most likely to increase the risk of depression in seniors?**

- A. Frequent physical activity
  - B. Life transitions such as relocation
  - C. Strong social support networks
  - D. Participation in community events
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**3. Which form of depression is characterized by improved mood in response to positive events?**

- A. Major depressive disorder
  - B. Atypical depression
  - C. Persistent depressive disorder
  - D. Seasonal affective disorder
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**4. When considering medication for depression in older adults, which approach is NOT recommended?**

- A. Monitoring for potential side effects
  - B. Ignoring other health conditions
  - C. Regularly reviewing the medication efficacy
  - D. Collaborating with healthcare providers
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**5. Which non-medical intervention might benefit a resident who struggles with depression due to social isolation?**

- A. Medication adjustment
  - B. Deep breathing exercises
  - C. Art therapy
  - D. Increasing caloric intake
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**6. When recognizing signs of depression in older adults, why is active listening crucial for staff?**

- A. It allows staff to document every spoken word of the resident.
  - B. It ensures that staff feel included in the resident's daily routine.
  - C. It helps staff accurately gauge residents' emotional states and build trust.
  - D. It provides a platform for staff to offer personal anecdotes.
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**7. Which factor is crucial to consider when choosing appropriate medication for depression in older adults?**

- A. The medication's packaging and label aesthetics.
  - B. The potential side effects and interactions of the medication.
  - C. The preferred brand of medication by other residents.
  - D. The color of the medication tablets or capsules.
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**8. What is a common barrier to depression treatment among older adults from diverse cultural backgrounds?**

- A. A universal understanding of mental health across all cultures.
  - B. The consistency in the expression of mental health symptoms across cultures.
  - C. Cultural stigma associated with mental health issues in some communities.
  - D. The widespread accessibility of language services for mental health discussions.
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**9. How do theme-based activity programs benefit residents with depression?**

- A. They highlight the differences among residents.
  - B. They require minimal interaction, focusing on solitary activities.
  - C. They foster excitement, social interaction, and cultural appreciation.
  - D. They restrict residents' choices to a single type of activity each day.
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**10. In the case study of Mrs. Marjorie Smith, what was the key factor that led to her gradual recovery from depression?**

- A. The consistent use of pharmacological interventions alongside therapy.
  - B. The proactive physical rehabilitation plan preventing any social interactions.
  - C. The supportive environment that emphasized social connections and allowed limited autonomy.
  - D. The exclusive focus on her physical health without attention to mental well-being.
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**11. What key symptoms might indicate depression in older adults, as observed in Mr. Jacobson's case?**

- A. Enthusiasm for social activities
- B. Improved sleep patterns

- C. Withdrawal from social activities
  - D. Increased motivation
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**12. Which of the following factors could increase the risk of depression in seniors like Mr. Jacobson?**

- A. Regular participation in group activities
  - B. Physical limitations and cognitive changes
  - C. Having a supportive social network
  - D. Consistent engagement with hobbies
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**13. In managing depression among older adults, when might the use of medication be most appropriate as seen in the case of Mr. Jacobson?**

- A. When lifestyle modifications are ineffective
  - B. When medications interact negatively with other treatments
  - C. When emotional support alone improves all symptoms
  - D. When non-medical interventions are sufficient
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**14. What aspects of Sarah's wellness programs for residents could effectively alleviate depression symptoms?**

- A. Rigid schedules for activities
  - B. Limited exercise options
  - C. Social engagement and mindfulness
  - D. Isolated activities without interaction
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**15. What essential role does a pharmacist play in preventing medication-induced depression, as illustrated by Mr. Thomas's situation?**

- A. Prescribing new medications without consultation
  - B. Ignoring potential drug interactions
  - C. Monitoring side effects and advising on alternatives
  - D. Discontinuing medications abruptly
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**16. What symptom combination is most indicative of depression in older adults with dementia, often leading to it being overlooked, as seen in Martha's case study?**

- A. Memory loss and disorientation
  - B. Irritability and increased social engagement
  - C. Withdrawal from social interactions and decreased interest in activities
  - D. Increased appetite and improved sleep quality
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**17. Which factor could potentially increase the risk of depression among seniors during the winter months, as demonstrated in the SAD case study?**

- A. Increased physical activity
  - B. Decreased sunlight exposure and social withdrawal
  - C. Abundance of social gatherings
  - D. Improved connections with family members
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**18. In the context of evaluating depression treatment in older adults, what should a nursing home prioritize to ensure the effective use of medications?**

- A. Focusing solely on medication adherence
  - B. Monitoring potential side effects and drug interactions
  - C. Increasing the dosage of all medications
  - D. Discontinuing all medications for anxiety
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**19. Which non-medical intervention was utilized to address Seasonal Affective Disorder in the nursing home residents and shows effectiveness by improving mood and engagement?**

- A. Increased exposure to artificially heated environments
  - B. Use of light therapy boxes
  - C. Complete isolation from external stimuli
  - D. Excessive caffeine intake
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**20. What strategy should an interdisciplinary team use to effectively integrate depression care into a resident's overall care plan, as suggested in the QAPI program?**

- A. Relying solely on physician recommendations without team input
  - B. Implementing data-driven decision-making from various sources
  - C. Focusing exclusively on resident autonomy with no data consideration
  - D. Ignoring feedback from nursing staff
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