

UNIVERSITY OF BOLTON
SCHOOL OF HEALTH AND HUMAN SCIENCES
FdA HEALTH AND SOCIAL CARE
SEMESTER ONE EXAMINATION 2018/2019
MANAGEMENT OF LONG-TERM CONDITIONS
MODULE NO: HSC5114/HSC5014

Date: Monday 10 December 2018

Time: 1.30 pm

INSTRUCTIONS TO CANDIDATES:

There are 70 questions.

Answer ALL questions.

Marks for parts of questions are shown in brackets.

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Long Term Conditions

1. How many people are reported to be living with a long-term condition in the United Kingdom?

- A 12.2 million
- B 21 million
- C 15.4 million
- D 17.4 million

1 mark

2. Name two key facets of the 'NHS and Social Care Long Term Conditions Model'?

2 marks

3. List three key skills patients require to enable them to self-manage their long-term condition.

3 marks

Heart Failure

4. How is Heart failure defined?

1 mark

5. List one cause of heart failure.

1 mark

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6. The term to describe the volume of blood that stretches the ventricular muscle fibres before contraction is:

- A Contractility
- B Pre-load
- C After-load
- D Heart rate

1 mark

7. List two tests that will help to diagnose heart failure

2 marks

8. How do diuretics help to relieve the symptoms of heart failure?

1 mark

9. List one of the reasons why a patient with heart failure may be at greater risk of developing pressure ulcers?

1 mark

10. Using the New York Heart Association Classification of heart failure a patient who has some symptoms during or after normal activity and mild physical limitations is said to have which class of heart failure?

- A Class 1
- B Class 2
- C Class 3
- D Class 4

1 mark

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11. List two lifestyle interventions that can improve the management of heart failure?

2 marks

Epilepsy

12. A person with epilepsy has a mortality rate that is

- A The same as the general population
- B 1 to 2 times greater than the general population
- C 2 to 3 times greater than the general population
- D 3 to 4 times greater than the general population

1 mark

13. Explain what the term symptomatic epilepsy means

- A Epilepsy that has a known cause
- B Epilepsy as a result of birth problems
- C Epilepsy that is caused by a head injury
- D All of the above

1 mark

14. List two of the most likely causes of childhood epilepsy

2 marks

15. A seizure that starts in one part of the brain and spreads to the whole brain is known as a

- A Primary generalized seizure
- B Simple partial seizure
- C Complex partial seizure
- D Secondary generalized seizure

1 mark

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16. Give an example of two questions you may ask some-one who has witnessed a seizure.

2 marks

17. What is a tonic clonic seizure?

1 mark

18. Define 'Status Epilepticus'.

1 mark

19. Which of the following tests will provide the best images for use in epilepsy diagnosis?

- A Computerised Tomography
- B Skull X-ray
- C Electroencephalogram
- D Magnetic Resonance imaging

1 mark

20. List three ways a patient with epilepsy may improve their safety in their social and leisure life?

3 marks

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Multiple Sclerosis

21. How is Multiple Sclerosis defined? **1 mark**
22. What is the least most common form of multiple sclerosis?
A Progressive relapsing
B Secondary progressive
C Relapsing remitting
D Primary progressive **1 mark**
23. List three of the most common symptoms of multiple sclerosis. **3 marks**
24. A test that records the nervous systems electrical responses to the stimulation of specific sensory pathways is known as. **1 mark**
25. Multiple sclerosis is characterised by
A A loss of nerve cells
B An excessive amount of myelin
C A loss of myelin sheath
D All of the above **1 mark**
26. List two professionals that might be involved in the care of a patient with multiple sclerosis. **2 marks**

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27. Natalizumab is an example of what type of drug?

1 mark

28. Intermittent self-catheterization can be used by people with MS who have

- A Bladder spasticity
- B Constipation
- C Renal failure
- D Urinary tract infection

1 mark

29. Give two examples of the psychological impact of living with multiple sclerosis.

2 marks

Diabetes

30. What type of diabetes often develops when the body does not produce enough insulin?

1 mark

31. Glucagon has the effect of:

- A Lowering blood pressure
- B Lowering blood glucose
- C Raising blood glucose
- D Raising blood pressure

1 mark

32. Give three examples of the signs and symptoms of Diabetes Mellitus.

3 marks

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33. Does the drug glibenclamide...

- A Stop the liver from making extra sugar when it is needed
- B Helps the pancreas make more insulin
- C Causes swelling from water retention
- D Rarely causes low blood sugar

1 mark

34. Chronic complication of diabetes can be categorised into

- A macrovascular and microvascular
- B Hypoglycaemia and hyperglycaemia
- C Hypolipidaemia and hyperlipidemia
- D None of the above

1 mark

35. Why is short acting insulin used before a meal?

1 mark

36. Give two examples of macro vascular disease in diabetes?

2 marks

37. Which of the following is most often associated with type Two diabetes:

- A Absolute failure of the body to produce insulin
- B Thin, young patients
- C Insulin resistance
- D Insulin therapy

1 mark

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38. What is the name of the blood test that measures blood glucose in a person who has not eaten anything for 8 hours?

1 mark

39. Provide two examples of the dietary recommendations you would give to a person who has diabetes.

2 marks

40. A patient attends for his regular diabetic review. List three things that you would monitor.

3 marks

41. In which group of people is type two diabetes becoming more common?

1 mark

Rheumatoid Arthritis

42. Approximately how many people in the UK does Rheumatoid Arthritis affect?

1 mark

43. Polyarthritis means:

- A Symmetrical joint involvement
- B Single joint involvement
- C Multiple joint involvement
- D Large joint involvement

1 mark

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44. In patients with rheumatoid arthritis which parts of the tissues become inflamed?

- A Synovium
- B Bone
- C Compact bone
- D Periosteum

1 mark

45. Men or women are affected most by Rheumatoid Arthritis.

1 mark

46. List three clinical features of rheumatoid arthritis.

3 marks

47. Disease modifying anti rheumatic drugs (DMARD) are used to:

- A Reduce the need for corticosteroids
- B Suppress the disease process and prevent the development of erosions
- C Suppress the C reactive protein
- D None of the above

1 mark

48. List two management strategies for a patient with rheumatoid arthritis.

2 marks

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49. Which professional is best placed to advise on hydrotherapy?

- A Physiotherapist
- B Doctor
- C Nurse
- D Occupational therapist

1 mark

50. Give three examples of what should be included in a patient education programme for patients with rheumatoid arthritis.

3 marks

51. List one of the blood tests that may be taken to help diagnose Rheumatoid Arthritis?

1 mark

Chronic Obstructive Pulmonary Disease

52. Chronic obstructive pulmonary disease (COPD) is associated with

- A Acute and fully reversible airflow limitation
- B Non fully reversible airflow limitation
- C Asthma
- D All of the above

1 mark

53. What percentage of smokers will develop COPD?

- A 10-15%
- B 15-20%
- C 25-30%
- D 40-50%

1 mark

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54. COPD is predominantly associated with two conditions, name one.

1 mark

55. If a person is 'purse-lipped' breathing state the 2 reasons for this.

2 marks

56. A spirometry test what is measuring what?

1 mark

57. List two symptoms associated with COPD.

2 marks

58. Give two examples of professionals who may be involved in the management of COPD.

2 marks

59. What is the maximum number of hours a day a patient is able to inhale oxygen if this is required at home?

- A 4
- B 12
- C 15
- D 24

1 mark

60. Ipratropium is an example of a:

- A A long acting anticolnergic bronchodilator
- B A short acting anticolnergic bronchodilator
- C A long acting beta 2 antagonist bronchodilator
- D A short acting beta 2 antagonist bronchodilator

1 mark

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61. What is the name given to the piece of equipment that ensures a patient with COPD receives the maximum content of an inhaler when used?

1 mark

62. A person with COPD who stops smoking can expect:

- A To recover lung function
- B Continue to progress at the same rate
- C To slow the progression of COPD to that of a non-smoker
- D A sudden decline followed by an improvement

1 mark

63. Give two examples of pulmonary rehabilitation.

2 marks

Dementia

64. Define Dementia.

1 mark

65. List two types of dementia.

2 marks

66. The diagnosis rate for dementia in England is approximately.

- A 60%
- B 55%
- C 50%
- D 45%

1 mark

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67. The occipital lobe of the brain is associated with:
- A Perceptions and making sense of the world
 - B Movement
 - C Memory, understanding and language
 - D Vision
- 1 mark**
68. List one symptom associated with Dementia with Lewy Bodies.
- 1 mark**
69. The Dementia Strategy has key priorities, name two.
- 2 marks**
70. State two risk factor associated with dementia.
- 2 marks**

END OF QUESTIONS