**Ch13 Public health and ageing - answers**

**Self assessment questions - MCQs**

Question 1 of 5

Answer D

1. Increase in the age of retirement - Incorrect, People remain in work longer hence lower dependency
2. Decrease in the birth rate - Incorrect, this would reduce the dependency ratio. Fewer children hence lower dependency however if death rate stable or falls dependency will increase as population ages
3. Increase in the adult mortality rate- Incorrect, Fewer people live into old age hence lower dependency
4. Decrease in the childhood mortality rate - Correct More children hence initially higher dependency
5. None of the above - Incorrect

Question 2 of 5

Answer A

1. Increase in fat mass - Correct. In old age, overall weight loss with muscle mass lost in greater proportion to fat mass, hence fat mass increases
2. Increase in blood pressure. - Incorrect. Blood pressure does not increase with age per se – important finding of INTERSALT studies
3. Increase in cataracts.- Incorrect. Cataracts common in old age but related to lifetime exposures to sunlight and similar factors rather than age per se. Pupil size and accommodation decrease as direct consequence of ageing.
4. Increase in perception of high frequency tones - Incorrect. With age, perception of high frequency tones lost as well as ability to discriminate between similar pitches
5. None of the above - Incorrect

Question 3 of 5

Answer B

1. Smoking cessation. Incorrect, this would have an impact on lung cancer, chronic obstructive pulmonary disease and heart disease
2. Multivitamin supplementation. Correct. Ensuring adequate nutrition is important in ensuring wellbeing but vitamin supplementation is not proven to have a substantial effect
3. Physical activity. Incorrect. Remaining physically active has a positive impact on mental and physical health
4. Medication review. Incorrect. Some medications can increase risk of ill health such as psychotropics and increased rate of falls.
5. None of the above will prevent illness in older people - Incorrect

Question 4 of 5

Answer D

1. 10 years - Incorrect
2. 15 years - Incorrect
3. 20 years - Incorrect
4. 30 years - Correct, from 50 years to just over 80 years
5. 45 years - Incorrect

Question 5 of 5

Answer A

1. Walking across a room - Correct - this is a basic activity of living, required to self care. Instrumental activities of daily living are not necessary for self care but needed to live independently in a community
2. Preparing a hot meal - Incorrect - this is an instrumental activity of daily living, not necessary for self care but needed to live independently in a community
3. Shopping for groceries - Incorrect - this is an instrumental activity of daily living, not necessary for self care but needed to live independently in a community
4. Making telephone calls - Incorrect - this is an instrumental activity of daily living, not necessary for self care but needed to live independently in a community
5. Taking medications - Incorrect - this is an instrumental activity of daily living, not necessary for self care but needed to live independently in a community

**Self assessment questions - SAQs**

1 What are the potential impacts of the anticipated increase in the dependency ratio?

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| A high dependency ratio has the potential to limit the available funds for pensions and health care of the elderly, and can have a profound impact on societies especially those in developing countries where the rate of ageing has been faster than in the West |

2 List the three main ways in which aging is related to ill health

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| * Some conditions are associated with ageing in that they can be expected to occur with all individuals as they age. High-frequency hearing, for example, declines predictably with age. * Ill health can occur in the elderly because resilience decreases with age. Hence a fall in an elderly person is more likely to lead to fractures because of bone loss than in a young person. * Some diseases are very closely associated with ageing such as Alzheimer’s disease. |

3 Define impairment, disability and handicap

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| In 1980 the World Health Organization published the International Classification of Impairments, Disabilities and Handicaps that provides a conceptual framework for disability which is described in three dimensions – impairment, disability and handicap:  **Impairment.** In the context of health experience an impairment is any loss or abnormality of psychological, physiological or anatomical structure or function.  **Disability.** In the context of health experience a disability is any restriction or lack (resulting from an impairment) of ability to perform an activity in the manner or within the range considered normal for a human being.  **Handicap.** In the context of health experience a handicap is a disadvantage for a given individual, resulting from an impairment or a disability, that limits or prevents the fulfilment of a role that is normal (depending on age, sex, and social and cultural factors) for that individual. |

4 How might a longer life span affect time spent in ill health?

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| There are a number of scenarios for how a longer life span might affect time spent in ill health with the worst being the extension of this time (example I on the diagram). Ideally, life would be extended and morbidity compressed (scenario IV).  Scenarios for future morbidity and longevity  Description: http://endoflife.stanford.edu/M00_overview/media/morbid.jpg |

5 Give some examples of primary, secondary and tertiary prevention relevant to older age.

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| You might have thought of the following:  Primary prevention   * Keeping physically active * Not smoking * Maintaining a healthy weight * Maintaining blood pressure within clinically acceptable limits * Ensuring adequate nutrition * Ensuring social engagement and intellectual stimulation * Flu vaccination     Secondary prevention   * Cancer screening such as colorectal and breast   Tertiary prevention   * Diabetes management to prevent limb loss and blindness * Rehabilitation from falls injury and falls prevention after a fall (such reduced psychotropic medication and anti-slip footwear) |