

UNIVERSITY OF BOLTON

FACULTY OF HEALTH AND WELLBEING

FdA HEALTH AND SOCIAL CARE
FdA HEALTH AND SOCIAL CARE ASSISTANT
PRACTITIONER

SEMESTER THREE EXAMINATION 2018/2019

MANAGEMENT OF LONG TERM CONDITIONS

MODULE NO: HSC5014/HSC5114

Date: Tuesday 4 June 2019

Time: 1.30 pm

INSTRUCTIONS TO CANDIDATES:

There are 70 questions.

Answer ALL 70 questions.

Marks for 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 11.6 million
- B 18 million
- C 16.4 million
- D 15.4 million

1 mark

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

- A Developing local ways of supporting self-care
- B Encourage more reliance on healthcare professionals
- C Expanding the expert patient programme and other self-management programmes.
- D Reduce appointments

2 marks

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

2 marks

Heart Failure

4. Identify two causes of heart failure.

2 marks

5. Name one test that will help to diagnose heart failure.

1 mark

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6. Why might a patient with heart failure be at greater risk of developing pressure ulcers?

- A. Lethargy
- B. Oedema
- C. Dyspnea
- D. All of the above

1 mark

7. Identify three lifestyle interventions that can improve the management of heart failure.

3 marks

8. Heart Failure is:

- A The valves in the heart become damaged
- B The hearts electrical activity stops working
- C The cardiac muscle does not pump effectively
- D The hearts inability to pump enough blood to meet metabolic demand

1 mark

9. What is the term to describe the resistance the ventricles have to overcome to eject blood during contraction?

1 mark

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10. How do beta-blockers help to relieve the symptoms of heart failure.

1 mark

11. Using the New York Heart Association Classification of heart failure a patient who has significant symptoms at rest, severe to total physical activity limitations is said to have which class of heart failure?

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

1 mark

Epilepsy

12. Explain what the term idiopathic epilepsy means?

1 mark

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

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13. A seizure where there is symmetrical spread of electrical activity through the brain is known as?

1 mark

14. What is a tonic 'absence' seizure?

1 mark

15. Which of the following are diagnostic investigations for Epilepsy?

- A Video telemetry
- B Electroencephalogram (EEG)
- C Magnetic Resonance imaging (MRI)
- D All of the above

1 mark

16. List two ways a patient with epilepsy may improve their safety in their home?

2 marks

17. What best describes 'status epilepticus'?

- A A seizure lasting an hour or longer
- B One seizure follows another without recovery of consciousness in between
- C Several seizures occurring in a 24-hour period
- D One seizure follows another with brief episodes of recovery

1 mark

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18. List three questions you may ask some one who has witnessed a seizure.

3 marks

19. List two systemic causes of seizures:

2 marks

20. Which of the following is true of the prevalence of Epilepsy?

- A Epilepsy most commonly starts in children or people older than 60
- B Epilepsy is less common in people with a Learning Disability
- C Approximately 500'000 people in the UK have Epilepsy
- D All of the above

1 mark

Multiple Sclerosis

21. Multiple sclerosis is characterized by?

- A A loss of myelin sheath
- B It is an autoimmune disorder
- C Problems with movement, sensation and bodily functions
- D All of the above

1 mark

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22. A test that records the nervous systems electrical responses to the stimulation of specific sensory pathways is known as?

- A MRI
- B CTI
- C VEP
- D EEG

1 mark

23. MS affects only adults: True or False?

1 mark

24. List two of the most common symptoms of multiple sclerosis.

2 marks

25. How does Beta-interferon work?

1 mark

26. List three professionals that might be involved in the care of a patient with multiple sclerosis.

3 marks

27. What is the type of MS that is characterized as having no distinct relapses or remissions?

- A Progressive relapsing
- B Secondary progressive
- C Relapsing remitting
- D Primary progressive

1 mark

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28. State one criterion for diagnosing MS?

1 mark

29. Give two examples of the psychological impact of living with MS.

2 marks

Diabetes Mellitus (DM)

30. Define DM.

1 mark

31. What age is it more common to be diagnosed with Type 1 DM?

1 mark

32. Insulin has the effect of:

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

1 mark

33. What is most associated with Type 2 DM?

1 mark

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

3 marks

35. The most common medication used in Type 2 DM is?

1 mark

36. Provide two examples of the dietary recommendations you would give to a person who has DM?

2 marks

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

3 marks

38. If Hyperglacemia is left untreated what is the name given to this life-threatening condition?

1 mark

39. Chronic complication of diabetes can be categorised into?

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

1 mark

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40. What type of insulin would be used before a meal?

- A Long-acting
- B Rapid-acting
- C Mixed-acting
- D Short-acting

1 mark

41. State one factor that may prevent a child using an insulin pump.

1 mark

Rheumatoid Arthritis (RA)

42. RA is more common in?

1 mark

43. If a child is diagnosed with Juvenile RA this is classed as:

- A Auto-immune
- B Idiopathic
- C Associated with an increased chance of developing RA
- D All of the above

1 mark

44. List three clinical features of rheumatoid arthritis.

3 marks

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45. According to the National Rheumatoid Arthritis Society (NRAS) UK, what is the current estimated figure of people in the UK diagnosed with RA?

- A 500.000
- B 600.000
- C 700.000
- D 800.000

1 mark

46. Define Polyarthritis.

1 mark

47. What are Disease Modifying Anti-rheumatic Drugs (DMARD) used for?

1 mark

48. In patients with RA which parts of the tissues become inflamed?

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

1 mark

49. List three management strategies for a patient with RA.

3 marks

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

3 marks

51. Which professional is best placed to advise on positive coping strategies?

- A Consultant
- B Physiotherapist
- C Occupational Therapist
- D All of the above

1 mark

Chronic Obstructive Pulmonary Disease (COPD)

52. COPD is associated with?

- A Asthma and Emphysema
- B Emphysema and Chronic Bronchitis
- C Chronic Bronchitis and Pulmonary Fibrosis
- D Pulmonary Fibrosis and Lung Cancer

1 mark

53. Define COPD.

1 mark

54. List three symptoms associated with COPD.

3 marks

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55. 'Purse-lipped' breathing can occur in a person with COPD, why is this?
- A Because they have dyspnea
 - B To help the airways remain patent
 - C To slow down their breathing rate
 - D All of the above
- 1 mark**
56. What is the test called that measures lung volumes and calculates air rate flow?
- 1 mark**
57. What percentage of smokers will develop COPD?
- A 5-10%
 - B 10-15%
 - C 15-20%
 - D 20-25%
- 1 mark**
58. A person with COPD who stops smoking can expect what about their progression of the disease?
- 1 mark**
59. Why might Theophylline be used?
- A As a reliever
 - B As a preventer
 - C Over night only
 - D To relax muscles
- 1 mark**

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60. Give two examples of pulmonary rehabilitation.

2 marks

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

- A 6
- B 12
- C 18
- D 24

1 mark

62. Why might a person with COPD develop 'finger clubbing'?

1 mark

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

2 marks

Dementia

64. Define Dementia.

1 mark

65. Name two key priorities of the Dementia Strategy.

2 marks

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66. Dementia with Lewy Bodies is associated with.
- A Blurred vision
 - B Personality Changes
 - C Weakness in the limbs
 - D Hallucinations
- 1 mark**
67. State one risk factor associated with dementia.
- 1 mark**
68. How many people are approximately diagnosed with dementia in England?
- 1 mark**
69. List two types of dementia other than with Lewy Bodies.
- 2 marks**
70. Name one drug that may help a person with Dementia.
- 1 mark**

END OF QUESTIONS