

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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