

Recorded Lectures - Multiple Choice Answers

Person Centred Dementia Care

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Six of the following questions were presented online following a recorded lecture video to entrants to comply with the General Optical Council's best practice specification for this type of CET.

Q1. Which of the following statements is correct regarding dementia?

- a) Dementia only affects people aged 65 or over
- b) The only symptom people with dementia exhibit is memory loss
- c) Dementia is caused by diseases of the brain.
- d) Dementia is a disease specific to the Western World

c is the correct answer. Dementia is caused by diseases of the brain. The word 'dementia' is an umbrella term for symptoms such as memory loss, confusion and personality change. More information can be found at:

<https://www.alzheimersresearchuk.org/dementia-information/need-to-know-more/facts-stats/11-things-you-need-to-know-about-dementia/>

Q2. Research carried out by The College of Optometrists in the Prevalence of Visual Impairment in Dementia (ProVIDe) study suggests that:

- a) Optometrists are well informed by the patient and/or their carer on the patient's dementia status
- b) Optometrists are happy to carry out routine eye examinations on dementia patients as per their normal clinic schedule
- c) Optometrists say that input from carers is not welcome or valuable
- d) Optometrists did not feel enough training and support is provided to examine people with dementia

d is the correct answer. Optometrists cited increased time for appointments, input from carers and information on dementia status before the appointment were all invaluable when testing the sight of a dementia patient. Further information can be found at:

<https://www.college-optometrists.org/the-college/research/research-projects/provide-dementia.html>

Q3. The number of people in the UK with dementia is staggering. It is estimated that currently 850,000 have dementia. This number is projected to rise to 1.6 million by the year:

- a) 2030
- b) 2040
- c) 2050
- d) 2060

b is the correct answer. There are currently around 850,000 people with dementia in the UK. This is projected to rise to 1.6 million by 2040. Further information can be found at: <https://www.alzheimers.org.uk/about-us/news-and-media/facts-media>

Q4. There are different types of dementia; all are usually progressive and eventually severe. The most common type of dementia is:

- a) Alzheimer's
- b) Vascular
- c) Lewy Body
- d) Frontotemporal

a is the correct answer. Dementia describes different brain disorders that trigger a loss of brain function. These conditions are all usually progressive and eventually severe. Alzheimer's disease is the most common type of dementia, affecting between 50 and 75 per cent of those diagnosed.

Further information can be found at: <https://www.alzheimers.org.uk/about-us/news-and-media/facts-media>

Q5. As GOC registrants, we have a duty of care to our patients. If we ourselves are diagnosed with dementia we must:

- a) Stop practicing immediately and declare to the GOC that we have concerns that our fitness to practice may be impaired
- b) Continue practicing – we have only just been diagnosed
- c) Continue practicing but declare to the GOC
- d) Stop practicing and advise employer – they will make the decision on fitness to practice.

a is the correct answer. In the GOC Standards of Practice for Optometrists & Dispensing Opticians, standard 11 clearly sets out what is expected of registrants with respect to protection & safeguarding patients, colleagues & others from harm. (Specifically Standard 11.4). Further information can be found at:

<https://standards.optical.org/areas/practice/>

Q6. There are several symptoms patients with dementia exhibit. Which of the following is not generally an accepted symptom of dementia?

- a) Being anxious, agitated or aggressive
- b) Repeating themselves
- c) Having excessive energy and feeling "full of the joys of living"
- d) Wandering off and often getting lost

c is the correct answer. Often patients with dementia appear withdrawn & often retract into themselves, seldom are they outgoing or energetic. Further information can be found at: <https://www.alzheimers.org.uk/about-dementia/symptoms-and-diagnosis/symptoms>

Q7. As GOC registrants we are called upon to communicate effectively with our patients. Additionally, another piece of legislation also governs what we must do. The laws we must adhere to are contained within which Act?

- a) Employment Rights Act 1996
- b) The Health & Safety at Work Act 1974
- c) The Working Time Directive 2003
- d) The Equality Act 2010

d is the correct answer. The Equality Act 2010 obliges public services to make “reasonable adjustments” to ensure services are accessible to all. It could be argued that such adjustments should include communication skills of staff when dealing with patients with disabilities such as dementia. More information can be found at: <http://www.legislation.gov.uk/ukpga/2010/15/section/4> and <http://www.legislation.gov.uk/ukpga/2010/15/section/6>

Q8. When dealing with patients with dementia it is important to communicate effectively with them, their family & carers.

Valid consent must be given for care to be given. Consent may not be given by:

- a) An appropriately informed person, actively involved in the care of the patient
- b) The person who has brought the patient to the appointment
- c) The patient themselves if they have the capacity to consent
- d) Someone authorised to act on the patient’s behalf if they do not have the capacity to consent themselves.

b is the correct answer. As eyecare professionals we must ensure that any patient consents to having their eyes examined or new spectacles dispensed and that they want this to happen, or it is deemed to be in their best interests as part of patient-centred care. Further information and guidance on consent can be found at: <https://standards.optical.org/supporting-guidance/consent/>

9. Dementia is not a natural part of ageing; it also affects younger people. It is estimated that:

- a) Over 1 million people under 65 have dementia in the UK
- b) Over 850,000 people under 65 have dementia in the UK
- c) Over 40,000 people under 65 have dementia in the UK
- d) None of the above

c is the correct answer. Early onset or Young onset dementia affects over 40,000 people under 65 in the UK. Further information can be found at: <https://www.alzheimers.org.uk/about-dementia/five-things-you-should-know-about-dementia>