

PREVIEW QUESTION BANK

Module Name : aic24-ge16 Yoga Volunteers for Palliative Care - Part 2-ENG
Exam Date : 18-May-2024 Batch : 15:00-18:00

Sr. No.	Client Question ID	Question Body and Alternatives	Marks	Negative Marks
Objective Question				
1	13392001	<p>What is the old age dependency ratio in Japan as of 2020?</p> <ol style="list-style-type: none"> 1. 29% 2. 49% 3. 39% 4. 59% <p>A1 : 1</p> <p>A2 : 2</p> <p>A3 : 3</p> <p>A4 : 4</p>	2.0	0.00
Objective Question				
2	13392002	<p>Where are the trends of population ageing consistent across the world?</p> <ol style="list-style-type: none"> 1. Only in Europe 2. Only in North America 3. Across the world 4. Only in developing countries <p>A1 : 1</p> <p>A2 : 2</p> <p>A3 : 3</p> <p>A4 : 4</p>	2.0	0.00
Objective Question				
3	13392003	<p>Expand LASI study</p> <ol style="list-style-type: none"> 1. Longitudinal Ageing Study in India 2. Long-term Ageing Study in India 3. Longitudinal Age-related Study in India 4. Long-term Age-related Study in India <p>A1 : 1</p> <p>A2 : 2</p>	2.0	0.00

A3 : 3

A4 : 4

Objective Question

4	13392004	<p>What are the two major trends used to measure population ageing?</p> <ol style="list-style-type: none"> 1. Increase in birth rates and decline in death rates 2. Shift in the population's age distribution and measurement of functional status 3. Increase in life expectancy and decrease in birth rates 4. Increase in the number of older women compared to men <p>A1 : 1</p> <p>A2 : 2</p> <p>A3 : 3</p> <p>A4 : 4</p>	2.0	0.00
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Objective Question

5	13392005	<p>What is a significant limitation in measuring population ageing?</p> <ol style="list-style-type: none"> 1. Limited resources for conducting studies 2. Difficulty in defining old age 3. Lack of interest in older population health 4. The absence of age-related diseases <p>A1 : 1</p> <p>A2 : 2</p> <p>A3 : 3</p> <p>A4 : 4</p>	2.0	0.00
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Objective Question

6	13392006	<p>What is expected to be the proportional rise in serious health-related suffering in low-income countries between 2016 and 2060?</p> <ol style="list-style-type: none"> 1. 80% 2. 100% 3. 125% 4. 155% <p>A1 : 1</p> <p>A2 : 2</p>	2.0	0.00
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		A3 : 3		
		A4 : 4		

Objective Question

7	13392007	<p>What does future research in aging aim to identify?</p> <ol style="list-style-type: none"> 1. Effective treatments for age-related diseases 2. Biological clocks that can predict and correlate chronological and biological age 3. Ways to stop the aging process entirely 4. The exact age at which individuals become seniors <p>A1 : 1</p> <p>A2 : 2</p> <p>A3 : 3</p> <p>A4 : 4</p>	2.0	0.00
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Objective Question

8	13392008	<p>How has yoga been beneficial for individuals with arthritis?</p> <ol style="list-style-type: none"> 1. It has no effect on arthritis symptoms 2. It worsens arthritis pain 3. It improves hand grip strength, reduces pain, and enhances mobility 4. It only affects mental health, not physical symptoms <p>A1 : 1</p> <p>A2 : 2</p> <p>A3 : 3</p> <p>A4 : 4</p>	2.0	0.00
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Objective Question

9	13392009	<p>Which specialized yoga practices have shown benefits in reducing depression among the elderly?</p> <ol style="list-style-type: none"> 1. Power yoga 2. Dynamic practices and bhakti yoga 3. Yoga nidra 4. Restorative yoga <p>A1 : 1</p> <p>A2 : 2</p> <p>A3 : 3</p>	2.0	0.00
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		A4 : 4		
Objective Question				
10	13392010	<p>What is Telomerase activity associated with?</p> <ol style="list-style-type: none"> 1. Increased risk of age-related diseases 2. Regeneration capacity, health and lifespan of the organism. 3. Increased stress levels 4. Decline in cognitive function <p>A1 : 1</p> <p>A2 : 2</p> <p>A3 : 3</p> <p>A4 : 4</p>	2.0	0.00
Objective Question				
11	13392011	<p>How has yoga been associated with improvements in cognitive functioning and memory?</p> <ol style="list-style-type: none"> 1. It has no effect on cognitive functioning 2. It enhances neural plasticity and telomerase activity 3. It only benefits physical health, not cognitive health 4. It decreases brain function <p>A1 : 1</p> <p>A2 : 2</p> <p>A3 : 3</p> <p>A4 : 4</p>	2.0	0.00
Objective Question				
12	13392012	<p>What is the main takeaway regarding the role of yoga in geriatric palliative care?</p> <ol style="list-style-type: none"> 1. Yoga has no role in geriatric palliative care 2. Yoga can only address physical health issues 3. Yoga can improve the quality of life, reduce symptoms, and enhance overall well-being 4. Yoga is only suitable for younger individuals <p>A1 : 1</p> <p>A2 : 2</p> <p>A3 : 3</p> <p>A4 : 4</p>	2.0	0.00

Objective Question				
13	13392013	<p>Which of the following is NOT mentioned as a common issue demanding attention in geriatric palliative care?</p> <ol style="list-style-type: none"> 1. Pain 2. Heart failure 3. Diabetes 4. Frailty <p>A1 : 1</p> <p>A2 : 2</p> <p>A3 : 3</p> <p>A4 : 4</p>	2.0	0.00

Objective Question				
14	13392014	<p>What is a significant obstacle to both geriatric medicine and geriatric palliative care?</p> <ol style="list-style-type: none"> 1. Advanced medical technologies 2. Ageism 3. Availability of healthcare facilities 4. Overfunding of research in geriatric care <p>A1 : 1</p> <p>A2 : 2</p> <p>A3 : 3</p> <p>A4 : 4</p>	2.0	0.00

Objective Question				
15	13392015	<p>Which approach does the geriatric palliative care model emphasize?</p> <ol style="list-style-type: none"> 1. Focusing solely on physical symptoms 2. Providing care regardless of age or stage of illness 3. Exclusively using pharmaceutical interventions 4. Relying on a single healthcare professional <p>A1 : 1</p> <p>A2 : 2</p> <p>A3 : 3</p> <p>A4 : 4</p>	2.0	0.00

Objective Question				
16	13392016		2.0	0.00

What is the primary focus of geriatric medicine?

1. Providing relief from stress and symptoms
2. Focusing on curing chronic illnesses
3. Addressing the healthcare needs of elderly individuals
4. Offering preventive measures for age-related diseases

A1 : 1

A2 : 2

A3 : 3

A4 : 4

Objective Question

17	13392017	<p>Why is it challenging to recognize the palliative care needs of older adults?</p> <ol style="list-style-type: none"> 1. Due to the lack of standardized tools 2. Because older adults do not have palliative care needs 3. Because older adults have fewer healthcare needs 4. Because older adults are less likely to communicate their needs <p>A1 : 1</p> <p>A2 : 2</p> <p>A3 : 3</p> <p>A4 : 4</p>	2.0	0.00
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Objective Question

18	13392018	<p>Which field emphasizes a holistic approach and multidisciplinary models of care?</p> <ol style="list-style-type: none"> 1. Geriatric medicine 2. Palliative care 3. Geriatric palliative care 4. Primary care <p>A1 : 1</p> <p>A2 : 2</p> <p>A3 : 3</p> <p>A4 : 4</p>	2.0	0.00
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Objective Question

19	13392019		2.0	0.00
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What is the goal of healthy aging, as defined by the World Health Organization ?

1. Maximizing disease and disability
2. Maintaining physical and cognitive function
3. Reducing social engagement
4. Promoting sedentary lifestyles

A1 : 1

A2 : 2

A3 : 3

A4 : 4

Objective Question

20	13392020	<p>Which organization declared the period from 2021 to 2030 as the Decade of Healthy Aging?</p> <ol style="list-style-type: none"> 1. UNESCO 2. WHO 3. UNICEF 4. Red Cross <p>A1 : 1</p> <p>A2 : 2</p> <p>A3 : 3</p> <p>A4 : 4</p>	2.0	0.00
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Objective Question

21	13392021	<p>What are some attributes of healthy aging?</p> <ol style="list-style-type: none"> 1. Presence of cognitive and physical impairments 2. High levels of disease and pain 3. Absence of psychological well-being 4. Self-perceived health and social engagement <p>A1 : 1</p> <p>A2 : 2</p> <p>A3 : 3</p> <p>A4 : 4</p>	2.0	0.00
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Objective Question

22	13392022		2.0	0.00
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What does gerontology study?

1. Only the biological aspects of aging
2. Only the social aspects of aging
3. Only the psychological aspects of aging
4. Biological, social, physiological, and psychological aspects of aging

A1 : 1

A2 : 2

A3 : 3

A4 : 4

Objective Question

23	13392023	<p>What is the concept of healthy aging focused on?</p> <ol style="list-style-type: none"> 1. Maximizing disease and disability 2. Maintaining physical and cognitive function, and promoting engagement with life 3. Reducing social engagement and physical activities 4. Promoting sedentary lifestyles and dependency <p>A1 : 1</p> <p>A2 : 2</p> <p>A3 : 3</p> <p>A4 : 4</p>	2.0	0.00
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Objective Question

24	13392024	<p>Which component of yoga helps maintain physical mobility and functional independence?</p> <ol style="list-style-type: none"> 1. Pranayama 2. Meditation 3. Asanas 4. Spiritual absorption <p>A1 : 1</p> <p>A2 : 2</p> <p>A3 : 3</p> <p>A4 : 4</p>	2.0	0.00
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Objective Question

25	13392025		2.0	0.00
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		<p>How does yoga foster social and spiritual health?</p> <ol style="list-style-type: none"> 1. Through lectures and academic discussions 2. Through group sessions and interactions with peers 3. Through physical exercises only 4. Through nutritional guidelines <p>A1 : 1</p> <p>A2 : 2</p> <p>A3 : 3</p> <p>A4 : 4</p>		
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Objective Question

26	13392026	<p>Which type of yoga involves selfless service and social welfare activities?</p> <ol style="list-style-type: none"> 1. Bhakti yoga 2. Jnana yoga 3. Karma yoga 4. Hatha yoga <p>A1 : 1</p> <p>A2 : 2</p> <p>A3 : 3</p> <p>A4 : 4</p>	2.0	0.00
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Objective Question

27	13392027	<p>What is the primary role of yoga in healthy aging ?</p> <ol style="list-style-type: none"> 1. To maximize disability and diseases 2. To minimize physical and mental abilities 3. To reduce the risk of diseases and enhance overall well-being 4. To promote sedentary lifestyles <p>A1 : 1</p> <p>A2 : 2</p> <p>A3 : 3</p> <p>A4 : 4</p>	2.0	0.00
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Objective Question

28	13392028		2.0	0.00
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What can the elderly population achieve by incorporating yoga practices?

1. Dependency and inactivity
2. Less independence and more reliance on others
3. Successful aging with less dependency and more independence
4. Physical disabilities and cognitive impairments

A1 : 1

A2 : 2

A3 : 3

A4 : 4

Objective Question

29	13392029	<p>Which healthcare professionals play a crucial role in addressing the complex needs of frail individuals?</p> <ol style="list-style-type: none"> 1. General physicians only 2. Palliative care specialists only 3. Specialty palliative care teams 4. Surgeons only <p>A1 : 1</p> <p>A2 : 2</p> <p>A3 : 3</p> <p>A4 : 4</p>	2.0	0.00
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Objective Question

30	13392030	<p>What is the primary focus of specialty palliative care teams when addressing frailty?</p> <ol style="list-style-type: none"> 1. Spiritual support only 2. Symptom management only 3. Cultural competence only 4. Comprehensive care tailored to individual needs <p>A1 : 1</p> <p>A2 : 2</p> <p>A3 : 3</p> <p>A4 : 4</p>	2.0	0.00
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Objective Question

31	13392031		2.0	0.00
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Why is pain management particularly crucial in frail individuals?

1. Frail individuals rarely experience pain
2. Frailty is associated with an increased risk of chronic pain
3. Frail individuals have high pain tolerance
4. Pain management is unnecessary in frail individuals

A1 : 1

A2 : 2

A3 : 3

A4 : 4

Objective Question

32	13392032		2.0	0.00
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How does frailty impact individuals exposed to stressors such as acute illness or surgery?

1. It decreases their vulnerability to adverse outcomes
2. It has no impact on their outcome
3. It increases their vulnerability to adverse outcomes
4. It improves their physiological function

A1 : 1

A2 : 2

A3 : 3

A4 : 4

Objective Question

33	13392033		2.0	0.00
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What is the importance of recognizing frailty in clinical practice?

1. Frail individuals rarely require palliative care
2. Frail individuals are less susceptible to adverse health outcomes
3. Frailty can lead to significant morbidity, functional decline, and mortality
4. Frail individuals typically experience fewer symptoms

A1 : 1

A2 : 2

A3 : 3

A4 : 4

Objective Question

34	13392034		2.0	0.00
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What is a significant risk factor for suicide among depressed older adults?

1. Being Isolated
2. Lack of chronic illnesses
3. History of previous suicide attempts
4. High level of social support

A1 : 1

A2 : 2

A3 : 3

A4 : 4

Objective Question

35	13392035		2.0	0.00
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Which of the following is NOT a factor contributing to depression in older adults?

1. Chronic diseases
2. Nutritional supplements
3. Organic brain diseases
4. Psychological factors

A1 : 1

A2 : 2

A3 : 3

A4 : 4

Objective Question

36	13392036		2.0	0.00
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Which assessment tool is specifically designed to screen for depression in older adults?

1. Hamilton Rating Scale for Depression (HAM-D)
2. Patient Health Questionnaire-9 (PHQ-9)
3. Geriatric Depression Scale (GDS)
4. Beck Depression Inventory (BDI)

A1 : 1

A2 : 2

A3 : 3

A4 : 4

Objective Question

37	13392037		2.0	0.00
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		<p>What is the phenomenon called when reversible cognitive changes occur in the presence of depression?</p> <ol style="list-style-type: none"> 1. Pseudo-dementia 2. Alzheimer's disease 3. Dementia 4. Parkinson's disease <p>A1 : 1</p> <p>A2 : 2</p> <p>A3 : 3</p> <p>A4 : 4</p>		
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Objective Question

38	13392038	<p>Which meditation practice is particularly effective in reducing depressive symptoms in older adults?</p> <ol style="list-style-type: none"> 1. Zen Meditation 2. Vipassana Meditation 3. Transcendental Meditation 4. Mindfulness Meditation <p>A1 : 1</p> <p>A2 : 2</p> <p>A3 : 3</p> <p>A4 : 4</p>	2.0	0.00
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Objective Question

39	13392039	<p>What is the aim of engaging in chanting and bhakti yoga practices?</p> <ol style="list-style-type: none"> 1. Increasing stress levels 2. Fostering emotional well-being 3. Promoting detachment 4. Enhancing depressive symptoms <p>A1 : 1</p> <p>A2 : 2</p> <p>A3 : 3</p> <p>A4 : 4</p>	2.0	0.00
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Objective Question

40	13392040		2.0	0.00
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Apart from physical and meditative practices, what else plays a crucial role in addressing depression?

1. Avoiding social interactions
2. Engaging in self-isolation
3. Counselling and active listening
4. Increasing workload

A1 : 1

A2 : 2

A3 : 3

A4 : 4

Objective Question

41	13392041	<p>Which of the following statements is true regarding the integrated approach of yoga therapy for managing depression in older adults?</p> <ol style="list-style-type: none"> 1. It only focuses on physical exercises. 2. It excludes counseling and mindfulness. 3. It demonstrates positive benefits. 4. It increases depressive symptoms. <p>A1 : 1</p> <p>A2 : 2</p> <p>A3 : 3</p> <p>A4 : 4</p>	2.0	0.00
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Objective Question

42	13392042	<p>What should yoga volunteers remember when incorporating techniques to support the geriatric population?</p> <ol style="list-style-type: none"> 1. Complex practices yield remarkable results. 2. Simple practices tailored to individual needs are effective. 3. Overwhelming older adults with intensive exercises is beneficial. 4. Ignoring individual needs is acceptable. <p>A1 : 1</p> <p>A2 : 2</p> <p>A3 : 3</p> <p>A4 : 4</p>	2.0	0.00
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Objective Question

43	13392043		2.0	0.00
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Which classical Indian text emphasizes achieving a sense of inner peace through balance between fulfilling one's duty (dharma) and achieving liberation (moksha)?

1. Ramayana
2. Mahabharata
3. Bhagavad Gita
4. Vedas

A1 : 1

A2 : 2

A3 : 3

A4 : 4

Objective Question

44	13392044	<p>What is the most common form of dementia?</p> <ol style="list-style-type: none"> 1. Alzheimer's disease 2. Vascular dementia 3. Lewy body disease 4. Frontotemporal dementia <p>A1 : 1</p> <p>A2 : 2</p> <p>A3 : 3</p> <p>A4 : 4</p>	2.0	0.00
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Objective Question

45	13392045	<p>What is the projected trend for dementia prevalence by 2050?</p> <ol style="list-style-type: none"> 1. Stable rates of prevalence 2. A significant decrease in prevalence 3. A slight increase in prevalence 4. Doubling of prevalence every 20 years <p>A1 : 1</p> <p>A2 : 2</p> <p>A3 : 3</p> <p>A4 : 4</p>	2.0	0.00
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Objective Question

46	13392046		2.0	0.00
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		<p>Why is integrating palliative care into the dementia care model crucial?</p> <ol style="list-style-type: none"> 1. To increase patient independence 2. To decrease the financial burden of care 3. To address unmet needs and improve outcomes 4. To delay disease progression <p>A1 : 1</p> <p>A2 : 2</p> <p>A3 : 3</p> <p>A4 : 4</p>		
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Objective Question

47	13392047	<p>What tool can help evaluate functional status and guide hospice eligibility for individuals with dementia?</p> <ol style="list-style-type: none"> 1. Functional Assessment Staging Test (FAST) 2. Beck Depression Inventory (BDI) 3. Mini-Mental State Examination (MMSE) 4. Geriatric Depression Scale (GDS) <p>A1 : 1</p> <p>A2 : 2</p> <p>A3 : 3</p> <p>A4 : 4</p>	2.0	0.00
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Objective Question

48	13392048	<p>What does early involvement of palliative care services led to individuals with dementia?</p> <ol style="list-style-type: none"> 1. Decreased quality of life 2. Delayed referrals to hospice 3. More appropriate and beneficial end-of-life care 4. Increased caregiver burden <p>A1 : 1</p> <p>A2 : 2</p> <p>A3 : 3</p> <p>A4 : 4</p>	2.0	0.00
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Objective Question

49	13392049		2.0	0.00
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In the MMSE, which component evaluates the individual's ability to sustain attention and perform simple mathematical calculations?

1. Registration
2. Recall
3. Attention and Calculation
4. Language

A1 : 1

A2 : 2

A3 : 3

A4 : 4

Objective Question

50 13392050

Which type of memory loss involves the inability to recall past events or previously learned information?

1. Retrograde Amnesia
2. Anterograde Amnesia
3. Sensory Memory Loss
4. Declarative Memory Loss

A1 : 1

A2 : 2

A3 : 3

A4 : 4

2.0 0.00