

THE COLLEGES OF MEDICINE OF SOUTH AFRICA

Incorporated Association not for gain  
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Examination for the Certificate in Geriatric Medicine of the  
College of Physicians of South Africa

31 August 2006

1 Paper Only

(3 hours)

All questions are to be answered. Each question to be answered in a separate book (or books if more than one is required for the one answer)

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1 An 82-year-old woman sustains a hip fracture after a minor fall. She is known to have Crohn's disease controlled on low dose oral prednisone, hypertension controlled on Enalapril 5 mg daily, chronic renal insufficiency and stable angina. The orthopaedic surgeon has requested medical clearance for surgery. Discuss the preoperative medical evaluation and peri-operative management of this patient. Briefly discuss your approach to rehabilitation and ongoing management. [25]

2 A 72-year-old man is brought to see you by his daughter who tells you that he is still living on his own but she is concerned because she has noticed that in the last year his housekeeping and cooking have deteriorated, he has forgotten to pay bills, misses appointments and twice got lost. She also says that he has poor memory and has had several falls. She is now very concerned because he seems to be very confused for the last week and says that he sees dogs in his house, has been incontinent and inappropriate. He is hypertensive, has mild stable angina and still smokes. Describe your approach to this problem including your differential diagnosis and how you would use your examination and special investigations to come to a more definite diagnosis. Also mention what advice you would give this man and his daughter regarding interventions needed in this situation. [25]

3 What is "The Comprehensive Geriatric Assessment"?

Discuss the use of this tool in a patient you are asked to admit to hospital. She is 82 years of age. Her GP asks you to admit her for pneumonia, falls and confusion. She has been living, fully independently, in her own home. [25]

4 You want to set up a falls prevention programme in your old age home. Describe the components you want to put in and how you would go about setting it up. [25]