

TAPM Audio Series 2006
Module 7: Anxiety, Agitation and Delirium in the Hospice Population
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Module Objectives

1. Discuss the spectrum of behavioral disturbances from anxiety, to agitation and finally delirium.
2. Describe the pathophysiologic basis for such behavioral disturbances
3. Discuss the pharmacologic management of such disturbances

Post-test Answers

The correct answer for each question is bolded below.

1. Which of the following is not a characteristic of delirium:
 - a. When a cause is identified, the delirium is often reversible
 - b. Medications of the most common geriatric cause
 - c. Self-awareness usually remains intact**
 - d. Cognition and attention are usually impaired
2. The following are characteristics of anxiety:
 - a. Difficulty concentrating
 - b. Irritability
 - c. Difficulty sleeping
 - d. Changes in mental status**
3. For acute management of an agitated delirium, which of the following is generally considered to be the first-line medication for rapid management?
 - a. Haloperidol**
 - b. Lorazepam
 - c. Olanzapine
 - d. Trazodone
4. Because of its relatively slow onset of action, which of the following is not first-line for management of anxiety?
 - a. Lorazepam
 - b. Alprazolam
 - c. Mirtazapine
 - d. Buspirone**
5. According to this presentation, the most difficult step in managing delirium is:
 - a. Identifying that it is present**
 - b. Determining the appropriate agent to use for treatment
 - c. Determining the appropriate starting medication dose for treatment
 - d. Titrating the appropriate medication for management