

## Chapter 4

1. An 86-year-old female comes to your office for a wellness visit. Her blood pressure is 125/70 mmHg, pulse 69 beats per min, and respiratory rate 18 breaths per min. She is well

appearing and reports she is up to date on her routine vaccinations. She introduces her partner of 35 years whom she would like to make medical decisions for her in case she becomes unable to make decisions for herself. She reports that she and her partner are not married. She asks if she needs any further documentation to ensure her goals of care are followed.

Which one of the following would be the most appropriate recommendation for this patient and her partner?

- a. Advise them to complete a POLST.
- b. Advise them that they have adequate documentation to be recognized legally.
- c. **Advise them to file an advanced directive.**
- d. Respond that although they lack documentation, her partner will be recognized de facto.

2. An 81-year-old transgender female with history of depression and hyperlipidemia presents to your clinic for routine care. She endorses a history of smoking, currently smoking 1 pack per day, and occasionally drinks a glass of wine, although she denies illicit drug use. She reports she takes atorvastatin 20 mg and subcutaneous estrogen therapy.

Which of the following is the most important next step in this patient's primary care?

- a. Counseling on starting aspirin
- b. Counseling on alcohol cessation
- c. **Counseling on smoking cessation**
- d. Counseling on mammogram

3. An 84-year-old male with history of stroke without residual deficit, systolic heart failure, and type 2 diabetes presents to clinic for follow-up. He is independently living in a retirement community and still works part time on a golf course. He currently takes aspirin 81 mg, metoprolol tartrate 25 mg BID (twice a day), furosemide 20 mg BID, and lisinopril 10 mg daily. He reports his last colonoscopy was 8 years ago, with no abnormality. He reports he is sexually active with men and women, engaging in receptive oral, receptive anal, and penetrative sex. He states he has had over three sexual partners in the last year with intermittent condom use. What sexually transmitted infection testing should be offered?

- a. Urine testing
- b. Urine testing, blood testing
- c. Urine testing, blood testing, anal swab
- d. **Urine testing, blood testing, anal swab, and oropharyngeal swab**

## Chapter 5

1. The US Advisory Committee on Immunization Practices and the Centers for Disease Control currently recommend which one of the following?

- a. All older adults be immunized against influenza annually and that they receive at least one pneumococcal vaccination.
- b. All high-risk older adults should receive an additional pneumococcal vaccination 5 years or more after their first immunization.