MODULE 9:
MOOD AND BEHAVIOUR CHANGES

Name: _____ Date: _____

Quiz

- You may use the resource as a reference to answer these questions.
- Submit your completed quiz to the Nurse Clinician or designate for marking.

1. Which are mechanisms linking depression and stroke risk?

    a. Decreased motivation and excessive sleep
    b. Stimulation of the immune system
    c. Impact of emotions on blood pressure through hemodynamics
    d. Slowed motor/physical movements
    e. All of the above
    f. b) and c)

2. The Canadian Best Practices Recommendations in Stroke Care state that depression should be screened:

    a. Using a validated tool
    b. In acute care
    c. At discharge
    d. Include an evaluation of risk factors for depression
    e. During inpatient, outpatient, and community-based rehabilitation
    f. a), b) c) and e)
    g. All of the above

3. Who are the key people to be advised if a stroke survivor screens positive for a depression?

    a. Nurse leader
    b. Social Worker
    c. Dietitian
    d. Occupational Therapist
    e. Physician
    f. b) and e)
    g. a), b) and e)

4. Name 3 ways you can help (3 points).

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TRUE/FALSE Questions

(CIRCLE the correct letter)

T   F   1.   Depression lasts for longer than two weeks

T   F   2.   Depression is not very common

T   F   3.   Depression can impact all areas of a person's life

T   F   4.   Depression is a sign of weakness and people need to just get over it

T   F   5.   Risk factors for depression include family history, stress, and brain chemistry

T   F   6.   Depression and chronic health conditions frequently co-exist

T   F   7.   A strong link has been identified between

depression and the risk of stroke

T   F   8.   Post-stroke depression is often not identified

T   F   9.   A person who has a stroke is at a higher risk for depression

T   F   10.   Depression is a treatable illness

T   F   11.   It is important to educate the patient and caregiver about post-stroke depression

SCORE: _____ / 17

Stroke Unit/Medical Unit Nurse Clinician/Designate

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Signature