

## MODULE 10: STROKE AND DEPRESSION

Name: \_\_\_\_\_ Date: \_\_\_\_\_

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

## Quiz

- You may use your binder as a reference to answer these questions
- Submit your completed quiz to the Nurse Clinician or designate for marking
- Your test will be returned to you to keep in your binder

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. All of the above

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