Appendix 11

Quiz

Name __________________________

Mark “T” if you think the statement is true and “F” if you think it is false

1. Side effects are undesired effects of medicine that could be harmful to the body  
2. Elderly are less exposed to side effects compared to youth  
3. Regardless of the severity of the side effects, the patient should be hospitalized immediately  
4. Side effects can be found in the information leaflet of the medicine  
5. All medicines can cause side effects  
6. Side effects of a certain medication are similar among every user of this medication  
7. There are plenty of clinical studies about children medication and the suitable dosages  
8. The absorption of medicines topicaly differs between a child and an adult  
9. Water content is lower in a child’s body than in an adult’s body  
10. Children dosage is determined by age and weight  
11. Non-prescription medicines should not be given to children under 2 years old  
12. “Strepsils” can be used by children over 2 years old  
13. A child having fever should be kept warm by dressing with heavy clothes and staying in a warm room

14. Drinking fluids is necessary for overcoming fever and infections  
15. Coughing is harmful for the body  
16. Coughing should not be hindered by antitussive medicines  
17. Chamomile tea can be used to loosen mucus and relieve cough  
18. Antibiotics kill both bacteria and viruses  
19. You can stop the antibiotic course as soon as you feel a slight improvement  
20. Common side effects of antibiotics include gastrointestinal problems and allergy  
21. A resistant infection may kill, can spread to others, and impose huge costs to individuals and society

22. A generic medicine is simply a branded medicine with different name, different company and lower price

23. All pharmacies in Denmark are obliged to offer the cheapest medication in the market.
24. Vitamin (D) and calcium contribute to the formation of teeth and bones.
25. Intake of large amounts of Vitamin D and calcium do not cause adverse effects or toxicity.
26. You can get Vitamin D through sunlight and oily fish.
27. Vitamin D supplements should be taken with food.
28. Elderly and those at risk for osteoporosis should take low dosages of vitamin D and calcium.
29. Depression is not a serious disease and disappears by ignoring the symptoms.
30. Antidepressants do not cure depression but reduce symptoms.
31. Antidepressants increase mood disorders.

Multiple choice
Pick the right answer:

1. Side effects occur due to:
   a. Prolonged use of medication
   b. Over dosage
   c. The effect of medicine
   d. a, b & c

2. Excretion of medicines varies between children and adults due to:
   a. The weakness of the immune system among children
   b. Incomplete growth of liver and kidneys in children
   c. a & b

3. Non-prescription medicines should not be given to children under 2 years old because:
   a. Children need medical diagnosis before being treated with medicines
   b. Non-prescription medicines are only suitable for adults and harmful for children
   c. Children under 2 years old may not use any medicine

4. When should you consult the doctor immediately?
   a. When the child’s fever is 39 degrees
   b. When the child refuses to drink fluids
c. When the child has breathing difficulties  
d. When the child’s fever is over 40 degrees  
e. a & b  
f. c & d  

5. **Antibiotics cannot kill viruses, because:**  
a. Viruses are stronger than bacteria  
b. Viruses attack the body through the body’s own cells  
c. Viruses change continuously  
d. b & c  

6. If a physician prescribes a 7 day course of antibiotics, can you stop taking it after two days?  
a. Yes, if I do not have any more symptoms  
b. No, because unfinished antibiotics may lead to relapse  
c. Yes, I may save the medicine to take next time I am sick  

7. **What is antibiotic resistance?**  
a. The body resists antibiotics  
b. Bacteria resist antibiotics  
c. a & b  

8. **What drives antibiotic resistance?**  
a. Unnecessary and inappropriate use of antibiotics  
b. When patients do not take the full course of a prescribed antibiotic  
c. Using poor quality antibiotics  
d. Using antibiotics against infections caused by viruses  
e. a, b, c & d  

9. **How can we avoid antibiotic resistance?**  
a. Using antibiotics as prescribed  
b. Taking antibiotics only when having bacterial infections
c. Using more antibiotics to fight the resistant bacteria.

d. a & b

10. **What are the differences between generic and branded medicines?**

a. Generic medicines cost less than their branded medicines

b. Generic version may have a different color, a different shape or a different taste in order to be distinguished from the branded version.

c. a & b

11. **Antidepressants**

a. Treat anxiety

b. Act as activators

c. Reduces obsessive thoughts and actions in addition to emotional instability

d. a, b & c

12. **Side effects of antidepressants include:**

a. Gastrointestinal discomfort

b. Sexual dysfunction or inhibition of sexual life (desire, ability and capabilities)

c. Palpitations, high blood pressure, headache, dizziness

d. a,b & c