



Each issue of *Assisted Living Consult* presents learning opportunities for assisted living facility staff. We urge practitioners and facility leaders to have their staff read the articles and challenge their knowledge using this Q&A section as a training test. By copying this page for each of your key staff, you can assess their knowledge on these critical issues by having them answer these questions. Please note that each article topic appears in color with specific related questions.

Osteoporosis Diagnosis and Treatment

- How many fractures is osteoporosis responsible for annually?
 - 5 million
 - 2.5 million
 - 2 million
 - 1.5 million
- The National Osteoporosis Foundation guidelines suggest that BMD testing be performed on:
 - all women aged 65 and older
 - younger postmenopausal women with two or more risk factors
 - postmenopausal women who present with fractures
 - all of the above
- First-line treatment for osteoporosis in seniors is:
 - bisphosphonates
 - calcitonin
 - raloxifene
 - hormone replacement therapy

The MMA and Special Needs Plans

- Which of the following is not considered an important aspect of the SNPs for ALFs?
 - exclusive enrollment
 - open enrollment
 - risk-sharing for prescription medications and durable medical equipment
 - foundation for serving dually eligibles

- Most ALFs are likely to have a large enough resident population, managed care expertise, or financial resources to develop a SNP on their own.
 - True
 - False
- Keys to success for developing a SNP for a specific group of ALF residents are:
 - assessing risk for the total array of services
 - determining how to reduce hospital and medical costs for high-risk patients
 - none of the above
 - a and b

Mosquito-Transmitted Diseases in ALFs

- What diseases are transmitted via mosquito bites?
 - West Nile Virus
 - malaria
 - Dengue fever
 - all of the above
- Which is not a common sign of West Nile Virus?
 - ear pain
 - fever
 - headache
 - fatigue
- Which is not a common sign of malaria?
 - fever, chills, sweats
 - headache
 - eye pain
 - muscle pain

Parkinson's Disease in Assisted Living

- Which is not a cardinal feature of PD?
 - resting tremor
 - tingling in the toes
 - bradykinesia
 - impaired postural reflexes

- PD is characterized biologically by a loss of dopaminergic neurons in a region of the brain known as the:
 - substantia nigra
 - pineal gland
 - frontal lobe
 - none of the above
- Which of the following is not a sign of PD?
 - family history of PD
 - history of falls
 - cognitive dysfunction
 - facial tics
 - mask-like facial expression

ALFs and PACE

- PACE stands for:
 - Program for Allied Care
 - Program for All-inclusive Care
 - Program for Ancillary Care
 - Program for Acute Care Services
- In PACE programs, services are integrated through the use of:
 - interdisciplinary teams
 - urgent care centers
 - PPOs
 - none of the above
- The Adult Day Health Center usually consists of:
 - driver, dietitian
 - recreation coordinator, social worker
 - physician, nurses, NP
 - all of the above

Using the MALFA to Establish a Plan of Care

- The Maryland Assisted Living Functional Assessment tool has how many categories?
 - 6
 - 5
 - 7
 - 4

17. MALFA's purpose is to:
- help nursing staff collect essential information about each resident with regard to his or her physical function and physiological needs
 - document when it is appropriate for a resident to move to a nursing home
 - help nursing staff determine when transfer to an acute care setting is appropriate and necessary
 - none of the above
18. Level 1 on the MALFA represents:
- the highest level of care
 - the lowest level of care
 - need for acute care
 - end-of-life care

Role of Nurses in ALFs

19. According to a recent study, how many ALFs sampled have a RN or LPN on staff?
- nearly half
 - nearly three-quarters
 - 90%
 - 80%
20. Which of the following is not a factor considered in an ALF's determination of how to utilize nursing hours?
- size of the ALF
 - acuity of residents
 - average number of prescription drugs per resident
 - available nursing hours in the ALF budget

ALC

Please see Answer Key below.

17. a	18. b	19. a	20. c
13. b	14. a	15. d	16. c
9. c	10. b	11. a	12. d
5. b	6. d	7. d	8. a
1. d	2. d	3. a	4. c

Answer Key

Sleep Disorders in the Elderly

Up to two-thirds of long term care facility residents in the U.S. have some type of sleep disorders, from insomnia to restless leg syndrome. The causes and contributing factors include sedentary lifestyle, depression, chronic pain, chronic diseases such as congestive heart failure, need to urinate frequently, ingestion of stimulants such as caffeine, prescription medications, and neurological conditions such as Alzheimer's disease. The following are some statistics about sleep disorders and the treatments for these conditions.

12...

million or more Americans have obstructive sleep apnea. More than half of the individuals with this condition are overweight, and most smoke heavily.

(National Institutes of Health, 2005)

23...

to 34% of 9,000 individuals age 65 and older in one study reported symptoms of insomnia; 7–15% said they rarely or never felt rested on waking in the morning.

(American Society of Consultant Pharmacists, 2003)

58...

percent of adults surveyed reported experiencing one or more symptoms of insomnia a few nights per week or more frequently during a one-year period.

(National Sleep Foundation, 2000)

56...

percent of postmenopausal women are likely to report frequent insomnia. These women are more likely to use prescription sleep aids than premenopausal women (20% versus 8%).

(eMedicine, 2005)

30...

percent or more of elderly persons demonstrate at least mild sleep-related breathing abnormalities, as defined by an apnea/hypopnea index of five or greater.

(eMedicine, 2005)

100,000,000...

dollars are spent annually on sleep medications in the U.S.

(EDrug Digest, 2005)

10...

percent or fewer patients have a routine sleep history taken by their physician or other provider.

(Clinical Geriatrics, 2004)

40...

million or more Americans are estimated to have some type of sleep disorder, and 1 in 6 of these is undiagnosed.

(National Heart, Lung and Blood Institute, 2005)