



**Assisted Living Consult can be a tool to help enhance quality and improve outcomes in your facility. Each issue presents learning opportunities for providers and the related care team. Copy this section and have your staff read the articles and test their knowledge by answering the questions below. Please note that each article topic appears in color, with specific related questions below.**

---

## National Association for Continence Recommendations: Urinary Incontinence in Older Persons

1. Urinary incontinence is defined as the leakage of any amount of urine at night while asleep.
  - a. True
  - b. False
2. Problems associated with UI have been associated with all of the following except:
  - a. Sexual dysfunction
  - b. Depression
  - c. Malnutrition
  - d. All of the above
3. Types of UI include all of the following except:
  - a. Functional
  - b. Urge
  - c. Stress
  - d. Chronic

---

## The Role of the Registered Dietitian

4. What percentage of elderly person are malnourished?
  - a. 25%
  - b. 40%
  - c. 65%
  - d. 77%
5. Malnutrition in the elderly can be caused by which of the following factors:
  - a. Depression
  - b. Dementia
  - c. Dental problems

- d. All of the above can be contributing factors
6. A nutritional assessment should include all of the following except:
    - a. Physical observation
    - b. Diet history
    - c. Driving Record
    - d. Laboratory values

---

## Wandering and Elopement: A Comprehensive Approach

7. Wandering is one of the most challenging life-threatening issues related to care of residents with cognitive impairment.
  - a. True
  - b. False
8. The prevalence of wandering in institutionalized dementia patients is estimated to be:
  - a. Less than 5%
  - b. between 5-10%
  - c. between 11-24%
  - d. between 24-35%
9. Prevention of wandering starts with:
  - a. Implementation of wander guards
  - b. Use of a locked facility
  - c. Assessment, including an evaluation to determine the risk of wandering
  - d. Medications to control behavioral issues.

---

## What Wandering Tells Us About the Cognitively Impaired

10. It is critical to assess the meaning of residents' behavior so corrective actions may be taken.
  - a. True
  - b. False
11. Wandering is believed to be an uncommon neuropsychiatric symptom of dementia.
  - a. True
  - b. False
12. The single most important risk

factor for dementia and cognitive impairment is:

- a. Sex
- b. Advanced age
- c. History of head injury
- d. History of hypertension

---

## Better Ways to Fall Asleep: The Danger of Benzodiazepines

13. Common physiological changes in the elderly that affect sleep patterns include all of the following except:
  - a. Decreased time to fall asleep
  - b. Increased sensitivity to being awakened by environmental intrusions
  - c. Less REM sleep
  - d. Increased likelihood to awaken during the night
14. The prevalence of sleep disorders among long-term care residents is appropriately:
  - a. 10%
  - b. 25%
  - c. 50%
  - d. 70%
15. Benzodiazepines as well as insomnia have both been associated with an increased risk of:
  - a. Urinary incontinence
  - b. Anxiety
  - c. Falls
  - d. Malnutrition
16. Alternatives to benzodiazepines should be considered because:
  - a. Benzodiazepines are excluded medications under Medicare Part D
  - b. They are included on the Beers criteria
  - c. More effective medications are available
  - d. All of the above

---

## Understanding Involuntary Emotional Expression Disorder

17. Involuntary emotional expression disorder is a psychological

condition characterized by controlled or exaggerated episodes of crying, laughing or other emotional displays without an apparent stimulus to trigger such responses.

- a. True
- b. False

18. The estimated number of individuals affected by IEED in the US is:

- a. 1/2 million
- b. Equal to the number of AL residents in the US
- c. 3 million
- d. About 10% of the US population

19. Appropriately 40% of people with IEED suffer from:

- a. Depression
- b. Alzheimer's Disease
- c. Traumatic brain injury
- d. Multiple sclerosis

## Experts' Roundtable

20. What are the important steps an AL provider can take to achieve successful medication management in caring for dementia residents.

- a. Staff training
- b. Communication with the prescriber
- c. Regular auditing of medications
- d. All of the above

21. Which is not a benefit of using Alzheimer's pharmaceutical products for ALF residents:

- a. Delay in placement of resident to higher level of care facility
- b. Increase comprehension
- c. Reduction in caregiver burden
- d. Possible reduction of antipsychotic medications

22. It is critical in the management of Alzheimer's residents that they and their family understand fully the limitations of medication

management.

- a. True
- b. False

## Psychiatric Options in Treatment of Seniors

23. Alzheimer's disease is curable and treatable.

- a. True
- b. False

24. Which of the following medications is rarely used to treat mild to moderate Alzheimer's disease:

- a. Donepezil
- b. Galantamine
- c. Tacrine
- d. Rivastigmine

25. Patients being treated with Anti-dementia agents should have their medications discontinued if they remain stable with regard their dementia but do not show signs of improvement.

- a. True
- b. False

## ACE Cards for Accessing Delirium

26. Which is not a risk factor for delirium:

- a. Sex
- b. Dementia
- c. Advanced age
- d. Sleep deprivation

27. The initial approach in assessment of delirium include which of the following:

- a. Assess for reversible causes
- b. Review of medications
- c. Basic laboratory evaluation
- d. All of the above

28. Which two are absolute requirements for the diagnosis of delirium:

- a. Disorganized thinking as well as altered level of consciousness
- b. Acute change in mental status and fluctuating course as well as inattention

# Coming in Assisted Living Consult

Advancing Senior Care Outcomes

January/February 2007 issue

## A Look Toward the Future

The 2006 CEAL (Center for Excellence in Assisted Living) Quality Summit will be held in November and will bring together consumers, providers, professionals, researchers, regulators and policy-makers to address the future of aging services in America. *Assisted Living Consult* will be there to bring you a synopsis of the Summit:

- Assisted Living's Impact on LTC and a Look at the Future
- Innovations: Shared Learning
- Will Technology Enhance Resident Services?
- Accountability: Competing Priorities
- Effective Behavior Management for Residents with Dementia
- Workforce Considerations: Better Jobs, Better Care
- Affordability in Assisted Living
- Physician House Calls: Coming Full Circle?
- Mini-Assisted Living Workgroups: Collaborative State Efforts
- Person-Centered Care: The Heart of Excellence

For 2006 CEAL Quality Summit information visit <http://www.theceal.org/summit.php>

- c. Disorganized thinking as well as inattention
- d. Acute change in mental status and fluctuating course as well as disorganized thinking ALC

Please see Answer Key below.

26. a	27. d	28. b
21. b	22. a	23. b
16. d	17. b	18. b
11. b	12. b	13. a
6. c	7. a	8. c
1. b	2. c	3. d
20. d	19. b	24. c
15. c	14. d	9. c
10. a	4. c	5. d

**Answer Key**