



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 title appears in color, with specific related questions below.

“Slow Medicine”...? Why Not Palliative Care?

1. Which of the following statements about *slow medicine* is not true?
 - a. It is partnership between physician and patient to plan ahead—establishing goals for care.
 - b. It embraces the patient’s values and preferences for treatment.
 - c. It resists the imperative to treat when comfort and support are both appropriate and desired.
 - d. It is an outcome for the patient that includes comfortable, dignified life, and extended years of life.
2. *Palliative care* is both a philosophy and a system for care delivery, in which the goals are to prevent and relieve suffering, optimize functioning, and support decision making and quality of life.
 - a. True
 - b. False

Arbitration Agreements in Long-term Care Facilities

3. Arbitration agreements in long-term care (LTC) typically:
 - a. Are signed by residents or their families at or soon after admission
 - b. Require all future legal disputes between the resident or their family and the LTC facility to be resolved through binding arbitration
 - c. Both 1 and 2
 - d. None of the above
4. Proponents argue that arbitration:
 - a. Saves time and money in court

- litigation, which is frequently very expensive and lasts for years
- b. Allows the parties to select an arbitrator to hear their case who has expertise in the subject matter of the dispute, thereby aiding the litigator’s fact-finding abilities
- c. With limited or no right to appeal offers finality when compared to the multistage appeals process
- d. Both 1 and 2
- e. All of the above

Choosing Medications for Adults with Rheumatoid Arthritis: Clinician Summary Guide

5. DMARDS can accomplish all of the following except:
 - a. Slow the joint destruction and disability caused by RA
 - b. Provide temporary and immediate relief of symptoms
 - c. Suppress an overactive immune system
 - d. Be classified as either synthetics or biologics
6. DMARDS can be administered by all but which of the following therapeutic routes?
 - a. Oral
 - b. Subcutaneous
 - c. Intravenous
 - d. Nasal

How Big an Issue is Depression in Assisted Living?

7. How large an issue is depression among residents of assisted living (AL) facilities?
 - a. Depression affects one-quarter of AL residents of which only one-half are treated.
 - b. Depression affects one-half of AL residents of which only one-quarter are treated.
 - c. Depression affects one-quarter of AL residents of which only one-quarter are treated.
 - d. Depression affects one-half of AL residents of which only

- one-half are treated.
8. The profiles of a person with depression and an AL resident share several common characteristics, among them are all of the following except:
 - a. Functional impairment
 - b. Poor health
 - c. Male gender
 - d. Perceived lack of social support

Hypertension and Anemia Related to Renal Insufficiency

9. Renal insufficiency risk factors include which of the following?
 - a. Diabetes and hypertension
 - b. Proteinuria
 - c. Hyperlipidemia
 - d. Obesity and smoking
 - e. All of the above
10. It is important to treat the underlying conditions of anemia with such treatments as:
 - a. Vitamin B₁₂
 - b. Folic acid
 - c. Iron
 - d. All of the above

Alzheimer’s Disease Facts and Figures 2008

11. The economic value of care provided by unpaid caregivers in the US to those with Alzheimer’s disease (AD) or dementia is:
 - a. \$89 million
 - b. \$89 billion
 - c. \$70 billion
 - d. \$70 million
12. What proportion of US unpaid caregivers of people with AD and dementia have symptoms of depression?
 - a. Three-quarters
 - b. One-half
 - c. One-quarter
 - d. One-third

ALC

Please see Answer Key below.

11. b	12. d
6. d	7. a
1. d	2. a
3. c	4. e
5. b	10. d
9. e	8. c

Answer Key