

Cheap Nursing CEUs

Caring for a Person with Alzheimer's Disease

Understanding AD

1. People with which stage of AD begin to wander and therefore should not be left alone?

- A. Mild Alzheimer's disease
 - B. Early-stage Alzheimer's disease
 - C. Moderate Alzheimer's disease
 - D. Severe Alzheimer's disease
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Caring for a Person with AD

2. Which of the following are communication problems caused by AD?

- A. Problems understanding what words mean.
 - B. Problems paying attention during long conversations.
 - C. Problems blocking out background noises from the radio, TV, telephone calls, or conversations in the room.
 - D. All of the above.
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3. A person with AD might forget or no longer understand English if it was learned as a second language.

- A. True
 - B. False
-

4. To encourage the person with AD to communicate with you:

- A. Show a warm, loving, matter-of-fact manner.
 - B. Hold the person's hand while you talk.
 - C. Let him or her make some decisions and stay involved.
 - D. All of the above.
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5. All of the following should be used to speak effectively with a person who has AD, except for:

- A. Offer simple, step-by-step instructions.
- B. Repeat instructions and allow more time for a response. Try not to interrupt.
- C. Talk to the person in a baby voice to show that you care.

D. Don't talk about the person as if he or she isn't there.

6. Common personality changes in those with AD are:

- A. Hiding things or believing other people are hiding things.
 - B. Wandering away from home.
 - C. Showing unusual sexual behavior.
 - D. All of the above.
-

7. Stepping from one type of flooring to another may pose a problem for those with AD, as the change in texture or the way the floor looks may make the person think he or she needs to take a step down.

- A. True
 - B. False
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8. Someone with AD may think that a mirror image is another person in the room.

- A. True
 - B. False
-

9. All of the following are ways to cope with changes in personality and behavior, except for:

- A. Have a daily routine, so the person knows when certain things will happen.
 - B. Try to reason with the person.
 - C. Use humor when you can.
 - D. Keep things simple. Ask or say one thing at a time.
-

10. Activities that use more energy should be planned for late in the day to help the person with AD sleep at night.

- A. True
 - B. False
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11. Nightlights should be used in the bedroom, hall, and bathroom.

- A. True
 - B. False
-

12. A person with AD may become paranoid if he or she forgets:

- A. Where he or she put something and may believe that someone is taking his or her things.

- B. That you are the person's caregiver and may not trust you if he or she thinks you are a stranger.
 - C. Directions you just gave and may think you are trying to trick him or her.
 - D. All of the above.
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13. Someone with AD may have a good reason for acting a certain way and may not be paranoid. Since there are people who take advantage of weak and elderly people, you should find out if someone is trying to abuse or steal from the person with AD.

- A. True
 - B. False
-

14. Causes for agitation and aggression in a person with AD may be from any of the following, except for:

- A. Too much rest or sleep.
 - B. Constipation.
 - C. A feeling of loss.
 - D. Feeling lonely and not having enough contact with other people.
-

15. Spoiled food should be removed from the refrigerator and cabinets since someone with AD may look for snacks but lack the judgment or sense of taste to stay away from spoiled foods.

- A. True
 - B. False
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16. You should contact any or all of the following if you think the person may be a victim of a scam, except for:

- A. The National Alzheimer's Association
 - B. The local police department
 - C. The state consumer protection office
 - D. The Area Agency on Aging office
-

17. All of the following should be removed or locked up, except for:

- A. All prescription and over-the-counter medicines
 - B. Alcohol
 - C. Items made of glass
 - D. Gasoline cans and other dangerous items in the garage
-

18. Throw rugs should be put around the house to help the person with AD gain better traction when walking and/or pacing.

- A. True
 - B. False
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19. The edge of steps should be marked with brightly colored tape so that people with AD can see the steps as they go up or down stairs.

- A. True
 - B. False
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20. To prevent burns, the water heater should be set to:

- A. 110 F
 - B. 120 F
 - C. 130 F
 - D. 140 F
-

21. Which of the following should be put away or locked up because they may look and smell like food to a person with AD?

- A. Toothpaste
 - B. Lotions
 - C. Perfume
 - D. All of the above
-

22. All of the following may be signs that it is not safe for a person with AD to live alone, except for:

- A. The person forgets to eat.
 - B. The person only eats foods that do not need to be cooked.
 - C. Food has burned because it was left on the stove.
 - D. The oven isn't turned off.
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23. Which of the following is a safety tip for bathing a person with AD?

- A. Always check the water temperature before he or she gets in the tub or shower.
 - B. Use a rubber bath mat and put safety bars in the tub.
 - C. Use a sturdy shower chair in the tub or shower.
 - D. All of the above.
-

24. Before or during a bath or shower, each of the following should be done, except for:

- A. Tell the person what you are going to do, step-by-step.
- B. Give him or her a washcloth to hold as this makes it less likely that the person will try to hit you.

- C. Use bath oils to help calm and relax the person with AD.
D. Allow the person with AD to do as much as possible to protect his or her dignity and help the person feel more in control.
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25. Encourage a women to wear makeup if she has always used it. If needed, help her put on powder, lipstick, and eye makeup.

- A. True
B. False
-

The Medical Side of AD

26. Caregivers need to know about each medicine that a person with AD takes.

- A. True
B. False
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27. Because no two people with AD are alike, medications may work differently in different people.

- A. True
B. False
-

28. Which of the following can cure Alzheimer's disease?

- A. Aricept
B. Exelon
C. Razadyne
D. None of the above
-

29. Anticonvulsants should never be used with those who have AD.

- A. True
B. False
-

30. Which of the following medicines should a person with Alzheimers Disease NOT take?

- A. Anticholinergic drugs
B. Sleep aids
C. Anti-anxiety drugs
D. Antipsychotics
-

31. All of the following are signs of dehydration, except for:

- A. Hallucinations
 - B. Slowed heart rate
 - C. Dizziness
 - D. Dry mouth
-

32. In order to help keep a person hydrated and help with constipation, which of the following is a good source of liquid besides water?

- A. Gelatin, such as Jell-O
 - B. Soup
 - C. Melted ice cream
 - D. All of the above
-

33. Each of the following may help when the person with AD has swallowing problems, except for:

- A. Cut the food into small pieces and make it soft enough to eat.
 - B. Offer soft foods, such as ice cream, milk shakes, yogurt, soups, applesauce, gelatin, or custard.
 - C. Use a straw to prevent the person from spilling the beverage.
 - D. Give the person more cold drinks than hot drinks, as cold drinks are easier to swallow.
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34. Give someone with swallowing problems thin liquids, such as coffee, tea, water, or broth, as these are the easiest to swallow.

- A. True
 - B. False
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