Cheap Nursing CEUs

Safely Caring for Seniors

1. A healthcare professional has questions regarding dementia. Which of the following informational points of interest should be communicated to the healthcare professional?

A. Dementia is a normal part of aging.
B. Dementia is not a normal part of aging.
C. Vascular dementia does not progresses in a step-wise fashion.
D. Vascular dementia is a type of dementia characterized by the presence of Lewy bodies in the cerebral cortex and the brain stem.

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2. Which of the following best represents a sign of dementia?

A. Chronic fatigue
B. Weight loss
C. Weight gain
D. Getting lost in a familiar area

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3. A 67-year-old female patient has questions regarding Alzheimer's disease. Which of the following educational points should be expressed to the patient?

A. One of the first signs of Alzheimer's disease is memory loss that disrupts daily life.
B. Alzheimer's disease does not typically result in changes in mood and/or personality.
C. Alzheimer's disease does not typically affect females.
D. Alzheimer's disease typically only affects male patients over the age of 85.

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4. A 68-year-old male patient presents with the following symptoms: appetite changes, weight changes, fatigue, and a loss of interest in previously enjoyable activities. Based on the aforementioned information, which of the following is the patient most likely suffering from?

A. Dementia
B. Depression
C. Anxiety
D. Older adult mania

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5. Which of the following best represents a DSM-5 diagnostic criteria for major depressive disorder?

A. The patient's symptoms occur during the same 1-week period.
B. Patient symptoms must include weight gain.

C. Symptoms must cause the individual clinically significant distress or impairment in social, occupational, or other important areas of functioning.
D. The symptoms must be a result of substance abuse or another medical condition.

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6. According to the course, which of the following best represents a sign of alcohol/illicit drug use?

A. Constricted pupils
B. Increased pain sensation
C. Nocturnal enuresis
D. Compulsive behavior

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7. Which of the following best represents a characteristic of generalized anxiety disorder?

A. Excessive anxiety and worry occur more days than not for at least 4 weeks.
B. Excessive anxiety and worry occur more days than not for at least 4 months.
C. Excessive anxiety and worry occur more days than not for at least 6 weeks.
D. Excessive anxiety and worry occur more days than not for at least 6 months.

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8. A healthcare professional has questions regarding cardiovascular disease. Which of the following informational points of interest should be communicated to the healthcare professional?

A. In male patient populations, the risk for cardiovascular disease typically increases at the approximate age of 55.
B. In female patient populations, the risk for cardiovascular disease typically increases at the approximate age of 65.
C. Individuals may not experience symptoms of cardiovascular disease until they experience a heart attack, heart failure, or an arrhythmia.
D. Individuals over the age of 65 always experience the following symptoms of cardiovascular disease: fatigue, weight gain, and muscle pain.

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9. Which of the following best represents a symptom of hyperglycemia?

A. Excessively low blood sugar.
B. A decrease in urine production.
C. Excessive thirst.
D. Excessive muscle pain.

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10. A 70-year-old male individual presents to a healthcare facility. The individual suffers from type 2 diabetes. However, the patient is otherwise healthy with few coexisting chronic illnesses. The patient also possesses intact cognitive function and functional status. Based on the previous information, according to the course, what should be the male individual's goal A1C?

A. A1C less than 4%
B. A1C less than or equal to 7%
C. A1C less than or equal to 12%

D. A1C less than or equal to 14%

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11. Which of the following best represents a biological risk factor associated with falls?

A. Muscle weakness
B. Inactivity
C. Risky behaviors
D. Alcohol use

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12. A health care professional uses a Stay Independent 12-question tool to screen a 72-year-old female patient to determine if the patient is at risk for falls. The patient's total Stay Independent score is 5. How can the patient's score be interpreted?

A. The patient is not at risk for falls.
B. The patient may be at risk for falling.
C. The patient should be retested.
D. The patient should be retested in 14 days.

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13. A health care professional has questions regarding the Timed Up and Go fall risk assessment tool. Which of the following informational points of interest should be communicated to the health care professional?

A. The Timed Up and Go assessment tool assesses an older adult patient's balance.
B. The Timed Up and Go assessment tool assesses an older adult female patient's balance.
C. An older adult who takes ? 20 seconds to complete the Timed Up and Go fall risk assessment is at risk for falling.
D. An older adult who takes ? 12 seconds to complete the Timed Up and Go fall risk assessment is at risk for falling.

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14. A 69-year-old female patient undergoes a 30 Second Chair Stand fall risk assessment. The patient's final score is 12. Which of the following statements regarding the patient's aforementioned score is most accurate?

A. The patient's score is above average.
B. The patient's score is below average.
C. The patient is at risk for falls.
D. The patient is at risk for falls in the home.

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15. A health care professional administers a 4-Stage Balance Test to a 78-year-old male patient. The patient cannot hold Position 3 for 10 seconds without moving his feet or needing support. Based on the previous information, what should be the health care professional's next step regarding the 4-Stage Balance Test?

A. Stop the test
B. Repeat Position 2

C. Repeat Position 3
D. Repeat Position 4

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16. According to the course, which of the following best represents Step 1 of the Snellen eye test?

A. Place the standardized Snellen eye test chart 5 feet away from the older adult patient, who may be standing or sitting, in an area that is clearly visible.
B. Place the standardized Snellen eye test chart 10 feet away from the older adult patient, who may be standing or sitting, in an area that is clearly visible.
C. Place the standardized Snellen eye test chart 12 feet away from the older adult patient, who may be standing or sitting, in an area that is clearly visible.
D. Place the standardized Snellen eye test chart 20 feet away from the older adult patient, who may be standing or sitting, in an area that is clearly visible.

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17. A health care professional has questions regarding the process of measuring an older adult patient's orthostatic blood pressure. Which of the following informational points of interest should be communicated to the health care professional?

A. Health care professionals should measure an older adult patient's blood pressure and pulse rate after the older adult patient has been lying down for 15 minutes.
B. Health care professionals should measure an older adult patient's blood pressure and pulse rate after the older adult patient has been lying down for 15 minutes and after the patient sits up.
C. A drop in BP of ? 20 mm Hg, or in diastolic BP of ? 10 mm Hg is considered normal.
D. A drop in BP of ? 20 mm Hg, or in diastolic BP of ? 10 mm Hg is considered abnormal.

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18. According to the course, how much vitamin D should older adult patients take per day?

A. At least 200 IU per day of vitamin D with calcium
B. At least 400 IU per day of vitamin D with calcium
C. A least 600 IU per day of vitamin D with calcium
D. At least 800 IU per day of vitamin D with calcium

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19. Which of the following statements regarding the Critical-Care Pain Observation Tool (CPOT) is most accurate?

A. The CPOT rates/scores pain on a scale from 0 - 4.
B. The CPOT rates/scores pain on a scale from 0 - 8.
C. When utilizing the CPOT, patient muscle tension should only be evaluated by passive flexion.
D. When utilizing the CPOT, patient muscle tension should not be evaluated.

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20. According to the course, which of the following best represents a risk factor associated with impaired skin integrity?

A. Weight gain
B. Weight loss
C. Poor hydration
D. Infrequent urination

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21. According to the course, which of the following areas of the body best represents an impaired skin integrity-related high-risk area?

A. Skin on the top of the foot.
B. Skin on the upper left portion of the back.
C. Skin on the upper right portion of the back.
D. Skin that covers the elbows.

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22. An 80-year-old male patient presents with a pressure injury. The patient's pressure injury is characterized by partial-thickness skin loss with exposed dermis. Based on the previous information, what stage is the patient's pressure injury?

A. Stage 1
B. Stage 2
C. Stage 3
D. Stage 4

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23. A 78-year-old female patient has questions regarding personal hygiene. Which of the following educational points should be expressed to the patient?

A. When bathing, always use hot water or extremely hot water to reduce the risk of dehydrating the skin.
B. Over-cleaning the skin may lead to itching and dryness.
C. Never use emollient?based soap substitutes.
D. Emollient?based soap substitutes are not designed to promote skin integrity.

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24. A 90-year-old male patient has questions regarding drying after bathing. Which of the following educational points should be expressed to the patient?

A. Do not dry the skin after bathing.
B. Drying the skin after bathing can promote skin breakdown.
C. Wait 15 minutes after bathing, then dry the skin by rubbing a towel in an up and down manner.
D. Gently rub the skin when engaging in drying.

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25. According to the course, how many calories should an active 68-year-old, female patient take in per day?

A. Approximately 1600 calories
B. Approximately 1800 calories

C. Approximately 2000 calories
D. Approximately 2500 calories

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26. A 79-year-old male patient has questions regarding nutrition. Which of the following educational points should be expressed to the patient?

A. Individuals should consume less than 15 percent of calories per day from added sugars.
B. Individuals should consume more than 10 percent of calories per day from saturated fats.
C. Individuals should consume more than 10 percent of calories per day from saturated and trans fats.
D. Individuals should consume less than 2,300 milligrams per day of sodium.

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27. A 65-year-old female patient has questions regarding physical activity. Which of the following educational points should be expressed to the patient?

A. Aerobic activity should be performed in episodes of at least 5 minutes, and preferably, it should be spread throughout the week.
B. Aerobic activity should be performed in episodes of at least 10 minutes, and preferably, it should be spread throughout the week.
C. Females over the age of 64 should avoid aerobic activity.
D. Females over the age of 64 should only engage in aerobic activity once a month.

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28. According to the course, what is the recommended maximum daily dose for Clozaril?

A. 600 mg
B. 900 mg
C. 1600 mg
D. 1800 mg

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29. Which of the following statements regarding high alert medications is most accurate?

A. All forms of insulin, subcutaneous and IV, are considered to be high alert medications.
B. All forms of insulin, with the exception of regular insulin, are considered to be high alert medications.
C. Warfarin is only considered to be a high alert medication when administered to male patients over the age of 85.
D. Warfarin is only considered to be a high alert medication when administered to female patients over the age of 85.

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30. A health care professional has questions regarding potassium phosphates injection. Which of the following informational points of interest should be communicated to the health care professional?

A. Potassium phosphates injection is only for administration to a patient with a serum potassium concentration more than 4 mEq/dL.

B. Potassium phosphates injection is only for administration to a patient with a serum potassium concentration less than 4 mEq/dL.
C. Hyperkalemia is not a contraindication associated with potassium phosphates injection.
D. Hyperkalemia is not associated with potassium phosphates injection.

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31. Which of the following statements regarding effective hand hygiene is most accurate?

A. Plain soap should not be used to carry out effective hand hygiene.
B. Health care professionals should engage in hand hygiene before patient contact.
C. Health care professionals should use an alcohol-based handrub when their hands are visibly dirty or visibly soiled with blood or other body fluids or after using the toilet.
D. An alcohol-based handrub should not be used more than once per day.

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32. A health care professional has questions regarding respiratory hygiene and cough etiquette. Which of the following informational points of interest should be communicated to the health care professional?

A. No-touch waste receptacles should only be made available to patients.
B. No-touch waste receptacles should only be made available to health care professionals.
C. All individuals with signs and symptoms of a respiratory infection (excluding health care professionals) should be instructed to: cover the mouth and nose.
D. All individuals with signs and symptoms of a respiratory infection (including health care professionals) should be instructed to: cover the mouth and nose.

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33. A health care professional has questions regarding sharps disposal. Which of the following informational points of interest should be communicated to the health care professional?

A. All sharps should be disposed of in the designated sharps container.
B. Health care professionals should recap used syringe needles before discarding them into the container.
C. Health care professionals should bend used syringe needles before discarding them into the container.
D. Health care professionals should break used syringe needles before discarding them into the container.

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34. A health care professional has questions regarding safe injection practices. Which of the following informational points of interest should be communicated to the health care professional?

A. Whenever possible, health care professionals should use commercially manufactured or pharmacy- prepared prefilled syringes.
B. Health care professionals should unwrap syringes prior to the time of use.
C. Health care professionals should administer medications from the same syringe to multiple patients.
D. Health care professionals should administer medications from single-dose or single-use vials to more than one patient.

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35. A 74-year-old female patient has questions regarding influenza viruses. Which of the following educational points should be expressed to the patient?

A. Individuals over the age of 70 should receive a flu vaccine every 6 months.
B. Individuals should receive a flu vaccine by the end of December.
C. Annual vaccination is needed to ensure the best possible protection against flu.
D. Vaccination every two years is needed to ensure the best possible protection against flu.

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36. Which of the following best represents an older adult care safety recommendation?

A. Use one patient identifier when providing care, treatment, and services.
B. Use at least two patient identifiers when providing care, treatment, and services.
C. Use a patient's room number as a patient identifier when providing care, treatment, and services.
D. Use a patient's physical location as a patient identifier when providing care, treatment, and services.

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37. Which of the following best represents an older adult care safety recommendation?

A. Only report critical results of tests and diagnostic procedures on a timely basis when they are related to individuals over the age of 65.
B. Only report critical results of tests and diagnostic procedures on a timely basis when they are related to individuals over the age of 85.
C. Report critical results of tests and diagnostic procedures on a timely basis.
D. Report critical results of tests, with the exception of INR results, on a timely basis.

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38. A health care professional has questions regarding a preprocedure verification process. Which of the following informational points of interest should be communicated to the health care professional?

A. The patient should be involved in the verification process when possible.
B. The patient should never be involved in the verification process.
C. The purpose of a preprocedure verification process is to ensure patients receive related documentation.
D. The purpose of a preprocedure verification process is to ensure patients' caregivers receive related documentation.

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39. According to the course, how can health care professionals work to reduce the risk for patient suicide?

A. Restrain patients to their beds.
B. Prevent patients from leaving their rooms.
C. Take necessary action to minimize the risk(s) of features in the physical environment that could be used to attempt suicide.
D. Avoid asking patients questions regarding suicide.

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40. Which of the following statements best describes live video telehealth services?

A. A live stream, one-way interaction between a patient and a health care professional.
B. A live stream, two-way interaction between a patient and a health care professional.
C. A means to transmit recorded health information.
D. A means to collect patients' health care-related data.

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