Care CEUs

Activities & Therapeutic Recreation

1. A health care professional has questions regarding recreational therapy. Which of the following informational points of interest should be communicated to the health care professional?

A. The purpose of recreational therapy is to keep residents distracted.
B. The purpose of recreational therapy is to improve or maintain physical, cognitive, social, emotional, and spiritual functioning in order to facilitate improved health, overall well-being, and quality of life.
C. Recreational therapy does not include music.
D. Recreational therapy does not include dance and movement.

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2. Which of the following statements is most accurate?

A. Research presented by the CDC suggests that recreational therapy can help improve the mental, physical, emotional, and social domains of dementia through meaningful, goal-directed interventions that impact the overall care of patients/residents.
B. Research presented by the CDC suggests that recreational therapy cannot help improve the mental, physical, emotional, and social domains of dementia.
C. Research presented by the CDC suggests that recreational therapy negatively impacts residents over the age of 75.
D. Research presented by the CDC suggests that recreational therapy negatively impacts residents over the age of 85.

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3. A health care administrator is developing an educational lecture on the impact of recreational therapy on longevity for older adults. Which of the following educational points should be included in the health care administrator's lecture?

A. According to a recent study, all types of recreational activities that get people moving are associated with greater longevity.
B. According to a recent study, all types of recreational activities that get people moving are associated with decreased longevity.
C. According to a recent study, recreational activities limit development and decrease longevity.
D. According to a recent study, recreational activities do not impact longevity in any way.

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4. A health care administrator is developing a recreational therapy program, as well as COVID-19 policies and procedures. Which of the following components should be included in the COVID-19 policies and procedures?

A. Requirements that every employee must receive a COVID-19 vaccine with no exceptions.
B. Requirements that every health care professional must receive a COVID-19 vaccine with no exceptions.

C. A process for tracking and securely documenting the COVID-19 vaccination status of all staff.
D. A process for tracking and securely documenting the COVID-19 vaccination status of all staff who refuse to obtain COVID-19 vaccination so such staff may be relieved of duty.

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5. Which of the following statements best defines Tai chi?

A. Tai chi may refer to a practice that involves fast repetitive movements.
B. Tai chi may refer to a practice that involves fast repetitive movements and pressured breathing.
C. Tai chi may refer to a practice that involves fast repetitive movements followed by short periods of relaxation.
D. Tai chi may refer to a practice that involves a series of slow gentle movements and physical postures, a meditative state of mind, and controlled breathing.

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6. Which of the following statements is most accurate?

A. A 2021 review analyzed three studies of tai chi's effect on falls in people with Parkinson's disease; the analysis indicated that tai chi did not have a significant positive effect on reducing falls when compared with both no intervention and different interventions like resistance training and stretching.
B. A 2021 review analyzed three studies of tai chi's effect on falls in people with Parkinson's disease; the analysis indicated that tai chi had a significant positive effect on reducing falls when compared with both no intervention and different interventions like resistance training and stretching.
C. A 2021 review analyzed three studies of tai chi's effect on falls in people with Parkinson's disease; the analysis indicated that tai chi increased the risk of falls.
D. A 2021 review analyzed three studies of tai chi's effect on falls in people with Parkinson's disease; the analysis indicated that tai chi increased the risk of injuries related to falls.

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7. A 72-year-old female resident has questions regarding yoga. Which of the following educational points should be expressed to the resident?

A. Individuals over the age of 70 should not practice yoga.
B. Females over the age of 70 should not practice yoga.
C. Yoga can limit mobility.
D. Yoga can help improve balance and relieve stress.

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

A. In most forms of qigong, breath is fast and pressured.
B. In most forms of qigong, the movements are quick and repetitive.
C. All individuals with fibromyalgia should avoid practicing qigong.

D. Frequent and consistent qigong practice may be helpful for people with fibromyalgia in areas like pain, sleep, and physical and mental function.

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9. A health care administrator has questions regarding studies involving meditation and mindfulness-based practices. Which of the following informational points of interest should be communicated to the health care administrator?

A. A 2020 NCCIH-supported analysis of five studies of adults using opioids for acute or chronic pain (with a total of 514 participants) found that meditation practices were strongly associated with pain reduction.
B. A 2020 NCCIH-supported analysis of five studies of adults using opioids for acute or chronic pain (with a total of 514 participants) found that meditation practices were not strongly associated with pain reduction.
C. A 2020 NCCIH-supported analysis of five studies of adults using opioids for acute or chronic pain (with a total of 514 participants) found that meditation practices should be avoided.
D. A 2020 NCCIH-supported analysis of five studies of individuals using opioids for acute or chronic pain (with a total of 514 participants) found that older adults should avoid meditation.

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10. Which of the following statements best defines the term "progressive relaxation?"

A. Progressive relaxation may refer to a process that involves relaxation and ideas individuals suggest to themselves so the mind focuses on the body’s experience of relaxation.
B. Progressive relaxation may refer to a practice where individuals picture objects, scenes, or events that are associated with relaxation or calmness and attempt to produce a similar feeling in the body.
C. Progressive relaxation may refer to a technique where individuals tense their muscles for a period of 10 minutes and then relax their muscles for a period of 15 minutes.
D. Progressive relaxation may refer to a technique that involves tensing different muscles in the body and then releasing the tension to create a sensation of overall relaxation.

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11. Which of the following statements best defines the term "notched music therapy?"

A. Notched music therapy may refer to a practice that uses music to relieve the symptoms of depression.
B. Notched music therapy may refer to a practice that uses music to relieve the symptoms of anxiety.
C. Notched music therapy may refer to a practice that involves listening to music that has been modified to remove sounds close in frequency to the frequency of the tinnitus sound perceived by the patient.
D. Notched music therapy may refer to a practice that involves listening to music that has been modified to remove sounds close in frequency to the frequency of the tooth pain perceived by the patient.

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12. Which of the following strategies may be used to encourage dance among older adults?

A. Engage older adults in 5- or 10-minute mini dancing sessions to slowly build endurance.
B. Engage older adults in 30- or 40-minute mini dancing sessions to slowly build endurance.
C. Avoid using dance videos.
D. Avoid breaks.

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13. A health care professional has questions regarding art therapy. Which of the following informational points of interest should be communicated to the health care professional?

A. A 2018 study indicated that art therapy as an adjunctive treatment for MDD in older adult populations cannot improve depressive and anxiety symptoms.
B. A 2018 study indicated that art therapy as an adjunctive treatment for MDD in older adult populations can improve depressive and anxiety symptoms.
C. A 2018 study indicated that art therapy should only be used on individuals under the age of 65.
D. A 2018 study indicated that art therapy should only be used on individuals over the age of 65.

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14. Which of the following best represents a physical activity recommendation for older adults?

A. When older adults cannot do 150 minutes of moderate-intensity aerobic activity a week because of chronic conditions, they should avoid physical activity.
B. When older adults cannot do 150 minutes of moderate-intensity aerobic activity a week because of chronic conditions, they should be as physically active as their abilities and conditions allow.
C. Male older adults should avoid multicomponent physical activity.
D. Female older adults should avoid multicomponent physical activity.

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15. Which of the following best represents a physical activity recommendation for people with arthritis?

A. People with arthritis should avoid muscle-strengthening activities.
B. People with arthritis should only engage in muscle-strengthening activities once per week.
C. For major health benefits, people with arthritis should do at least 150 minutes of moderate-intensity aerobic activity, or 75 minutes of vigorous-intensity aerobic activity each week.
D. For major health benefits, people with arthritis should do at least 150 minutes of moderate-intensity aerobic activity, or 75 minutes of vigorous-intensity aerobic activity every other week.

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16. Which of the following recommendations should be given to a resident with arthritis who experiences pain as a result of physical activity?

A. Avoid warm-up routines before exercise.
B. Avoid cool-down routines after exercise.
C. Exercise more frequently and for longer periods of time until pain improves.
D. Exercise less frequently or for shorter periods of time until pain improves.

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17. Which of the following best represents an AOPT guideline/recommendation for the management of acute and chronic low back pain?

A. Therapists may use exercise training interventions, including specific trunk muscle activation and movement control, for patients with chronic LBP with leg pain.
B. Therapists may use exercise specific trunk muscle activation but not movement control for patients with chronic LBP with leg pain.
C. Therapists may use movement control but not specific trunk muscle activation for patients with chronic LBP with leg pain.
D. Therapists should avoid exercise training interventions for patients with chronic LBP with leg pain.

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18. Which of the following best represents an American College of Rheumatology/Arthritis Foundation guideline for the management of OA of the hand, hip, and knee?

A. Tai chi is only recommended for patients with knee OA.
B. Tai chi is only recommended for patients with hip OA.
C. Tai chi is strongly recommended for patients with knee and/or hip OA.
D. Tai chi should be avoided for patients with knee and/or hip OA.

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19. A health care professional has questions regarding the American College of Rheumatology/Arthritis Foundation guidelines for the management of OA of the hand, hip, and knee. Which of the following informational points of interest should be communicated to the health care professional?

A. Yoga is not recommended for patients with knee OA.
B. Yoga is conditionally recommended for patients with knee OA.
C. Yoga is only recommended for patients with hip and knee OA.
D. Yoga is only recommended for patients with hip, hand, and knee OA.

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20. Which of the following best represents an AVMA guideline for animal-assisted interventions?

A. Animals should only be monitored by a veterinarian.
B. The animals should be continuously monitored by the RP and periodically monitored by the veterinarian for the purpose of developing a continuum of care that will help ensure the continued health and welfare of the animal.
C. Only dogs should be vaccinated for rabies.
D. Animals should not be vaccinated for rabies.

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