Care CEUs

Behavior Management In LTC

1. A health care administrator is developing an educational lecture regarding behavior management. Which of the following educational points should be included in the health care administrator's lecture?

A. Behavior management may refer to a type of pharmacological treatment that is designed to modify behavior in older adult resident populations.
B. Behavior management may refer to a type of treatment designed to modify, reduce, and prevent behavioral disturbances.
C. Behavior management may only be used to prevent behavioral disturbances.
D. Behavior management may only be used for discipline purposes.

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2. Which of the following best represents an example of anhedonia?

A. A resident wears brightly colored clothing, and always wears a large hat.
B. A resident loses interest in previously enjoyable activities.
C. A resident is exhibiting extreme confusion with time or places.
D. A resident can no longer use the bathroom alone.

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3. Which of the following best represents an example of ISB?

A. One resident asks another resident to dinner
B. Engaging in conversations about sex
C. A resident with HIV asks a health care professional for information about HIV treatment
D. A resident refuses to take part in treatment

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

A. Hoarding disorder may refer to a disorder characterized by the need to save specific personal items because they are valuable.
B. Hoarding disorder may refer to a disorder characterized by the need to save specific personal items due to a perceived sense of value for such items.
C. Hoarding related to a hoarding disorder is the same as collecting.
D. Hoarding related to a hoarding disorder is the same as collecting when it involves physical objects.

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5. Which of the following statements is most accurate?

A. Self-neglect may be a sign of abuse.

B. Self-neglect is never a sign of abuse.
C. Self-neglect is only a sign of abuse in male resident populations.
D. Self-neglect is only a sign of abuse in female resident populations.

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6. A 72-year-old female resident appears anxious. A health care professional believes that the resident is suffering from anxiety. Which of the following signs/symptoms may indicate that the resident may be suffering from generalized anxiety disorder?

A. Excessive worry
B. Not easily fatigued
C. Flashbacks
D. Pharyngitis

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

A. Residents with OCD may attempt to avoid situations or individuals that trigger their obsessions and/or compulsions.
B. Residents with OCD will seek out situations or individuals that trigger their obsessions and/or compulsions.
C. OCD does not typically lead to behavior disturbances in male populations.
D. OCD does not typically lead to behavior disturbances in female populations.

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8. A 85-year-old female resident appears restless. A health care professional believes that the resident is suffering from a bipolar disorder. Which of the following signs/symptoms may indicate that the resident may be suffering from a bipolar disorder?

A. Over-indulgence in pleasurable activities
B. Flashbacks
C. Exhibiting confusion with time or places
D. Glossitis

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9. A health care professional has questions regarding the laws included in Title 42. Which of the following informational points of interest should be communicated to the health care professional?

A. Health care professionals may use restraints imposed for purposes of discipline.
B. Health care professionals may only use restraints imposed for purposes of discipline once in a 24 hour period.
C. Health care professionals may only use restraints imposed for purposes of discipline once in a 48 hour period.
D. The facility must ensure that the resident is free from physical or chemical restraints imposed for purposes of discipline or convenience.

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10. According to Title 42, which of the following statements is most accurate?

A. Within 12 hours after the use of restraint or seclusion, all health care professionals and staff involved in the emergency safety intervention, and appropriate supervisory and administrative staff, must conduct a debriefing session.
B. Within 24 hours after the use of restraint or seclusion, all health care professionals and staff involved in the emergency safety intervention, and appropriate supervisory and administrative staff, must conduct a debriefing session.
C. Within 48 hours after the use of restraint or seclusion, all health care professionals and staff involved in the emergency safety intervention, and appropriate supervisory and administrative staff, must conduct a debriefing session.
D. Within 72 hours after the use of restraint or seclusion, all health care professionals and staff involved in the emergency safety intervention, and appropriate supervisory and administrative staff, must conduct a debriefing session.

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11. Which of the following best represents a National Safety Council's recommendation for the use of restraints?

A. Health care professionals should never use restraints on female residents.
B. Health care professionals should document the use of restraints.
C. Health care professionals should only use chemical restraint on individuals under the age of 75.
D. Health care professionals should only use chemical restraint on individuals under the age of 85.

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12. According to the course, which of the following medications may be used in chemical restraint procedures?

A. Seroquel
B. Clozapine
C. Sonata
D. Zolpidem

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13. According to the course, which of the following best represents a warning/precaution associated with Haldol?

A. Do not use in older adults over the age of 65
B. Do not use in older adults over the age of 85
C. Increased mortality in older adults with dementia-related psychosis
D. Haldol will cause enuresis

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14. Which of the following best represents a behavior management care recommendation?

A. Maintain consistency when caring for residents
B. Do not maintain consistency when caring for residents
C. Meet aggressive behavior from a resident with aggression
D. Positively reinforce behavioral disturbances

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15. A health care administrator has questions regarding tai chi. Which of the following informational points of interest should be communicated to the health care administrator?

A. Tai chi should never be included in recreational therapy programs.
B. 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.
C. Tai chi may refer to a practice characterized by asanas.
D. Tai chi is the same as yoga.

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16. A health care administrator is developing an educational lecture regarding resident hygiene. Which of the following educational points should be included in the health care administrator's lecture?

A. Older adult residents should not be encouraged to pat their skin when drying after a shower or bath.
B. Residents should use hot water when engaging in personal hygiene rather than warm water to reduce the risk of dehydrating the skin.
C. Dentures should not be removed for cleaning.
D. Dentures should be removed for cleaning and, ideally, for at least eight hours every day.

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17. A health care professional has questions regarding brushing a resident's teeth. Which of the following informational points of interest should be communicated to the health care professional?

A. When brushing a resident's teeth, a health care professional should start at the back of the mouth.
B. When brushing a resident's teeth, a health care professional should start at the front of the mouth, and work towards the back of the mouth.
C. When brushing a resident's teeth, a health care professional should avoid brushing the resident's tongue.
D. A health care professional should never brush a resident's teeth.

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18. Which of the following statements best defines the term hallucination?

A. Hallucination may refer to a belief that is not rooted in reality.
B. Hallucination may refer to a perception of seeing, hearing, touching, tasting, or smelling something that is not present.
C. Hallucination may refer to a perception of depression.
D. Hallucination may refer to a perception of anxiety.

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19. An 82-year-old male resident appears confused. A health care professional believes that the resident is dehydrated. Which of the following signs/symptoms may indicate that the resident may be dehydrated?

A. Clear urine output
B. Dark urine output

C. Lacrimation
D. Foot pain

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20. A 84-year-old female resident often appears to be tired. A health care professional believes that the resident is suffering from post-COVID conditions. Which of the following signs/symptoms may indicate that the resident may be suffering from post-COVID conditions?

A. Difficulty breathing/shortness of breath
B. Long-term memory loss
C. Extreme hyperhidrosis
D. Epistaxis

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