

# 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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