

Care CEUs

Dementia Care and Nutrition

1. Which of the following best describes the primary challenges individuals with dementia face in relation to nutrition and hydration?

- A. Difficulty recognizing familiar foods.
- B. Impaired ability to understand complex dietary guidelines.
- C. Loss of appetite due to reduced physical activity.
- D. Increased caloric needs compared to younger adults.

2. How does frontotemporal dementia (FTD) primarily differ from Alzheimer's disease?

- A. FTD primarily affects memory early on.
- B. FTD affects the frontal and temporal lobes leading to behavioral and language issues.
- C. FTD primarily occurs in individuals older than 80.
- D. FTD is accompanied by tangles and plaques similar to Alzheimer's in the early stages.

3. In managing mealtime challenges, which strategy is least effective considering the impact of dementia?

- A. Implementing regular assessments by speech-language pathologists.
- B. Providing adaptive feeding assistance tailored to individual needs.
- C. Encouraging social dining settings while considering sensory changes.
- D. Offering large portions of complex meals to ensure adequate nutrition.

4. Why might older adults with dementia not respond effectively to the hormone regulating water balance (arginine vasopressin)?

- A. Due to a lack of hormone production in older adults.
- B. Because of diminished kidney efficiency and blunted thirst sensation.
- C. As a result of increased reliance on supplemental vitamins and minerals.
- D. Due to their increased muscle mass compared to younger individuals.

5. What is a recommended initial step when addressing swallowing difficulties in residents with Alzheimer's?

- A. Begin with regular assessments and dietary modifications by healthcare professionals.
- B. Initiate enteral feeding immediately upon diagnosis.
- C. Start high-calorie supplements to prevent weight loss.
- D. Implement a fluid restriction to prevent aspiration pneumonia.

6. Which of the following strategies is crucial for managing mealtime challenges in residents with middle-stage Alzheimer's?

- A. Using complex and colorful plates to increase attention.
- B. Offering familiar foods to reduce confusion.
- C. Encouraging residents to eat quickly to prevent food from spoiling.
- D. Presenting several food items at once to increase choice.

7. What role does a speech-language pathologist primarily play in the care of residents with advanced dementia?

- A. Assessing the need for cognitive training activities.
- B. Prescribing medications for depression and agitation.
- C. Designing exercise programs for physical health maintenance.
- D. Determining appropriate food textures and liquid thickness for safe swallowing.

8. In addressing nutritional deficiencies in residents with dementia, why is it important to monitor and adjust their fluid intake?

- A. To increase food intake by improving taste recognition.
- B. To prevent dehydration, which can exacerbate cognitive symptoms.
- C. To maintain focused cognitive stimulation during activities.
- D. To enhance social interaction during group meals.

9. How can an interdisciplinary team effectively collaborate to support residents with dementia?

- A. By independently making decisions without consulting families.
- B. By focusing solely on pharmacological treatments for all symptoms.
- C. By integrating care plans that reflect residents' changing preferences and needs.
- D. By using generic solutions that apply to all residents.

10. What is an essential component of creating a supportive and engaging dining environment for dementia residents?

- A. Allowing residents to share meals in a calm, social setting.
- B. Utilizing strong scented candles to enhance the dining ambiance.
- C. Playing loud background music to stimulate appetite.
- D. Implementing strict schedules with no flexibility.
