Care CEUs

Impaired Skin Integrity in Older Adult Patient Populations

1. According to the course, older adults are at a higher risk for impaired skin integrity due to the degenerative changes that occur to the skin over time.

A. True
B. False

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2. A fellow health care professional has questions regarding pressure injuries. Which of the following informational points of interest should be communicated to the health care professional regarding pressure injuries?

A. Stage 1 pressure injuries are characterized by partial-thickness skin loss.
B. Stage 1 pressure injuries are characterized by full-thickness loss of skin.
C. Stage 2 pressure injuries are characterized by partial-thickness skin loss with exposed dermis.
D. Stage 2 pressure injuries are characterized by full-thickness loss of skin.

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3. Which of the following statements regarding an unstageable pressure injury is most accurate?

A. Unstageable pressure injuries are characterized by full-thickness skin and tissue loss in which the extent of the tissue damage within the ulcer can be confirmed.
B. Unstageable pressure injuries are characterized by full-thickness skin and tissue loss in which the extent of the tissue damage within the ulcer cannot be confirmed.
C. Stable eschar on an ischemic limb or the heel(s) should be removed for patients over the age of 65.
D. Stable eschar on an ischemic limb or the heel(s) should be removed for all patients.

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4. 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 - 8 and is broken down into 4 categories.
B. The CPOT rates/scores pain on a scale from 0 - 10 and is broken down into 4 categories.
C. The CPOT rates/scores pain on a scale from 0 - 8 and is broken down into 8 categories.
D. The CPOT rates/scores pain on a scale from 0 - 10 and is broken down into 16 categories.

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5. Health care professionals should use an alcohol-based hand rub when their hands are not visibly soiled to reduce bacterial counts.

A. True
B. False

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6. A fellow health care professional has questions regarding the use of gloves. Which of the following informational points of interest should be communicated to the health care professional?

A. Health care professionals should don gloves before putting on all other, required, PPE.
B. Gloves should not extend to cover the wrists of isolation gowns.
C. Health care professionals should remember to change their gloves as they administer care to different patients.
D. Health care professionals should not engage in hand hygiene after removing all PPE, including gloves.

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7. Health care professionals should apply fall precautions to all patients.

A. True
B. False

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8. Which of the following statements is most accurate?

A. Male individuals 75 years and older who are active should take in approximately 1,800 calories per day.
B. Male individuals 75 years and older who are active should take in approximately 2,000 calories per day.
C. Male individuals 75 years and older who are active should take in approximately 2,200 calories per day.
D. Male individuals 75 years and older who are active should take in approximately 2,400 calories per day.

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9. According to the course, which of the following statements is most accurate?

A. Individuals should consume less than 10 percent of calories per day from added sugars.
B. Individuals should consume less than 20 percent of calories per day from added sugars.
C. Individuals should consume less than 25 percent of calories per day from added sugars.
D. Individuals should consume less than 30 percent of calories per day from added sugars.

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10. According to the course, health care professionals should encourage older adult patients to use hot water when engaging in personal hygiene.

A. True
B. False

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11. An 80-year-old male patient has questions regarding drying after personal hygiene. Which of the following educational points should be expressed to the patient?

A. Drying is not necessary.
B. Drying the skin does not help prevent skin breakdown due to prolonged moisture.
C. Vigorously rub the skin up-and-down rapidly for an extended period of time to adequately dry the skin.
D. Use a soft cloth to dry the skin.

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12. A fellow health care professional has questions regarding skin cleansing product use in older adult patient populations. Which of the following informational points of interest should be communicated to the health care professional?

A. Soap-based products/plain soaps do not disrupt the pH balance of the skin.
B. Soap-based products/plain soaps are the best choice for most older adults because they often do not cause dryness or lead to irritation.
C. Emollient?based soap substitutes and bath emollients typically cause dryness and lead to irritation.
D. Emollient?based soap substitutes and bath emollients are, typically, designed to help avoid skin barrier breakdown, dryness, and irritation.

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

A. Cephalexin is a tetracycline antibiotic.
B. Cephalexin may be used to treat skin and skin structure infections caused by Staphylococcus aureus.
C. Cephalexin may not be administered orally.
D. Cephalexin is not excreted by the kidney.

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14. According to the course, what is the typical adult dose range for clindamycin?

A. 150 - 450 mg every 6 hours
B. 150 - 800 mg every 12 hours
C. 200 - 1200 mg every 8 hours
D. 200 - 1600 mg every 12 hours

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

A. Levofloxacin is a fluoroquinolone antibacterial.
B. Levofloxacin should not be used to treat complicated skin and skin structure infections.
C. Levofloxacin should be used to treat infections caused by a virus.
D. Severe hepatotoxicity has not been reported with levofloxacin.

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