Care CEUs

The Power of Gratitude

1. A health care professional has questions regarding gratitude's potential effects on dopamine and serotonin. Which of the following informational points of interest should be communicated to the health care professional?

A. Gratitude may lead to a decrease in the production of dopamine.
B. Gratitude and receiving expressions of gratitude can lead to the release of dopamine.
C. Gratitude and receiving expressions of gratitude can lead to a decrease in serotonin production.
D. Gratitude may lead to a decrease in the production of dopamine and an increase in serotonin production.

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2. A 20-year-old patient has questions regarding gratitude and empathy. Which of the following educational points should be expressed to the patient?

A. Gratitude does not affect empathy in any way.
B. Gratitude and empathy refer to the same concept.
C. Once an individual is capable of emotional expression, perception, and possesses the ability to view situations from other individuals' perspective, he or she is more likely to experience empathy.
D. Once an individual is capable of emotional expression, perception, and possesses the ability to view situations from other individuals' perspective, he or she is less likely to experience empathy.

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

A. Gratitude can lead to increased activity in the medial prefrontal cortex of the brain.
B. Gratitude can lead to decreased activity in the medial prefrontal cortex of the brain.
C. Gratitude can lead to increased activity in the medial prefrontal cortex in males, and decreased activity in the medial prefrontal cortex in females.
D. Gratitude does not affect the medial prefrontal cortex of the brain in any way.

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4. According to the course, which section of the brain is linked to altruism?

A. Brain stem
B. Medial prefrontal cortex
C. Ventromedial prefrontal cortex
D. Medulla

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5. A fellow health care professional has questions regarding the communication process. Which of the following informational points of interest should be expressed to the health care professional regarding the communication process?

A. The receiver is the source that originates a message.
B. Encoding and decoding refer to the same process.
C. Decoding may refer to the process of selecting sounds and words to generate a message.
D. Feedback occurs when a receiver sends a message to a sender.

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6. A health care professional engages in a discussion with a 32-year-old male patient. The health care professional provides the patient with information and the patient expresses his ideas regarding treatment and asks the health care professional questions, which are answered. The patient says "thank you" to the health care professional. The health care professional says "you're welcome" to the patient. Based on the previous example, which of the following statements is most accurate?

A. The health care professional and the patient engaged in one-way communication.
B. The health care professional and the patient engaged in two-way communication.
C. The health care professional and the patient engaged in one-way communication and linear communication.
D. The health care professional and the patient engaged in both vertical and horizontal communication.

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7. A health care manager provides specific instructions to a health care professional. The health care professional listens to the instructions, and says "thank you" to the health care manager. The health care manager says "you're welcome" to the health care professional. Based on the previous example, which of the following statements is most accurate?

A. The health care manager and the health care professional engaged in horizontal communication.
B. The health care professional and the patient engaged in linear communication.
C. The health care manager and the health care professional engaged in both horizontal communication and linear communication.
D. The health care manager and the health care professional engaged in vertical communication.

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8. A health care professional submits a formal employee grievance. According to the course, how should the health care organization respond?

A. The health care organization should acknowledge, in some fashion, that the formal employee grievance was received.
B. The health care organization should acknowledge that the formal employee grievance was received only if the health care professional, who submitted the formal employee grievance, is a manager.

C. The health care organization should not acknowledge that the formal employee grievance was received.
D. The health care organization should not acknowledge that the formal employee grievance was received until the grievance is resolved.

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9. A 28-year-old female patient has questions regarding a GQ-6 . Which of the following educational points should be expressed to the patient?

A. The GQ-6 consists of 16 statements.
B. Individuals should write a number, between one and ten, beside each GQ-6 statement.
C. The GQ-6 should only be used by males.
D. When tabulating GQ-6 scores, individuals should reverse their scores for statements 3 and 6.

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10. A 68-year-old male patient has questions regarding a revised GRAT. Which of the following educational points should be expressed to the patient?

A. The revised GRAT consists of 16 statements.
B. The revised GRAT should only be used by individuals under the age of 65.
C. Individuals should write a number, between one and seven, beside each GRAT statement.
D. When tabulating GRAT scores, individuals should not reverse any scores.

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11. According to the course, which of the following best represents a sign/symptom of stress?

A. An increase in appetite
B. Excessive weight gain
C. Disbelief
D. Power distortion (i.e., an individual feels like he or she has more power than usual)

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12. A health care professional has questions regarding burn-out. Which of the following informational points of interest should be communicated to the health care professional?

A. Burn-out is not considered to be a syndrome.
B. Burn-out is characterized by an increase in energy.
C. Burn-out is characterized by decreased mental distance from one’s job.
D. Burn-out is characterized by reduced professional efficacy.

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13. A patient is attempting to maximize gratitude's impact on depression. Which of the following strategies may allow the patient to maximize gratitude's impact on depression?

A. Immediately discontinuing all medications
B. Tapering off medications, and then reinitiating medications after a period of 30 days
C. Discontinuing psychotherapy for a period of 60 days
D. Attending support groups

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14. Generalized anxiety disorder is best described by which of the following statements?

A. A generalized anxiety disorder may refer to a mental health disorder characterized by excessive anxiety and worry occurring more days than not for at least 2 months, about a number of events or activities, which is difficult to control and leads to clinically significant distress or impairment in social, occupational, or other important areas of functioning.
B. A generalized anxiety disorder may refer to a mental health disorder characterized by excessive anxiety and worry occurring more days than not for at least 2 months, about a number of events or activities, which is difficult to control and does not lead to clinically significant distress or impairment in social, occupational, or other important areas of functioning.
C. A generalized anxiety disorder may refer to a mental health disorder characterized by excessive anxiety and worry occurring more days than not for at least 6 months, about a number of events or activities, which is difficult to control and leads to clinically significant distress or impairment in social, occupational, or other important areas of functioning.
D. A generalized anxiety disorder may refer to a mental health disorder characterized by excessive anxiety and worry occurring more days than not for at least 6 months, about a number of events or activities, which is difficult to control and does not lead to clinically significant distress or impairment in social, occupational, or other important areas of functioning.

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15. Which of the following statements best defines binge drinking for men?

A. Two or more drinks on an occasion (within two or three hours).
B. Four or more drinks on an occasion (within two or three hours).
C. Five or more drinks on an occasion (within two or three hours).
D. Eight or more drinks on an occasion (within two or three hours).

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16. A 22-year-old male patient is attempting to maximize gratitude's impact on substance abuse. As a result, the patient has questions regarding heavy drinking. Which of the following educational points should be expressed to the patient?

A. Heavy drinking is defined as 5 or more drinks a week for men.
B. Heavy drinking is defined as 8 or more drinks a week for men.
C. Heavy drinking is defined as 10 or more drinks a week for men
D. Heavy drinking is defined as 15 or more drinks a week for men.

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17. A 20-year-old female patient is attempting to maximize gratitude's impact on substance abuse. As a result, the patient has questions regarding heroin. Which of the following educational points should be expressed to the patient?

A. Injecting heroin is not associated with HIV.
B. A heroin overdose does not typically affect breathing.
C. Naloxone should not be used to prevent heroin-related overdoses.

D. The practice of using heroin along with other drugs or alcohol is especially dangerous because it increases the risk of overdose.

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18. According to the course, how can health care professionals work to reduce the risk for patient suicide?

A. Remove all patients' personal belongings at the time of admission.
B. Limit all patients' access to social media.
C. Limit the movements of all patients over the age of 65.
D. Conduct an environmental risk assessment that identifies features in the physical environment that could be used to attempt suicide, when applicable.

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19. A 45-year-old male patient is attempting to maximize gratitude's impact on physical activity. As a result, the patient has questions regarding physical activity. Which of the following educational points should be expressed to the patient?

A. Aerobic activity should be performed in episodes of at least 10 minutes, and preferably, it should be spread throughout the week.
B. Aerobic activity should be performed in episodes of at least 15 minutes, and preferably, it should be spread throughout the week.
C. Aerobic activity should be performed in episodes of at least 20 minutes, and preferably, it should be spread throughout the week.
D. Individuals over the age of 40 should not engage in aerobic activity.

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20. A 30-year-old male patient has questions regarding nutrition. Which of the following educational points should be expressed to the patient?

A. A healthy eating pattern for men over the age of 25 does not limit saturated fats.
B. A healthy eating pattern for men over the age of 25 does not limit trans fats.
C. Individuals should consume more than 10 percent of calories per day from saturated fats.
D. Individuals should consume less than 10 percent of calories per day from saturated fats.

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21. Which of the following formulas may be used to calculate an individual's BMI?

A. BMI = weight (kg) x height (m)2?
B. BMI = weight (kg) / height (m)2?
C. BMI = weight (kg) x height (m)4?
D. BMI = weight (kg) / height (m)4?

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22. A patient has a BMI of 31. Based on the patient's BMI, the patient should be considered to be which of the following?

A. Underweight
B. Normal weight
C. Overweight

D. Obese

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23. Which of the following statements is most accurate?

A. The risk for heart disease and type 2 diabetes goes up with a waist size that is greater than 35 inches for women/greater than 40 inches for men.
B. The risk for heart disease and type 2 diabetes goes up with a waist size that is greater than 38 inches for women/greater than 42 inches for men.
C. The risk for heart disease and type 2 diabetes goes up with a waist size that is greater than 40 inches for women/greater than 42 inches for men.
D. The risk for heart disease and type 2 diabetes goes up with a waist size that is greater than 42 inches for women/greater than 44 inches for men.

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24. A 60-year-old male patient is attempting to maximize gratitude's impact on weight loss. As a result, the patient has questions regarding weight loss. Which of the following educational points should be expressed to the patient?

A. The initial goal of weight loss treatment for men should be to reduce body weight by about 20 percent from baseline.
B. The initial goal of weight loss treatment should be to reduce body weight by about 10 percent from baseline.
C. Reducing dietary fat alone without reducing calories is sufficient for weight loss.
D. Reducing dietary fat alone without reducing calories is sufficient for weight loss for individuals under the age of 65.

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25. A 50-year-old female patient is attempting to maximize gratitude's impact on blood pressure. As a result, the patient has questions regarding blood pressure. Which of the following educational points should be expressed to the patient?

A. Elevated blood pressure is between 120/80 mmHg and 129/80 mmHg.
B. High blood pressure typically has many warning signs and symptoms.
C. Hypertension is typically not diagnosed until an individual's blood pressure is over 160/90 mm Hg.
D. Physical activity and nutrition do not typically impact blood pressure.

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26. A 55-year-old male patient is attempting to maximize gratitude's impact on sleep. As a result, the patient has questions regarding sleep disorders. Which of the following educational points should be expressed to the patient?

A. Insomnia and RLS can refer to the same type of sleep disorder.
B. RLS is characterized by partial or total loss of muscle control, often triggered by a strong emotion.
C. Narcolepsy is characterized by cataplexy partial or total loss of muscle control, often triggered by a strong emotion.
D. Individuals over the age of 40 are not typically affected by sleep apnea.

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27. A 62-year-old male patient has questions regarding how much sleep he should get per night. Which of the following educational points should be expressed to the patient?

A. Individuals 50 - 64 years old should sleep between 7 - 9 hours per 24 hours.
B. Individuals 61 - 64 years old should sleep between 7 - 9 hours per 24 hours.
C. Male individuals 61 - 64 years old should sleep at least 10 hours per 24 hours.
D. Male individuals 61 - 64 years old should sleep at least 12 hours per 24 hours.

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28. According to the course, what is the normal ?healing time for the human body?

A. 1 - 2 months
B. 3 - 6 months
C. 6 - 12 months
D. 12 - 24 months

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29. A health care professional is attempting to maximize gratitude's impact on pain. As a result, the health care professional has questions regarding the typical, adult starting dose of morphine injection. According to the course, what is the typical, adult starting dose of morphine injection?

A. The typical starting dose of morphine injection in adults is 0.1 mg to 0.2 mg per kg every 4 hours as needed for pain management.
B. The typical starting dose of morphine injection in adults is 0.1 mg to 0.2 mg per kg every 8 hours as needed for pain management.
C. The typical starting dose of morphine injection in adults is 0.2 mg to 0.4 mg per kg every 4 - 8 hours as needed for pain management.
D. The typical starting dose of morphine injection in adults is 0.2 mg to 0.4 mg per kg every 12 hours as needed for pain management.

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30. According to the course, ?fentanyl? is how many more times potent than morphine?

A. Fentanyl? is 5 to 10 times more potent than morphine.
B. Fentanyl? is 10 to 20 times more potent than morphine.
C. Fentanyl? is 25 to 45 times more potent than morphine.
D. Fentanyl? is 50 to 100 times more potent than morphine.

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31. A health care professional is attempting to maximize gratitude's impact on pain. As a result, the health care professional has questions regarding the fentanyl transdermal system. Which of the following informational points of interest should be communicated to the health care professional?

A. Fentanyl transdermal system should be applied once every 30 days.
B. Fentanyl is not associated with abuse and misuse.
C. Concomitant use of opioids with benzodiazepines does not affect sedation.
D. Use is not recommended in patients with severe hepatic and renal impairment.

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32. Which of the following statements is most accurate?

A. Beneficence, as it relates to health care, may refer to the obligation of the health care professional to act in the best interest of the patient.
B. Beneficence, as it relates to health care, may refer to the obligation of the health care professional to act in a manner that does not cause harm to the individual patient; do no harm.
C. Nonmaleficence, as it relates to health care, may refer to the obligation of the health care professional to act in the best interest of the patient.
D. Nonmaleficence, as it relates to health care, may refer to the fair and equitable distribution of health care resources to patients.

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33. According to the course, which of the following methods should be used to prevent medical errors from occurring?

A. Avoid using patient identifiers when providing care, treatment, and services.
B. Use one patient identifier when providing care, treatment, and services.
C. Use one patient identifier when providing care, treatment, and services to patients over the age of 65.
D. Use at least two patient identifiers when providing care, treatment, and services.

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34. A health care professional is attempting to engage in active listening in order to promote gratitude. As a result, the health care professional has questions regarding active listening. Which of the following informational points of interest should be communicated to the health care professional?

A. Avoid open ended questions.
B. Limit eye contact.
C. Always engage in physical contact when another individual is speaking.
D. Respond to what is being said.

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35. A health care professional has questions regarding time-outs. Which of the following informational points of interest should be communicated to the health care professional?

A. Time-outs should only be taken in the morning.
B. Time-outs should last 60 seconds.
C. Time-outs should last 60 minutes.
D. The duration of a time-out can range anywhere from seconds to minutes to hours.

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36. According to the course, which of the following best represents an element of acknowledgement, as it relates to establishing and maintaining a culture of gratitude?

A. Only recognize health care managers.
B. Only recognize health care managers who go above and beyond their duties and responsibilities as health care professionals.
C. Health care managers should only formally recognize health care professionals.

D. Recognize and accept expressions of gratitude when they are offered.

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37. A health care professional has questions regarding personal responsibility, as it relates to gratitude. Which of the following informational points of interest should be communicated to the health care professional?

A. Personal responsibility, when applied to gratitude, can help individuals recognize the significance and importance of their actions, and thus, be less receptive and open to expressions of gratitude from others.
B. Personal responsibility, when applied to gratitude, can help individuals recognize the significance and importance of their medical errors, and thus, be less receptive and open to expressions of gratitude from others.
C. Often personal responsibility affects individuals' self-esteem, and thus, makes individuals less receptive and open to expressions of gratitude from others.
D. Personal responsibility, when applied to gratitude, can help individuals recognize the significance and importance of their actions, and thus, be more receptive and open to expressions of gratitude from others.

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38. Which of the following best represents a gratitude recommendation?

A. Send a thank you email to others, when applicable and appropriate.
B. Do not send thank you emails to others.
C. Only send thank you emails to health care managers.
D. Only send thank you emails to other health care professionals.

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39. Which of the following best represents a gratitude recommendation?

A. Include patients in established cultures of gratitude within health care organizations.
B. Only include patients under the age of 65 in established cultures of gratitude within health care organizations.
C. Only include patients over the age of 65 in established cultures of gratitude within health care organizations.
D. Do not include patients in established cultures of gratitude within health care organizations.

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40. Which of the following best represents a gratitude recommendation?

A. Engage in and encourage participation in employee functions, retreats, and group talk sessions.
B. Do not engage in and encourage participation in employee functions, retreats, and group talk sessions.
C. Engage in employee functions and retreats, however, avoid group talk sessions.
D. Engage in talk sessions and retreats, however, avoid employee functions.

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