Care CEUs

Understanding Psychosocial Needs

1. Which description best captures the impact of psychosocial needs on residents' overall quality of life?

A. Consideration of residents' emotional health and physical therapy routines.
B. Focus on residents' medical conditions and nursing schedules.
C. Recognition of residents' cultural, social, and spiritual dimensions alongside emotional needs.
D. Implementation of uniform social activities regardless of backgrounds.

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2. Which approach exemplifies true person-centered care in long-term care settings?

A. Adhering to standardized group activity templates.
B. Customizing daily routines and programs based on each resident's unique preferences, values, and life history.
C. Delegating all decision making to clinical protocols and time frames.
D. Aligning schedules strictly with staffing patterns.

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3. What internal practice most effectively identifies facility resources needed to support residents' social engagement?

A. Conducting regular assessments of in-house social services, activity staff competencies, and interdisciplinary collaboration.
B. Outsourcing community engagement entirely to external agencies.
C. Basing programming solely on previous year's budget allocations.
D. Prioritizing medical staffing counts over activity resource reviews.

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4. Which strategy best leverages community partnerships to enrich resident life?

A. Establishing ongoing intergenerational partnerships with local schools and libraries for tailored programs.
B. Purchasing standardized entertainment packages for passive consumption.
C. Restricting community volunteers to emotionally intensive roles only.
D. Limiting residents to in-house group activities without external engagement.

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5. Which administrative practice most effectively upholds residents' cultural and spiritual expressions?

A. Enforcing strict medication rounds before all social interactions.
B. Conducting one-off cultural sensitivity seminars without follow-up.

C. Forming resident advisory councils to co-create culturally relevant activity and policy frameworks.
D. Using generic satisfaction surveys administered annually.

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6. Which action demonstrates strong administrative leadership in supporting psychosocial care?

A. Increasing clinical documentation to monitor psychosocial goals.
B. Centralizing scheduling decisions within the administrative office.
C. Eliminating volunteer facilitators to simplify oversight.
D. Allocating dedicated budget and adaptive equipment while investing in staff training for holistic care.

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7. Which method ensures effective volunteer integration into the activities program?

A. Allowing volunteers to join activities spontaneously without orientation.
B. Recruiting only healthcare professionals as volunteers.
C. Scheduling volunteers for tasks unrelated to resident needs.
D. Creating structured volunteer committees with defined roles, training modules, and oversight protocols.

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8. How should activity schedules be adjusted to honor person-centered care principles?

A. Maintaining identical activity times across all resident groups.
B. Regularly surveying residents to tailor activity schedules to their preferred rhythms and energy levels.
C. Scheduling programs exclusively during weekday mornings.
D. Aligning activity times solely with staff availability.

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9. What tool most reliably ensures your activities program complies with CMS requirements?

A. Using the CMS Activities Critical Element Pathway to audit assessments, care plans, and implementation records for each resident.
B. Conducting unstructured staff meetings to discuss activity plans without documentation.
C. Logging attendance in a basic spreadsheet without linking to care plans.
D. Outsourcing compliance checks to a third-party consultant without internal review.

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10. Which policy best promotes safe and enriching resident outings in the community?

A. Permitting family-led outings without formal protocols.
B. Organizing weekly trips that disregard individual risk assessments.
C. Relying on volunteers without background screening to escort residents.
D. Implementing pre-trip health and mobility assessments, background-checked volunteers, and safety training for all outings.

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