

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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