Q&A

Each issue of *Assisted Living Consult* presents learning opportunities for assisted living facility staff. We urge practitioners and facility leaders to have their staff read the articles and challenge their knowledge using this Q&A section as a training test. By copying this page for each of your key staff, you can assess their knowledge on these critical issues by having them answer these questions. Please note that each article topic appears in color with specific related questions.

Emergency Preparedness

1. Which of the following is not a common potential disaster for which ALFs should plan?
   a. Weather-related disasters such as floods, hurricanes, or snowstorms
   b. Fires
   c. Cattle stampedes or other animal attacks
   d. Terrorist attacks

2. An evacuation route should be tested regularly to:
   a. Check road conditions
   b. Assess toilet accommodations
   c. Establish proximity to food and fuel sources
   d. All of the above

3. Which of the following are key considerations in addressing the needs of staff during an emergency?
   a. Arrangements for staff safety
   b. Arrangements for family of staff who have to stay at the facility
   c. Arrangements for forwarding of paychecks
   d. All of the above
   e. A and b

4. Which is *not* a feasible arrangement for pets during an emergency?
   a. Having staff or residents' families take animals with them to a safe location
   b. Leaving animals in a secure room with ample food and water for several days
   c. Make arrangements with a reputable kennel
   d. Make arrangements with a reputable animal rescue group

Disparity in Assisted Living

5. Disparity problems in long term care revolve around two core realities. They are:
   a. Funding/benefit design, income standard for benefits
   b. Funding/benefit design, racial bias
   c. Ageism, racial bias
   d. Income standards for benefits, racial bias

6. One option that could help address the all or nothing benefit design is a system based on:
   a. Type of service provider
   b. Providing benefits based on real need
   c. Providing benefits based on regional demographics
   d. None of the above

7. Another common disparity is:
   a. Sexism in long term care
   b. Inability of family members to pay for uncovered services
   c. Health care provider payment system
   d. None of the above

8. Managed care plans and other payors have begun looking seriously at the concept of:
   a. Partial pay for uncovered services
   b. Pay for performance
   c. Tax credits for family support of uncovered resident services
   d. All of the above

Colds and Flus

9. The American Lung Association defines colds as:
   a. Severe infections of the nose and throat caused by several different viruses
   b. Minor infections of the nose and throat caused by several different viruses and always accompanied by fever
   c. Minor infections of the nose and throat caused by several different viruses
   d. Minor infections of the nose and throat caused by the rhinovirus

10. Which of the following is not a common and widely accepted treatment used to address various symptoms related to colds?
   a. All-in-one over-the-counter cold medications
   b. Pain relievers
   c. Decongestants
   d. Saline nose drops

11. Zinc is used in the form of what to treat colds?
   a. Nasal sprays or throat sprays
   b. Nasal sprays only
   c. Nasal sprays or lozenges
   d. Lozenges only

12. What was the most commonly used cold remedy until the 1930s?
   a. Echinacea
   b. Zinc nasal spray
   c. Aspirin
   d. Menthol cough drops

Medication Management

13. Preventing drug-related problems is a particular challenge in ALFs because residents:
   a. Tend to live alone and have no one to remind them to take medications
   b. Make more medications that any other seniors, including those in nursing homes
   c. Tend to living independently and are more likely to self-administer medications
   d. Preventing DRPs is not a problem in assisted living

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14. In senior setting where there is less supervision over medication management and where residents self-medicate, there are more errors such as:
    a. Taking expired or discontinued medications
    b. Taking medications from different prescribers that can cause interactions
    c. Taking over-the-counter drugs that interact with prescription medications
    d. All of the above
    e. A and c only

15. Before implemented a new medication management system, it is important to:
    a. Consider cost over safety issues
    b. Clean up current medication issues and problems
    c. Pursue a state-of-the-art system with all the bells and whistles
    d. None of the above

16. What is a major challenge in introducing a new medication management system to residents?
    a. Overcoming resistence
    b. Language barriers
    c. Family refusal to pay
    d. Cognitive impairment ALC

Please see Answer Key below.

Answer Key

1. c	2. d	3. e	4. b
5. a	6. b	7. c	8. b
9. c	10. a	11. c	12. a
13. c	14. d	15. b	16. a

Resources *(continued from page 42)*

- Crossroad Software has several software programs for handheld computers that can be downloaded free for a 30-day trial. *See the catalog of available software at* **www.crossroads-software. com/PDA-MedicalSoftware/ Catalog.**

Online Stroke Caregivers Handbook Available

A "Stroke Caregivers Handbook" can be printed or downloaded free from **www.strokesafe.org/Handbook.html**. Produced by an expert task force compiled by Stroke Awareness for Everyone (SAFE), the book includes five chapters: Stroke: An Equal Opportunity Attack, Acute Care, Moving On to Rehabilitation, Home Sweet Home, Nursing Homes—Never Say Never (Again).

Download Free Medical and Legal Forms

A number of commonly used medical and legal forms can be downloaded at **www.familycaregiversonline.com/legal-medical.html**. Available forms include advance directives, last will and testament, and state power of attorney. There also are forms relating to estate planning and marital and family issues.

Medscape Offers Free Nursing CE

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