



*Assisted Living Consult* can be a tool to help enhance quality and improve outcomes in your facility. Each issue presents learning opportunities for providers and the related care team. Copy this section and have your staff read the articles and test their knowledge by answering the questions below. Please note that each article topic appears in color, with specific related questions below.

---

## Recognizing and Treating the Leading Cause of Blindness

1. The leading cause of blindness is:
  - a. Cataracts
  - b. Macular degeneration
  - c. Retinal tear
  - d. Herpes zoster
2. Unfortunately macular degeneration is not treatable.
  - a. True
  - b. False
3. Which of the following are not risk factors for macular degeneration?
  - a. Advanced age
  - b. Smoking
  - c. Hypertension
  - d. Low fat intake

---

## Strengthening Resident Social Support Systems

4. CaringBridge can provide an efficient and effective way to communicate with family and friends.
  - a. True
  - b. False
5. CaringBridge, a for-profit company, offers free personalized Web sites for patients, families, and friends during significant life events.
  - a. True
  - b. False
6. The CaringBridge Web site offers all of the following to AL residents except:
  - a. Ability to connect with family and friends
  - b. Inadvertent sharing of information with everyone because access cannot be restricted
  - c. Reinvigoration through positive interactions with caregivers
  - d. Support during a healthcare crisis, treatment, and recovery

---

## Senior Blood Donors: No Age Restrictions

7. What percentage of eligible individuals actually do donate blood?
  - a. 5%
  - b. 10%
  - c. 25%
  - d. 50%
8. Which of the following are restrictions for donating blood?
  - a. Advancing age
  - b. Most medication use
  - c. Weight less than 110 lbs
  - d. Not having donated blood in the last 8 weeks (56 days)
9. How many people can each whole blood donation help?
  - a. 1
  - b. 2
  - c. 3
  - d. 4

---

## Medication Management: Integrating the Social and Medical Models

10. State policy discussions and regulations on medications appear to require AL providers to:
  - a. Exert control over medication management for residents
  - b. Increase clinical and regulatory oversight
  - c. Provide a nonstandardized approach to encourage individualization
  - d. Provide training/certification of AL medication staff
11. AL providers and advocates who argue that resident choice, autonomy, and dignity can be safely supported by allowing residents to self-administer their own medications are advocates of which model of care?
  - a. Social
  - b. Medical
  - c. Neither
  - d. Both
12. To serve residents most effectively as resident advocates, AL staff should tailor the degree of supervision and control provided to the individual needs and capabilities of the care recipient, and complexity and risk associated with each specific regimen.
  - a. True
  - b. False

## Developing a New and Better Long-term Care System in New York

13. Consumers must have the right to “age in place.”
  - a. True
  - b. False
14. Encouragement of aging in place can occur from all of the following except:
  - a. Developing supports for consumers to remain integrated in the community
  - b. Developing quality mental health and health services
  - c. Encouraging institutional models, such as waivers of copayments for dually eligible beneficiaries who live in skilled nursing facilities
  - d. Encouraging public and private partnerships to facilitate the expansion and design of housing and home- and community-based service options
15. Long-term care options should combat resident isolation by developing meaningful community activities, which could include CaringBridges.
  - a. True
  - b. False

## Improving COPD Through Energy Conservation

16. Simple energy conservation techniques have not been shown to have a significant impact on COPD patients.
  - a. True
  - b. False
17. The term *COPD* refers to all of the following progressive and irreversible lung diseases except:
  - a. Bronchitis
  - b. Emphysema
  - c. Asthma
18. Which is not a healthy lifestyle that could help manage COPD?
  - a. Smoking cessation
  - b. Avoidance of air pollutants
  - c. Exercise avoidance
  - d. Weight management
  - e. Eating well
  - f. Breathing exercise

## Improving the Quality of Transitional Care for Persons with Complex Care Needs

19. Transitions affecting AL facilities can occur from all of the following locations except:

- a. Home
  - b. Hospitals
  - c. Subacute facilities
  - d. Between levels of care in a continuing-care retirement community
  - e. None of the above because they all represent transitions
20. Transitional care is defined as a set of actions designed to ensure all of the following except:
    - a. Coordination of health care
    - b. Continuity of health care
    - c. Cost control of health care
  21. In the mnemonic *IBARQ*, which of the following entries is incorrect?
    - a. Introduction
    - b. Background
    - c. Ask about age
    - d. Recommendations
    - e. Questions

## Striving for Excellence in Care for Dementia Residents

22. Unfortunately persons with dementia are a danger to themselves outdoors.
  - a. True
  - b. False
23. In providing for excellence in care for dementia residents, AL facilities should pay careful attention to bathrooms to ensure that they are all of the following except:
  - a. Hidden so residents do not wander into them
  - b. Clean
  - c. Private
  - d. Well-ventilated
24. Facilities that achieve the status of AFA Excellence in Care Dementia Program of Distinction are required to undergo reevaluation every:
  - a. They do not need to undergo reevaluation.
  - b. Year
  - c. 2 years
  - d. 3 years

ALC

Please see Answer Key below.

22. b	23. a	24. c	1. b	2. b	3. d	4. a	5. b	6. b	7. a
15. a	16. b	17. c	18. c	19. e	20. c	21. c	8. c	9. c	10. c
11. a	12. a	13. a	14. c	15. a	16. b	17. c	18. c	19. e	20. c
Answer Key									