



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.

Nutrition Therapy for *C. Difficile* Diarrhea

1. Which of the following is not one of the more common antibiotics associated with *C. difficile*?
 - a. Clindamycin
 - b. Cephalosporins
 - c. Penicillin
 - d. Fluoroquinolones
2. Which of the following is not a risk factor for *C. difficile*?
 - a. A long hospital stay
 - b. Traveling abroad
 - c. Antibiotic therapy
 - d. Residing in a long-term care facility
 - e. Tube feeding
3. Potential complications of *C. difficile* include all of the following except:
 - a. Congestive heart failure
 - b. Skin breakdown
 - c. Megacolon
 - d. Colectomy
 - e. Shock
4. Prevention of *C. difficile* includes which of the following measures?
 - a. Early detection
 - b. Rapid treatment
 - c. Application of hospital-type infection control measures
 - d. All of the above

Living and Dying Well: A Whole-person Approach

5. Palliative care is an active, collaborative approach to care that enhances the person's quality of life, when he or she decides not to pursue curative approaches.
 - a. True
 - b. False
6. Palliative care includes all of the following except:
 - a. A focus on experiences most comforting and enriching to the whole person.
 - b. Comprehensive support to family and friends.

- c. Continuation of maintaining appropriate hydration and nutrition including the use of intra-venous and nasogastric tubes.
- d. Effective pain and symptom management.

7. Focus on family members first, rather than residents because residents are often reluctant to willingly address end-of-life issues compared to their adult children.
 - a. True
 - b. False

Keeping Dementia Residents Safe in Assisted Living

8. What percentage of AL properties have licensed dementia care units?
 - a. $\frac{1}{5}$
 - b. $\frac{1}{4}$
 - c. $\frac{1}{3}$
 - d. $\frac{1}{2}$
 - e. $\frac{2}{3}$
9. The typical AL resident needs assistance with 2.25 activities of daily living (ADLs). Which of the following is not an ADL?
 - a. Bathing
 - b. Dressing
 - c. Transferring
 - d. Using the phone
 - e. Toileting
 - f. Eating
10. Wandering is just aimless movement defined as unintentional behavior initiated by a cognitively impaired and disoriented individual and characterized by ambulation, leading to safety and/or nuisance-related concerns.
 - a. True
 - b. False

Congestive Heart Failure in Older Adults

11. CHF is the leading cause of hospitalization for patients under the age of 65 as well as one of the most costly diagnosis-related groups (DRGs) in the United States with annual costs in 2003 exceeding \$27 billion.
 - a. True
 - b. False

For questions 12 to 15, match the numbered description of symptoms/activity level to the lettered NYHA Class (I, II, III, IV):

Symptom/Activity Level

12. Shortness of breath when walking to the bathroom
13. Able to climb one flight of stairs
14. Shortness of breath sitting at dining room chair

15. Inability to climb 2 flights of stairs without shortness of breath

NYHA Class

- a. Level I
- b. Level II
- c. Level III
- d. Level IV

16. Which conditions are NOT associated with increased severity in CHF?

- a. Obesity
- b. Kidney impairment
- c. Atrial fibrillation
- d. Depression
- e. Insomnia

Lending a Helping (Robotic) Hand

17. Nursebot and other robotic assistants benefit residents of AL facilities for all of the following reasons except:

- a. Their ability to remind residents of planned activities on their calendars.
- b. Their ability to lead residents to their activities when necessary.
- c. The increased Medicare reimbursement the facility receives.
- d. Their provision of mobility assistance while preserving residents' fine motor control.

18. One major concern regarding video technology is privacy, although this concern can be outweighed by need for the technology.

- a. True
- b. False

19. A major benefit of teleconferencing robots is their ability to increase provider access to residents.

- a. True
- b. False

20. Companion robots are available in the following animal-like forms:

- a. Cats
- b. Teddy bears
- c. Seals
- d. Goldfish

Biometrics as an Assistive Technology

21. The principle advantage of biometric-access applications is that it makes "you the password," which is a critical advantage over competing technologies.

- a. True
- b. False

22. Entry systems that incorporate biometric-recognition technology provide which of the following?

- a. Special egress security to protect residents with dementia or Alzheimer's from accidentally leaving a room or facility
- b. Elevator control to restrict floor access for "memory" or dementia residents on specific floors
- c. Easy access to resident apartments
- d. Elimination of credential-accessories that can be duplicated, shared, lost, or stolen
- e. Logs and management reports documenting the identity of persons and the times that access events took place
- f. All of the above

The Role of the Visiting Audiologist in AL Facilities

23. A study by the National Council on Aging has found that hearing loss, although not a major problem currently, is growing in significance.

- a. True
- b. False

24. Despite advances in medical technology, a hearing exam in off-site settings like assisted living (AL) facilities does not match the quality of an exam in the office setting.

- a. True
- b. False

25. Education of AL staff members is vital because it is easy for staff to assume that an elderly person behaving in a confused manner is suffering from Alzheimer's or dementia when the cause really is a hearing loss.

- a. True
- b. False

26. Most people live with a hearing loss for how many years before receiving an initial exam because they are in denial.

- a. 5 years
- b. 7 years
- c. 10 years
- d. More than 12 years

ALC

Please see Answer Key below.

22. f	23. b	24. b	25. a	26. b
15. c	16. e	17. c	18. a	19. a
8. c	9. d	10. b	11. b	12. b
1. c	2. b	3. a	4. d	5. a
7. b	6. c	13. a	20. d	21. a
Answer Key				