



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 title appears in color, with specific related questions below.

Using the “Timed Up and Go/TUG” Test to Predict Risk of Falls

1. The “Timed Up and Go/TUG” Test to Predict Risk of Falls can only be administered by a trained health-care professional and has limited value in assessing fall risk in older adults.
 - a. True
 - b. False
2. Assessment of fall risk may include a review of all of the following except:
 - a. Fall history
 - b. Social history
 - c. Medications
 - d. Underlying conditions
 - e. Functional status
 - f. Neurologic status
 - g. Psychological factors
 - h. Environmental factors
3. The TUG Test measures which of the following?
 - a. In minutes, the time a person takes to stand up from a seated position
 - b. The distance a person can walk independently
 - c. In seconds, the time a person takes to stand up from a standard armchair, walk 3 meters (about 10 feet), turn, walk back to the chair, and sit down again
 - d. None of the above

Katz Index of Independence in Activities of Daily Living

4. Activities of daily living (ADLs) include all of the following except:
 - a. Bathing
 - b. Dressing
 - c. Being continent and toileting oneself
 - d. Walking and transferring
 - e. Preparing one’s meals and feeding
5. Transferring is considered successful even if one requires the use of mechanical transfer aids.
 - a. True
 - b. False

6. Dressing is NOT considered successful if one requires assistance with tying one’s shoes.
 - a. True
 - b. False

Travel Assistance and Medical Tourism

7. Medical concerns are on the minds of older adults for the following reasons:
 - a. Because many are traveling to other countries to receive medical attention
 - b. Because when vacationing away from home, many seniors require medical assistance
 - c. Both of the above
 - d. None of the above
8. Which of the numbers regarding medical tourism is true?
 - a. The medical tourism industry is expected to be a \$40 billion business by 2010.
 - b. More than 780 million patients seek care outside of their countries.
 - c. An estimated 150,000 to 400,000 Americans traveled abroad for health care in 2006.
 - d. All of the above are true.
 - e. None of the above is true.
9. Some of the most traveled destinations for medical health care that cater to foreign patients include all of the following except:
 - a. United States
 - b. India
 - c. Singapore
 - d. Hungary
 - e. Thailand
 - f. South Africa
 - g. Dubai
 - h. Costa Rica
 - i. Brazil
 - j. Thailand
 - k. Bangkok
10. The Joint Commission International (JCI) has a mission to continuously improve the safety and quality of care in the international community through the provision of education and consultation services and international accreditation.
 - a. True
 - b. False
11. The benefits of travel tourism include all of the following except:
 - a. Lower prices for medical, dental, and cosmetic care

- b. State-of-the-art hospitals in some countries
- c. Western-trained physicians and dentists who speak English
- d. Wide acceptance by insurers
- e. Faster access to doctors than in the US
- f. Greater international sharing of medical “best practices”

18. Alzheimer’s disease is marked by all of the following characteristics except:
- a. Difficulty remembering names and recent events
 - b. Impaired judgment
 - c. Disorientation
 - d. Confusion
 - e. Visual hallucinations, muscle rigidity, and tremors

Medicare Diabetic Measures That Pay

12. The winners of the PQRI’s diabetic management are all of the following except:
- a. Residents with diabetes
 - b. AL facilities
 - c. Physicians
 - d. Insurers

13. Physicians earnings will be increased by what amount because of successful participation in the PQRI?
- a. 0.5%
 - b. 1.5%
 - c. 2.0%
 - d. 10.0%

14. The PQRI sets the optimal level for hemoglobin A1C of residents with diabetes to be which of the following?
- a. <7.0%
 - b. <9.0%
 - c. <10.0%

15. Optimal LDL levels of residents with diabetes, set by the PQRI, are which of the following?
- a. <70 mg/dL
 - b. <100 mg/dL
 - c. <120 mg/dL

16. What is the age limit regarding diabetic patients for inclusion in the diabetic PQRI measures?
- a. No age limit
 - b. 0 to 75 years old
 - c. 18 to 75 years old
 - d. 18 to 95 years old

19. The cause of Alzheimer’s disease is not yet completely understood, but scientists believe the prime suspect, an abnormally high level of a tiny protein fragment called beta-amyloid, is to blame.
- a. True
 - b. False

20. The most common cause of Alzheimer’s disease is a genetic variation.
- a. True
 - b. False

Electronic Medication Management Systems in Long-term Care and Beyond

21. Medication errors occur in LTC because of all of the following except:
- a. Incomplete information about a LTC resident
 - b. Unclear communication of a drug order
 - c. Lack of an independent medication check before dispensing or administering a medication
 - d. Lack of computer warnings (interactions, allergies, dosages)
 - e. Drug storage in which look-alike and sound-alike drugs are stored near each other
 - f. Adequate staff education

22. Electronic medication management systems can verify Medicare Part D coverage at the time of prescribing and can ensure that medications are provided efficiently and on time.
- a. True
 - b. False

ALC

Please see Answer Key below.

Alzheimer’s Disease Facts and Figures 2008: Part I

17. Dementia and Alzheimer’s disease are the same disorder.
- a. True
 - b. False

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

Answer Key