

ALZHIEMER'S I TEST QUESTIONS

PRINT NAME _____ DATE _____

CIRCLE CORRECT ANSWERS WHERE APPLICABLE: (SOME QUESTIONS MAY HAVE MORE THAN 1 ANSWER)

1. Name 2 changes that take place in the normal aging brain
1. _____ 2. _____
2. The 3 D's of mental illness in the elderly are Depression, Dysphasia, and Dementia. T F
3. Dementia is not one of the following:
 - A. Loss of memory
 - B. excessive neurological stimulation
 - C. inability to make good choices and decisions
4. AD is:
 - A. Terminal
 - B. Progressive, degenerative
 - C. Neurological
5. Name the 2 biomarkers believed to be responsible for AD
1. _____ 2. _____
6. Messages transmit between neurons. What is responsible for this transmission to fail in AD?
 - A. Axon
 - B. Dendrite
 - C. Neurotransmitter
7. How many stages of AD are described in the Reisberg Scale? 3 5 7 9
8. Name the 2 types of communication
1. _____ 2. _____
9. Best communication tools are smile, eye contact, be patient. T F
10. Which type of communication is easiest for most persons with AD to understand?
1. _____
11. Using gestures as you communicate is very distracting. T F
12. How should a person with AD be approached:
 - A. From the front
 - B. Slowly
 - C. Eye level
 - D. Speak loudly

13. In which stage do you find the following communication characteristic:
"May understand more than they can speak".
Stage 1, stage 2, stage 3

14. Exterior noise is a source of extreme distraction and frustration. T F

15. A person with AD hears as if:
A. they are under water
B. Every word is echoed
C. They have sporadic reception with a cell phone

16. As the brain deteriorates, so does their spiritual and emotional capacity. T F

17. Can a person with AD feel sad? T F Happy? T F Secure? T F Frightened? T F

18. The purpose of reminiscence therapy is to direct them away from reviewing their past. T F

19. The purpose of validation therapy is to enter the patient's reality. T F

20. Name 3 characteristics of a "left" brain and "right" brain person.

1. _____ 2. _____ 3. _____

1. _____ 2. _____ 3. _____

21. List the components of the CARES approach and 1 characteristic of each.

Component:

Characteristic:

1. _____ 1. _____

2. _____ 2. _____

3. _____ 3. _____

4. _____ 4. _____

5. _____ 5. _____

ALZHIEMER'S II TEST QUESTIONS

PRINT NAME _____ DATE _____

1. Behavior presentations are expected when a person has dementia. T F
2. Name 2 pseudo dementias.
 1. _____
 2. _____
3. The diagnosis examination should include the following 3 health aspects:
 1. _____
 2. _____
 3. _____
4. Name the 3 stages of Alzheimer's disease:
 1. _____
 2. _____
 3. _____
5. Name 3 risk factors for Alzheimer's disease:
 1. _____
 2. _____
 3. _____
6. Behavior is how a person with dementia communicates. T F
7. List 3 of the Best tools to influence behavior:
 1. _____
 2. _____
 3. _____
8. Fill in the blank to complete the phrase correctly using either the words "Always" or "Never":
 1. _____ Expect repetitive actions
 2. _____ Argue
 3. _____ Move quickly
 4. _____ Minimize choices
9. The reason a dementia person may become agitated or aggressive: (circle correct answer)
 - T F Approach too quickly
 - T F Physical pain can affect behavior
 - T F Depression, anxiety, fear
10. Catastrophic reactions result when: (circle correct answer)
 - T F Situation overwhelms dementia person
 - T F Allowing "acting out" may be safe alternative in some situations
 - T F Their limited capacity is threatened
11. Combative behaviors require immediate intervention to make client compliant. T F
12. List the 3 components of the ABC model of behavior.
 1. _____
 2. _____
 3. _____
13. What is the greatest contributor to agitation? _____
14. List 3 characteristics of SUNDOWNING:
 1. _____
 2. _____
 3. _____

15. Possible reasons for SUNDOWNING:

- T F Excessive food consumption
- T F Broken circadian bio rhythms
- T F Changes in light causing shadows, glare, reflection

16. Interest in personal care diminishes as abilities decline. T F

17. Ways staff can successfully assist dementia person with personal care:

- T F Always allow time for them to do for themselves
- T F Always correct their mistakes
- T F Assist when they can't execute a task
- T F Encourage, compliment, assist as needed

18. Sexuality is a normal human desire regardless of age or disability and needs direction and opportunities to be expressed. T F

19. List 3 features of Adult day care.

1. _____
2. _____
3. _____

20. Adult day care may increase client doctor visits and emergency room use. T F

21. Research documents that using of Adult Day Care improves a dementia persons quality of life in the following 3 ways:

1. _____
2. _____
3. _____

22. List the 2 models of Adult day care:

1. _____
2. _____

23. Fill in the blanks:

PATIENT ISN'T _____ YOU A _____ TIME, PATIENT IS _____ A _____ TIME.

24. List the 5 ways families are affected:

1. _____
2. _____
3. _____
4. _____
5. _____

25. List 3 signs that may indicate excessive stress for professional caregivers:

1. _____
2. _____
3. _____

26. List the 3 phases of grief:

1. _____
2. _____
3. _____

27. Set out medications so they can take them as prescribed. T F

28. Environment obstacles often lead to falls. T F

29. Ethical concerns include:

1. _____
2. _____
3. _____

ANSWERS TO ALZHEIMER'S II TEST:

1. SLIDE 54
True
2. SLIDE 59
Tumors, thyroid, depression, dehydration, UTI etc.
3. SLIDE 61
Physical, mental, emotional
4. SLIDE 63
Early, middle, late
5. SLIDE 64
Age, family history, female, APOE4 gene, head injury, etc.
6. SLIDE 65
True
7. SLIDE 67
TLC, music, touching, humor
8. SLIDE 68 & 69
Always, never, never, always
9. SLIDE 71
True, true, true
10. SLIDE 72 & 77
True, true, true
11. SLIDE 77
False
12. SLIDE 78 & 79
Antecedent, behavior, consequence
13. SLIDE 81
Boredom
14. SLIDE 87
Agitation, anxiety, pacing, wandering, muttering
15. SLIDE 88
False, true, true
16. SLIDE 102
True
17. SLIDE 95
True, false, true, true
18. SLIDE 106 & 107
True
19. SLIDE 110
Nonresidential, planned activities, meals, snacks, socialization, recreational, etc.
20. SLIDE 112
False
21. SLIDE 115
Socialization, interaction, stimulation
22. SLIDE 116



ANSWERS TO ALZHEIMER'S I TEST:

1. SLIDE 3
Memory slows, metabolism slows, easily distracted, storing & recall take longer, forgetfulness
2. SLIDE 4
FALSE
3. SLIDE 7
b. excessive neurological stimulation
4. SLIDE 13
A, B, C
5. SLIDE 18
Amyloid plaque, neurofibrillar tangles (tau)
6. SLIDE 17-18
C. Neurotransmitter
7. SLIDE 21 & 22
7 stages
8. SLIDES 26
Verbal & Non-verbal
9. SLIDE 27
True
10. SLIDE 28
Non-verbal
11. SLIDE 28
False
12. SLIDE 32
A, B, C
13. SLIDE 33
Stage 2
14. SLIDE 37
True
15. SLIDE 38
C
16. SLIDE 42
False
17. SLIDE 42
True, True, True, True
18. SLIDE 43
False
19. SLIDE 46
True
20. SLIDE 49 & 50
True *R Brain L Brain*
21. ANSWER FOUND ON SLIDES 54 & 55
CARE S