

Flex Therapist CEUs

Alzheimer's Disease

1. Alzheimer's Disease is the second most common cause of dementia among older people.

- A. True
 - B. False
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2. Glial cells, the other main type of cells in the brain, help neurons survive and function by?

- A. Hold neurons in place
 - B. Provide them with nutrients
 - C. Rid the brain of damaged cells and cellular debris
 - D. Provide insulation to neurons in the brain and spinal cord
 - E. All of the above
-

3. This is the part of the brain that takes up a little more than 10 percent of the brain and plays roles in balance and coordination?

- A. Cerebellum
 - B. Occipital lobe
 - C. Cerebral cortex
 - D. Corpus callosum
-

4. Researchers believe the healthy brain engages mechanisms to compensate for difficulties that certain regions may be having. For example, the brain may recruit alternate brain networks in order to perform a task. Scientists refer to this adaptive capability as which of the following?

- A. Versatility
 - B. Plastic
 - C. Synaptic flexibility
 - D. None of the above
-

5. The destruction and death of nerve cells in Alzheimer's Disease causes which of the following?

- A. Memory failure
- B. Personality changes

- C. Problems in carrying out daily activities
 - D. All of the above
-

6. The brains of people with Alzheimer's Disease have an abundance of the two abnormal structures - amyloid plaques and neurofibrillary tangles. The third main feature of Alzheimer's Disease is the loss of connections between cells.

- A. True
 - B. False
-

7. One of the hallmarks of Alzheimer's Disease includes abnormal collections of twisted protein threads found inside nerve cells and the chief component is a protein called tau. This describes which of the following?

- A. Amyloid plaques
 - B. Vesicles
 - C. Neurofibrillary tangles
 - D. Synaptic gaps
-

8. Alzheimer's Disease begins deep in the brain, in the entorhinal cortex, a brain region that is near the hippocampus and has direct connections to it.

- A. True
 - B. False
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9. As some people grow older, they develop memory problems greater than those expected for their age, but they do not experience the personality changes or other problems that are characteristic of Alzheimer's Disease. These people may have a condition called:

- A. Moderate Alzheimer's Disease
 - B. Mild cognitive impairment
 - C. Metabolic syndrome
 - D. None of the above
-

10. Signs of mild Alzheimer's Disease include all of the following, EXCEPT?

- A. Memory loss
 - B. Confusion about the location of familiar places
 - C. Difficulty swallowing
 - D. Poor judgment leading to bad decisions
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11. Investigators found a gene on chromosome 19 that they were able to link to late-

onset Alzheimer's Disease; this gene is called TAU.

- A. True**
 - B. False**
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12. Beta-amyloid studies have moved forward to the point that scientists are now carrying out preliminary tests in humans of potential therapies aimed at removing beta-amyloid, halting its formation, or breaking down early forms before they can become harmful.

- A. True**
 - B. False**
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13. Animal studies have shown that exercise increases the number of capillaries that supply blood to the brain and improves learning and memory in older animals.

- A. True**
 - B. False**
-

14. All of the following are neurodegenerative diseases that cause dementia, EXCEPT?

- A. Vitamin B12 deficiency**
 - B. Alzheimer's disease**
 - C. Vascular dementia**
 - D. Frontotemporal lobar degeneration**
-

15. Scientists discovered that levels of a neurotransmitter called acetylcholine fell sharply in people with Alzheimer's Disease. They found that acetylcholine is a critical player in the process of?

- A. Slowing oxidation**
 - B. Protecting mitochondria**
 - C. Forming memories**
 - D. All of the above**
-

16. As Alzheimer's Disease begins to affect memory and mental abilities, it also begins to change a person's emotions and behaviors. Between 70 and 90 percent of people with Alzheimer's Disease eventually develop one or more behavioral symptoms; which include?

- A. Sleeplessness**
- B. Wandering and pacing**
- C. Aggression**

- D. Agitation**
 - E. All of the above**
-

17. Research has shown that caregiving can have important positive effects, including?

- A. A new sense of purpose or meaning in life**
 - B. Fulfillment of a lifelong commitment to a spouse**
 - C. An opportunity to give back to a parent some of what the parent has given to them**
 - D. Renewal of religious faith**
 - E. All of the above**
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18. Which of the following are adaptations to reduce hazards in the kitchen?

- A. Place foam pads in areas of prolonged standing**
 - B. Install safety knobs and an automatic shut-off switch on the stove**
 - C. Store flammable liquids in the back of kitchen cabinets**
 - D. All of the above**
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19. To help reduce the risk associated with wandering; secure and lock all motor vehicles and keep them out of sight if possible.

- A. True**
 - B. False**
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20. Safety recommendations to reduce risks if a patient wanders include which of the following?

- A. Remove clutter and clear the pathways from room to room to prevent falls and allow the person to move about more freely**
 - B. Install safety devices in hardware stores to limit how much windows can be opened**
 - C. Place STOP, DO NOT ENTER, or CLOSED signs on doors in strategic areas**
 - D. Place labels in garments to aid in identification**
 - E. All of the above**
-

21. All of the following are environmental adaptations that may be helpful for Alzheimer's Disease patients with symptoms of hallucinations or delusions, EXCEPT?

- A. Make sure there is adequate lighting and keep extra bulbs handy in a secured place**
 - B. Remove or cover mirrors if they cause the person to become confused or frightened**
 - C. Paint walls with darker hues that incorporate patterns**
 - D. Vary the home environment as little as possible to minimize the potential for visual confusion. Keep furniture in the same place.**
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22. Celebrations, special events, and holidays may cause a person with Alzheimer's disease some confusion and anxiety. All of the following may reduce these symptoms, EXCEPT?

- A. Consider having friends and family visit in small groups rather than all at once**
 - B. Try to have a space where the person with AD can rest, be alone, or spend some time with a smaller number of people, if needed**
 - C. Consider simplifying your holidays around the home**
 - D. Use of many elaborate decorations to celebrate the holidays**
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23. People with Alzheimer's may experience loss of sensation or may no longer be able to interpret feelings of heat, cold, or discomfort. Therefore, water heaters should be set at 150 degrees to prevent scalding tap water.

- A. True**
 - B. False**
-

24. All of the following are safety precautions for patients that may have lost taste sensitivity, EXCEPT?

- A. Keep all condiments plentiful; such as salt, sugar, or spices**
 - B. Remove or lock up medicine cabinet items such as toothpaste, perfume, lotions, shampoos, rubbing alcohol, and soap, which may look and smell like food**
 - C. Keep pet litter boxes inaccessible to the person with Alzheimer's**
 - D. Learn the Heimlich maneuver or other techniques to use in case of choking**
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25. People with Alzheimer's Disease may have normal hearing, but they may lose their ability to interpret what they hear accurately. This loss may result in confusion or overstimulation.

- A. True**
 - B. False**
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26. When dementia impairs driving and the person with Alzheimer's Disease continues to insist on driving, a number of different approaches may be necessary. These include which of the following?

- A. Suggest that the patient take public transportation**
 - B. Park the car at a friend's home and hide the car keys**
 - C. Have a mechanic disable mechanical functions of the car, so that driving at slow speeds are only possible**
 - D. All of the above**
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27. It is always important to have a plan of action in case of fire, earthquake, flood, tornado, or other disasters. All of the following are precautions that apply if a person with Alzheimer's is in the home, EXCEPT?

- A. Give neighbors a list of emergency phone numbers of caregivers, family members, and primary medical resources**
 - B. Always have at least an extra week's supply of any medical or personal hygiene items critical to the person's welfare**
 - C. Have regular emergency drills so that the person with Alzheimer's disease knows the task they are responsible for in the crisis plan**
 - D. Be sure that the person with Alzheimer's wears an identification bracelet stating "memory loss" should he or she become lost or disoriented during the crisis**
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28. It is important to have a plan in case of the existing caregiver's illness disability, or death. The caregiver should maintain a notebook for the responsible person who will assume care-giving. Such a notebook should contain which of the following information?

- A. Emergency phone numbers**
 - B. Current problem behaviors and possible solutions**
 - C. Ways to calm the person with Alzheimer's**
 - D. Favorite activities and food**
 - E. All of the above**
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