

Flex Therapist CEUs

Alzheimer's Disease, Prevalence, and Caregiving

Overview of Alzheimer's Disease

1. Alzheimer's disease is ultimately fatal.

- A. True
 - B. False
-

2. Which of the following are common causes of dementia-like symptoms?

- A. Depression
 - B. Thyroid problems
 - C. Excessive use of alcohol
 - D. All of the above
-

3. The most common initial symptom of Alzheimer's is:

- A. A gradually worsening ability to remember new information
 - B. Apathy and depression
 - C. Impaired judgement or impaired ability to make decisions, plan or organize
 - D. Disorientation
-

4. Which form of dementia is more likely to have initial or early symptoms of sleep disturbances, well-formed visual hallucinations, and slowness, gait imbalance or other parkinsonian movement features?

- A. Alzheimer's disease
 - B. Vascular dementia
 - C. Dementia with Lewy bodies
 - D. Fronto-temporal lobar degeneration
-

5. Difficulty walking, memory loss, and inability to control urination are symptoms of:

- A. Fronto-temporal lobar degeneration
- B. Normal pressure hydrocephalus
- C. Parkinson's disease

D. Creutzfeldt-Jakob disease

6. When individuals have difficulty moving, they are more vulnerable to infections, including pneumonia, and Alzheimer's-related pneumonia often contributes to the death of people with Alzheimer's disease.

- A. True
 - B. False
-

7. Which of the following block the transport of nutrients and other essential molecules inside neurons?

- A. Beta-amyloid plaques
 - B. Tau tangles
 - C. Both (A) and (B)
 - D. None of the above
-

8. The brains of people with advanced Alzheimer's disease show:

- A. Inflammation
 - B. Dramatic shrinkage from cell loss
 - C. Widespread debris from dead and dying neurons
 - D. All of the above
-

9. Research suggests that the brain changes associated with Alzheimer's may begin _____ or more years before symptoms appear.

- A. 10
 - B. 20
 - C. 30
 - D. 40
-

10. Those inheriting a mutation to all of the following genes are guaranteed to develop Alzheimer's, except for:

- A. Amyloid precursor protein
 - B. Presenilin 1
 - C. Presenilin 2
 - D. Mutations of all of the above genes guarantee Alzheimer's development
-

11. Chromosome 21 includes the gene that encodes for the production of _____,

therefore, an extra copy of chromosome 21, as seen with Down syndrome, may increase the amount of beta-amyloid fragments in the brain.

- A. Amyloid precursor protein
 - B. Presenilin 1
 - C. Presenilin 2
 - D. All of the above
-

12. The greatest risk factors for late-onset Alzheimer's are all of the following, except:

- A. Older age
 - B. Having a family history of Alzheimer's
 - C. Carrying the APOE-e3 gene
 - D. All of the above are the greatest risk factors for late-onset Alzheimer's
-

13. Of the risk factors for late-onset Alzheimer's, genetics is the greatest of these risk factors.

- A. True
 - B. False
-

14. Alzheimer's is a normal part of aging and older age alone is sufficient to cause Alzheimer's dementia.

- A. True
 - B. False
-

15. Which form of Apolipoprotein E increases one's risk of developing Alzheimer's?

- A. e2
 - B. e3
 - C. e4
 - D. All of the above
-

16. Which of the following guarantees that an individual will develop Alzheimer's?

- A. Inheriting a genetic mutation that causes Alzheimer's.
 - B. Inheriting the APOE-e4 gene.
 - C. Both (A) and (B).
 - D. None of the above.
-

17. Many factors that increase the risk of _____ are also associated with a higher risk of dementia.

- A. Cardiovascular disease
 - B. Diabetes
 - C. Obesity
 - D. Hypertension
-

18. Factors that protect the heart may also protect the brain and reduce the risk of developing Alzheimer's or other dementias. Physical activity appears to be one of these factors.

- A. True
 - B. False
-

19. Reviews have found which non-pharmacologic therapy to be beneficial to people with Alzheimer's dementia?

- A. Exercise
 - B. Cognitive stimulation
 - C. Both (A) and (B)
 - D. None of the above
-

Prevalence

20. Which of the following explains why more women than men have Alzheimer's or other dementias?

- A. The fact that women live longer than men on average.
 - B. A possible interaction between the APOE-e4 genotype and the sex hormone estrogen.
 - C. Lower educational attainment in women born in the first half of the 20th century.
 - D. All of the above.
-

21. Which of the following are most likely to have Alzheimer's or other dementias?

- A. Hispanics
 - B. African-Americans
 - C. Whites
 - D. Asian-Americans
-

22. Between 2017 and 2025, every state across the United States is expected to experience an increase in the number of people with Alzheimer's disease.

- A. True
 - B. False
-

Mortality and Morbidity

23. According to 2014 Medicare claims data, about _____ of all Medicare beneficiaries who die in a given year have been diagnosed with Alzheimer's or another dementia.

- A. 10%
 - B. 33%
 - C. 67%
 - D. 89%
-

24. Studies indicate that people age 65 and older survive an average of _____ years after a diagnosis of Alzheimer's dementia.

- A. 16 - 20
 - B. 12 - 14
 - C. 6 - 12
 - D. 4 - 8
-

25. Of the total number of years that they live with Alzheimer's dementia, individuals will spend an average of 25% of this time in dementia's most severe stage.

- A. True
 - B. False
-

Caregiving

26. What is the primary reason caregivers provide care and assistance to a person with Alzheimer's?

- A. The desire to keep a family member or friend at home.
 - B. Proximity to the person with dementia.
 - C. The caregiver's perceived obligation as a spouse or partner.
 - D. Cannot afford to place the person with dementia in a nursing home.
-

27. It is more common for wives to provide informal care for a husband than vice versa.

- A. True
 - B. False
-

28. Which of the following changes in a person with Alzheimer's is often the most challenging for family caregivers?

- A. Losses of judgement
 - B. Personality and behavior changes
 - C. Orientation problems
 - D. Loss of the ability to understand and communicate effectively
-

29. Caregivers of individuals with Alzheimer's report more subjective cognitive problems and experience greater declines in cognition over time than non-caregivers matched for age and other characteristics.

- A. True
 - B. False
-

30. A study of end-of-life care found that _____% of family caregivers experienced relief when the person with Alzheimer's or another dementia died.

- A. 0
 - B. 29
 - C. 50
 - D. 72
-

31. Studies suggest which of the following?

- A. Caregivers who provide care to spouses are much more likely than other spousal caregivers to become increasingly frail during the time between becoming a caregiver and their spouse's death.
 - B. Caregiving tasks have the positive effect of keeping older caregivers more physically active than non-caregivers.
 - C. Both (A) and (B).
 - D. None of the above.
-

32. Caregivers of a spouse with Alzheimer's or another dementia are more likely than married non-caregivers to have which of the following physiological changes that may reflect declining physical health?

- A. Reduced immune function
 - B. Coronary heart disease
 - C. Impaired function of the endothelium
 - D. All of the above
-

Use and Costs of Health Care, Long-term Care, and Hospice

33. Which of the following is the most common reason for hospitalization of people with Alzheimer's dementia?

- A. Syncope, fall and trauma
 - B. Gastrointestinal disease
 - C. Pneumonia
 - D. Delirium, mental status change
-

34. Medicare covers all of the following, except:

- A. Care in a long-term care hospital.
 - B. Skilled nursing care in a skilled nursing facility.
 - C. Long-term care in a nursing home.
 - D. Hospice care.
-

35. In 2014, dementia was the most common primary diagnosis for Medicare beneficiaries admitted to hospice overall.

- A. True
 - B. False
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36. Individuals with frequent transitions between health care settings are more likely to have feeding tubes at the end of life, even though feeding tube placement has little or no benefit.

- A. True
 - B. False
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