

Flex Therapist CEUs

Complex Geriatric Patient

1. What is the term for the accumulation of knowledge, facts, and skills that are acquired throughout life?

- A. Accumulated knowledge
 - B. Crystallized Intelligence
 - C. Compound Acquired Intelligence
 - D. Acquired knowledge
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2. What is the term for a reduction in physical reserve amongst older adults, distinguished by increased vulnerability and decreased function?

- A. Weakness
 - B. Decline
 - C. Frailty
 - D. Aging
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3. What is the most commonly used non prescribed drug among older adults?

- A. Alcohol
 - B. Cocaine
 - C. Marijuana
 - D. Opiates
-

4. What are two drugs that majorly contribute to side effects in the elderly?

- A. Aspirin and Tylenol
 - B. Benzodiazepines and Opiates
 - C. Alcohol and Opiates
 - D. NSAIDs and stimulants
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5. Polypharmacy is the simulataneous use of multiple drugs by one patient for one or more conditions.

- A. True
 - B. False
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6. What is one type of emerging technology that can be beneficial in reaching isolated patients?

- A. Electronic Health Records (EHR)
 - B. Coordinate Care Tech
 - C. WebMD
 - D. Telehealth
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7. COPD affects over 45% of patients over 65 years of age.

- A. True
 - B. False
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8. What does SMART stand for?

- A. Specific, Maintainable, Attainable, Reasonable, Timely.
 - B. Scientific, Measurable, Attainable, Review, Time-bound.
 - C. Specific, Measurable, Attainable, Relevant, Time-bound.
 - D. Scientific, Marketable, Attribute, Reasonable, Timely.
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9. What is a common format used for daily progress notes in Physical Therapy?

- A. SLAP
 - B. MOAT
 - C. FORM
 - D. SOAP
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10. When considering goals for the patient, it is not important to discuss the patient's personal goals.

- A. True
 - B. False
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