

# Flex Therapist CEUs

## Geriatric Physical Therapy

1. What is a major cause of mental health conditions like depression in the geriatric population?

- A. Isolation
  - B. Comorbidities
  - C. Use of a walker
  - D. Family conflict
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2. Which stage of dementia is marked by needing intermittent help with personal care and supervision 24/7?

- A. Mild cognitive impairment
  - B. Moderate-stage dementia
  - C. Severe-stage dementia
  - D. Mild dementia
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3. Which of the following statements accurately describes prescribing cascades?

- A. Prescribing cascades involve the prescription of additional medications to treat the adverse effects of other medications
  - B. Prescribing cascades refer to the process of reducing the number of medications prescribed to avoid adverse effects
  - C. Prescribing cascades involve the discontinuation of all medications when adverse effects occur
  - D. Prescribing cascades only occur when patients self-medicate without consulting healthcare professionals
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4. What is the gait speed for a safe community ambulator to cross the street and go to the grocery store?

- A. 0.4 m/s
  - B. 0.6 m/s
  - C. 0.7 m/s
  - D. 0.9 m/s
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5. Which is not a component of fall recovery training?

- A. Calling for Help

- B. Using furniture to assist in standing**
  - C. Use momentum to stand**
  - D. Remaining on the floor if suspecting injury**
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**6. What is the most common cause of shuffling gait?**

- A. Parkinson's disease**
  - B. Multiple sclerosis**
  - C. Generalized weakness**
  - D. Cerebrovascular accident**
- 

**7. Which outcome measure measures lower body strength, balance, and endurance?**

- A. Timed up and go test**
  - B. Chair stand test**
  - C. 6 minute walk test**
  - D. 10 meter walk test**
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**8. Which of the following conditions is a typical part of aging and can lead to weakness, falls, fractures, and mortality.**

- A. Heart disease**
  - B. Diabetes mellitus**
  - C. Sarcopenia**
  - D. Dementia**
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**9. An elder in a skilled nursing facility has signs of malnutrition, is frequently soiled, and has been given the wrong medication. What is this an example of?**

- A. Elder neglect**
  - B. Elder violence**
  - C. Emotional abuse**
  - D. Physical abuse**
- 

**10. The majority of physical therapy care for geriatric patients is performed as outpatient services under which Medicare Plan?**

- A. Medicare Part A**
  - B. Medicare Part B**
  - C. Medicare Part C**
  - D. Medicare Part D**
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**11. What is the most common cardiac arrhythmia and is most frequently seen in older**

adults.

- A. Tachycardia
  - B. A-V Block
  - C. Bradycardia
  - D. Atrial fibrillation
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12. Grip strength is strongly associated with a range of health outcomes except?

- A. Disability
  - B. Heart function
  - C. Mortality
  - D. Cognitive function
- 

13. An 80-year-old patient seen in home health has been forgetting to take his medication and lives alone. What action should a physical therapist take?

- A. Advise the patient to move to an assisted living facility for better medication management
  - B. Refer the patient to a psychiatrist for evaluation of memory loss
  - C. Contact the patient's primary care physician to discuss the medication adherence
  - D. Ignore the issue as it falls outside the scope of a physical therapist's practice
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14. What is a complication of dehydration in older adults?

- A. Increased risk of urinary tract infections
  - B. Improved cognitive function
  - C. Decreased risk of falls
  - D. Enhanced physical endurance
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15. Which assistive device is most commonly prescribed for a 75 year old patient who can ambulate 100 feet with a wide base of support and unsteadiness?

- A. Cane
  - B. Wheelchair
  - C. Walker
  - D. Mobility scooter
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16. A 68 year old female on Warfarin reports dizziness with standing and exertion. Which comorbidity would align with this presentation?

- A. Diabetes mellitus
- B. COPD

- C. Atrial fibrillation**
  - D. CVA**
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**17. How may a physical therapist provide support for a 70 year old patient who admits to struggling financially?**

- A. Provide social worker and eldercare resource**
  - B. Call the patient's family**
  - C. Ask colleagues for donations**
  - D. Nothing, this is outside the PT scope of practice**
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**18. All of the following are signs of a hypotensive emergency except?**

- A. Dizziness**
  - B. Deep breathing**
  - C. Cold skin**
  - D. Numbness in the extremities**
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**19. Which condition may make driving the least safe?**

- A. Diabetes mellitus**
  - B. Heart failure**
  - C. Macular degeneration**
  - D. Presbycusis**
- 

**20. What percentage of healthcare spending is for the geriatric population in the United States?**

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