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. Cerebellar ataxia
D. Cerebrovascular accident

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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

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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

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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 adherenc
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

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20. According to the Centers for Medicare and Medicaid Services (CMS), what percentage of all national healthcare spending in 2021 was represented by Medicare beneficiaries aged 65 and older?

A. 12%
B. 21%
C. 26%
D. 40%

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