

# 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 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

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**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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