

Alzheimer's Disease

1. Which of the following statements is the most accurate description of Alzheimer disease (AD)?

- A) The disease is progressive. ✓
- B) The disease is reversible with treatment.
- C) The disease is more common in younger adults.
- D) The disease is characterized by remissions and exacerbations.

2. Approximately what percentage of diagnosed dementias are AD?

- A) 10% to 20%
- B) 20% to 40%
- C) 40% to 60%
- D) 60% to 80% ✓

3. Approximately how many new cases of AD are diagnosed each year?

- A) 120,000
- B) 480,000 ✓
- C) 630,000
- D) 980,000

4. A major manifestation of a subcortical dementia is

- A) seizures.
- B) movement disorder. ✓
- C) delusions and hallucinations.
- D) rapid progression of the disease.

5. The structural hallmarks of AD are

- A) multiple cerebral infarctions.
- B) spongiform changes in the brain.
- C) atherosclerosis of the cerebral arteries.
- D) neurofibrillary tangles and amyloid plaques. ✓

6. The major component of neurofibrillary tangles is

- A) beta-amyloid.
- B) A68, a form of tau. ✓
- C) decreasing amounts of glucose.

D) a sharp drop in acetylcholine levels.

7 . Remembering specific events associated with a particular time and place is a type of memory called

- A) motor memory.
- B) implicit memory.
- C) episodic memory.
- D) affective memory.

8 . Which of the following types of memory is associated with feelings and emotions?

- A) Implicit memory
- B) Episodic memory
- C) Semantic memory
- D) Affective memory

9 . The inability to identify common objects is the result of a perceptual deficit called

- A) apraxia.
- B) agnosia.
- C) aphasia.
- D) perseveration.

10 . Apraxia is a perceptual deficit in which the person is

- A) unable to initiate a task.
- B) unable to identify a common object.
- C) unable to discontinue an act after the stimulus is removed.
- D) able to identify an item but cannot pick it up and use it.

11 . A probable diagnosis of AD may be made based on which of the following factors?

- A) Physical examination
- B) A patient's medical history
- C) A patient's objective cognitive assessment
- D) All of the above

12 . Which of the following is NOT a goal of the diagnostic process when AD is suspected?

- A) Expeditious diagnosis
- B) Planning for the future
- C) Identifying systemic or psychiatric illness

D) Assessing the needs of the family and caregivers

13 . Which of the following is a major difference between delirium and dementia?

- A) Delirium is usually reversible. ✓
- B) Memory is not impaired in delirium.
- C) Confabulation is common in delirium.
- D) Persons with delirium have intact thinking.

14 . To make a diagnosis of dementia according to the DSM-5, significant cognitive decline may be present in all of the following, EXCEPT:

- A) Complex attention
- B) Executive function
- C) Learning and memory
- D) Delusions and hallucinations ✓

15 . Instrumental activities of daily living include all of the following, EXCEPT:

- A) Eating ✓
- B) Shopping
- C) Taking medications
- D) Using the telephone

16 . Neuropsychological testing may be useful when the

- A) mental status test and functional test are both normal.
- B) mental status test and functional test are both abnormal.
- C) mental status test is abnormal but the functional test is normal. ✓
- D) All of the above

17 . The purpose of the Patient Self-Determination Act is to

- A) establish inheritance rights.
- B) establish legal guardianship.
- C) serve as a do not resuscitate order.
- D) protect the patient's wishes regarding medical treatment. ✓

18 . The use of restraints in patients with AD

- A) may predispose patients to pressure ulcers.
- B) can impede circulation and inhibit breathing.
- C) increases disorientation and anxiety in confused individuals.
- D) All of the above ✓

19 . Cholinesterase inhibitors have been shown to produce a small improvement in cognitive function in patients with

- A) preclinical AD.
- B) mild-to-moderate AD.
- C) moderate-to-severe AD.
- D) Both B and C. ✓

20 . Behaviors for which antipsychotic medication may be justified include

- A) depression.
- B) refusal to eat.
- C) wandering and anxiety.
- D) delusions and hallucinations. ✓

21 . Functional disabilities can be exacerbated by all of the following, EXCEPT:

- A) Fatigue
- B) Illnesses
- C) Cognitive exercises ✓
- D) Medication toxicity

22 . In the early stages of AD, risk is highest for complications related to

- A) incontinence.
- B) pressure ulcers.
- C) aspiration related to impaired swallowing.
- D) injury and trauma related to wandering and impulsiveness. ✓

23 . General management techniques for individuals with AD are based on

- A) rigid routines.
- B) custodial care.
- C) minimal activities.
- D) focusing on the individual's abilities. ✓

24 . The use of touch with patients with AD

- A) is usually detrimental.
- B) is a cause of skin hunger.
- C) can be functional or affectionate. ✓
- D) is not necessary because of their age.

25 . Sexual dysfunction in patients with AD may be related to

- A) depression.
- B) memory impairment.
- C) structural changes in the brain and nervous system.
- D) All of the above ✓

26 . Which of the following is NOT a sign of undernutrition?

- A) Swollen tongue
- B) Pale, scaling skin
- C) Orthostatic hypotension
- D) Decreases in pulse and respiration ✓

27 . Which of the following statements regarding behaviors in patients with AD is TRUE?

- A) All behavior has a reason.
- B) A patient's behavior can be affected by the approach of the caregiver.
- C) Behavior is a response to the environment, caregivers, or internal stimuli.
- D) All of the above ✓

28 . Behavior problems may arise if the caregiver

- A) tries to find the reason for a patient's behavior.
- B) provides supervision and assistance to the patient.
- C) understands the behavior is not directed to her personally.
- D) has expectations of the individual that do not match the individual's abilities. ✓

29 . Which of the following is an effective behavioral intervention?

- A) Distracting the patient ✓
- B) Questioning the patient about behavior
- C) Confronting the patient with a problem
- D) Explaining why the behavior is inappropriate

30 . The most effective use of "self" is when the

- A) caregiver is a good conversationalist.
- B) patient views the caregiver as an authority figure.
- C) caregiver listens to the patient's unspoken messages. ✓
- D) caregiver is efficient and organized in completing assignments.

31 . If a patient persists in shadowing a nursing assistant, which approach is most appropriate?

- A) Provide the patient with an activity. ✓
- B) Assign the nursing assistant to another unit.
- C) Suggest that the patient talk to the supervisor.
- D) Tell the patient that work cannot get done if the following persists.

32 . Which of the following approaches is appropriate when caring for a critical wanderer?

- A) Install gates on stairwells
- B) Install alarms on all exit doors
- C) Approach the patient from the front and walk with him or her back toward the building
- D) All of the above ✓

33 . Sundowning may be avoided by

- A) giving a sedative at bedtime.
- B) maintaining a set bedtime routine. ✓
- C) getting the patient up earlier in the morning.
- D) having the patient exercise just before going to bed.

34 . Simulated response therapy has been suggested for use with patients who are

- A) agitated. ✓
- B) delusional.
- C) wandering.
- D) having hallucinations.

35 . Reminiscing is

- A) not possible for people with AD.
- B) a natural process for people of all ages. ✓
- C) a useless activity for a person of any age.
- D) not generally therapeutic for persons with AD.

36 . Reality orientation is a process that

- A) originated as a therapy for patients with AD.
- B) often succeeds in correcting the perceptions of cognitively impaired persons.
- C) is designed to increase an individual's comprehension of person, place, and situation. ✓
- D) All of the above

37 . Validation therapy

- A) emphasizes the future rather than the past.
- B) has been substantiated through scientific study.
- C) explores the meaning and motivation for confused statements. ✓
- D) utilizes the concept that individuals with AD are unaware of their feelings.

38 . The primary goal of care for end-stage AD is to

- A) prevent complications. ✓
- B) prevent disorientation.
- C) restore lost functional abilities.
- D) maintain the current level of function.

39 . An appropriate activity for an individual in end-stage AD is

- A) playing bingo.
- B) hand massage. ✓
- C) watching television.
- D) making greeting cards.

40 . Staff may help family members of patients with AD to cope by

- A) providing suggestions for visiting.
- B) educating them about the disease.
- C) providing information about facility routine.
- D) All of the above ✓