

Flex Therapist CEUs

Alzheimer's Disease, Prevalence, and Caregiving

Overview of Alzheimer's Disease

1. Alzheimer's disease is ultimately fatal.

- A. True
 - B. False
-

2. Which of the following are common causes of dementia-like symptoms?

- A. Depression
 - B. Thyroid problems
 - C. Excessive use of alcohol
 - D. All of the above
-

3. The most common initial symptom of Alzheimer's is:

- A. A gradually worsening ability to remember new information
 - B. Apathy and depression
 - C. Impaired judgement or impaired ability to make decisions, plan or organize
 - D. Disorientation
-

4. Which form of dementia is more likely to have initial or early symptoms of sleep disturbances, well-formed visual hallucinations, and slowness, gait imbalance or other parkinsonian movement features?

- A. Alzheimer's disease
 - B. Vascular dementia
 - C. Dementia with Lewy bodies
 - D. Fronto-temporal lobar degeneration
-

5. Difficulty walking, memory loss, and inability to control urination are symptoms of:

- A. Fronto-temporal lobar degeneration
 - B. Normal pressure hydrocephalus
 - C. Parkinson's disease
 - D. Creutzfeldt-Jakob disease
-

6. When individuals have difficulty moving, they are more vulnerable to infections, including pneumonia, and Alzheimer's-related pneumonia often contributes to the death of people with Alzheimer's disease.

- A. True**
 - B. False**
-

7. Which of the following block the transport of nutrients and other essential molecules inside neurons?

- A. Beta-amyloid plaques**
 - B. Tau tangles**
 - C. Both (A) and (B)**
 - D. None of the above**
-

8. The brains of people with advanced Alzheimer's disease show:

- A. Inflammation**
 - B. Dramatic shrinkage from cell loss**
 - C. Widespread debris from dead and dying neurons**
 - D. All of the above**
-

9. Research suggests that the brain changes associated with Alzheimer's may begin _____ or more years before symptoms appear.

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

10. Those inheriting a mutation to all of the following genes are guaranteed to develop Alzheimer's, except for:

- A. Amyloid precursor protein**
 - B. Presenilin 1**
 - C. Presenilin 2**
 - D. Mutations of all of the above genes guarantee Alzheimer's development**
-

11. Chromosome 21 includes the gene that encodes for the production of _____, therefore, an extra copy of chromosome 21, as seen with Down syndrome, may increase the amount of beta-amyloid fragments in the brain.

- A. Amyloid precursor protein**

- B. Presenilin 1
 - C. Presenilin 2
 - D. All of the above
-

12. The greatest risk factors for late-onset Alzheimer's are all of the following, except:

- A. Older age
 - B. Having a family history of Alzheimer's
 - C. Carrying the APOE-e3 gene
 - D. All of the above are the greatest risk factors for late-onset Alzheimer's
-

13. Of the risk factors for late-onset Alzheimer's, genetics is the greatest of these risk factors.

- A. True
 - B. False
-

14. Alzheimer's is a normal part of aging and older age alone is sufficient to cause Alzheimer's dementia.

- A. True
 - B. False
-

15. Which form of Apolipoprotein E increases one's risk of developing Alzheimer's?

- A. e2
 - B. e3
 - C. e4
 - D. All of the above
-

16. Which of the following guarantees that an individual will develop Alzheimer's?

- A. Inheriting a genetic mutation that causes Alzheimer's.
 - B. Inheriting the APOE-e4 gene.
 - C. Both (A) and (B).
 - D. None of the above.
-

17. Many factors that increase the risk of _____ are also associated with a higher risk of dementia.

- A. Cardiovascular disease
- B. Diabetes
- C. Obesity

D. Hypertension

18. Factors that protect the heart may also protect the brain and reduce the risk of developing Alzheimer's or other dementias. Physical activity appears to be one of these factors.

- A. True
 - B. False
-

19. Reviews have found which non-pharmacologic therapy to be beneficial to people with Alzheimer's dementia?

- A. Exercise
 - B. Cognitive stimulation
 - C. Both (A) and (B)
 - D. None of the above
-

Prevalence

20. Which of the following explains why more women than men have Alzheimer's or other dementias?

- A. The fact that women live longer than men on average.
 - B. A possible interaction between the APOE-e4 genotype and the sex hormone estrogen.
 - C. Lower educational attainment in women born in the first half of the 20th century.
 - D. All of the above.
-

21. Which of the following are most likely to have Alzheimer's or other dementias?

- A. Hispanics
 - B. African-Americans
 - C. Whites
 - D. Asian-Americans
-

22. Between 2017 and 2025, every state across the United States is expected to experience an increase in the number of people with Alzheimer's disease.

- A. True
 - B. False
-

Mortality and Morbidity

23. According to 2014 Medicare claims data, about _____ of all Medicare beneficiaries who die in a given year have been diagnosed with Alzheimer's or another dementia.

- A. 10%**
 - B. 33%**
 - C. 67%**
 - D. 89%**
-

24. Studies indicate that people age 65 and older survive an average of _____ years after a diagnosis of Alzheimer's dementia.

- A. 16 - 20**
 - B. 12 - 14**
 - C. 6 - 12**
 - D. 4 - 8**
-

25. Of the total number of years that they live with Alzheimer's dementia, individuals will spend an average of 25% of this time in dementia's most severe stage.

- A. True**
 - B. False**
-

Caregiving

26. What is the primary reason caregivers provide care and assistance to a person with Alzheimer's?

- A. The desire to keep a family member or friend at home.**
 - B. Proximity to the person with dementia.**
 - C. The caregiver's perceived obligation as a spouse or partner.**
 - D. Cannot afford to place the person with dementia in a nursing home.**
-

27. It is more common for wives to provide informal care for a husband than vice versa.

- A. True**
 - B. False**
-

28. Which of the following changes in a person with Alzheimer's is often the most challenging for family caregivers?

- A. Losses of judgement**
- B. Personality and behavior changes**

C. Orientation problems

D. Loss of the ability to understand and communicate effectively

29. Caregivers of individuals with Alzheimer's report more subjective cognitive problems and experience greater declines in cognition over time than non-caregivers matched for age and other characteristics.

A. True

B. False

30. A study of end-of-life care found that _____% of family caregivers experienced relief when the person with Alzheimer's or another dementia died.

A. 0

B. 29

C. 50

D. 72

31. Studies suggest which of the following?

A. Caregivers who provide care to spouses are much more likely than other spousal caregivers to become increasingly frail during the time between becoming a caregiver and their spouse's death.

B. Caregiving tasks have the positive effect of keeping older caregivers more physically active than non-caregivers.

C. Both (A) and (B).

D. None of the above.

32. Caregivers of a spouse with Alzheimer's or another dementia are more likely than married non-caregivers to have which of the following physiological changes that may reflect declining physical health?

A. Reduced immune function

B. Coronary heart disease

C. Impaired function of the endothelium

D. All of the above

Use and Costs of Health Care, Long-term Care, and Hospice

33. Which of the following is the most common reason for hospitalization of people with Alzheimer's dementia?

- A. Syncope, fall and trauma**
 - B. Gastrointestinal disease**
 - C. Pneumonia**
 - D. Delirium, mental status change**
-

34. Medicare covers all of the following, except:

- A. Care in a long-term care hospital.**
 - B. Skilled nursing care in a skilled nursing facility.**
 - C. Long-term care in a nursing home.**
 - D. Hospice care.**
-

35. In 2014, dementia was the most common primary diagnosis for Medicare beneficiaries admitted to hospice overall.

- A. True**
 - B. False**
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36. Individuals with frequent transitions between health care settings are more likely to have feeding tubes at the end of life, even though feeding tube placement has little or no benefit.

- A. True**
 - B. False**
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