

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

6. What is the most common cause of shuffling gait?

- A. Parkinson's disease
 - B. Multiple sclerosis
 - C. Generalized weakness
 - 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
-

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
-

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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