

Metabolic and Endocrine Issues in ElderCare Post-Test

Name _____

(Please enter legal name above)

Birth date (required)

Format: 01/03/1999

M	M	D	D	Y	Y	Y	Y

Where do you work? (example: HCMC, MVAHCS, etc.)
Enter N/A if you are not employed.

Hospital _____ Unit _____

*Email Address _____

*TCHP hospitals must use work email address.

I verify that I have read this home study and have completed the post-test and evaluation.

By checking this box, I am submitting my electronic signature to this statement.

- 1) In general, endocrine function is decreased in the elderly, resulting in the gradual elevation of the fasting glucose level after age 50.
 - a) True
 - b) False
- 2) The glycosylated hemoglobin (HbA_{1c}) level reflects blood glucose control for the previous:
 - a) 2 - 3 days
 - b) 2 - 3 months
 - c) 2 - 3 years
 - d) None of the above
- 3) Which of the following factors predispose the elderly to hypoglycemia?
 - a) Poor or erratic nutritional intake
 - b) Changes in mental status that impair the perception or response to hypoglycemia
 - c) Use of multiple medications and noncompliance with medications
 - d) Living situations that may reduce the likelihood of early recognition or intervention for hypoglycemia
 - e) All of the above
- 4) Symptoms generally associated with hypothyroidism, but often **not** seen in the elderly are:
 - a) Cold intolerance
 - b) Muscle aches, tenderness and stiffness
 - c) Depression
 - d) Weight gain
 - e) a & d
- 5) It is easy to confuse hyperthyroidism with other, more common diseases in the elderly.
 - a) True
 - b) False
- 6) The American Heart Association guidelines for desirable level of total cholesterol is:
 - a) < 150 mg/dL
 - b) < 200 mg/dL
 - c) 200 – 239 mg/dL
 - d) > 240 mg/dL
 - e) None of the above
- 7) The following guidelines are recommended by the American Heart Association for treatment of mild hypothermia (>34°C [>93.2°F]):
 - a) Peritoneal lavage with warmed fluid
 - b) Warm the patient with warm blankets and a warm environment
 - c) Warmed IV fluids
 - d) Cardiopulmonary bypass and extracorporeal circulation
- 8) One factor that contributes to an older person's increased susceptibility to developing heat-related illnesses is a decreased sensitivity to changes in temperature.
 - a) True
 - b) False
- 9) Symptoms of hyperthermia include:
 - a) Weak and thready pulse
 - b) Skin is cool, clammy and diaphoretic
 - c) Shallow respirations
 - d) Skin is hot, dry, no diaphoresis (not sweating, despite the heat)

Expiration date: The last day that post tests will be accepted for this edition is **December 31, 2017**—your envelope must be postmarked on or before that day.

Evaluation: Metabolic and Endocrine Issues in ElderCare

Please complete the evaluation form below by placing an "X" in the box that best fits your evaluation of this educational activity. Completion of this form is required to successfully complete the activity and be awarded contact hours.

At the end of this home study program, I am able to:	Strongly Agree, Agree, Neutral, Disagree, Strongly Disagree
1. Describe common metabolic/endocrine changes and pathophysiology related to aging.	
2. Formulate a plan for assessing and managing the elderly patient with metabolic and endocrine disease.	
3. The teaching / learning resources were effective. <i>If not, please comment:</i>	

The following were disclosed in writing prior to, or at the start of, this educational activity (please refer to the first 2 pages of the booklet).	YES or NO
4. Notice of requirements for successful completion, including purpose and objectives	
5. Conflict of interest	
6. Disclosure of relevant financial relationships and mechanism to identify and resolve conflicts of interest	
7. Sponsorship or commercial support	
8. Non-endorsement of products	
9. Off-label use	
10. Expiration Date for Awarding Contact Hours	
11. Did you, as a participant, notice any bias in this educational activity that was not previously disclosed? <i>If yes, please describe the nature of the bias:</i>	

12. How long did it take you to read this home study and complete the post test and evaluation:

_____ hours and _____ minutes.

13. Did you feel that the number of contact hours offered for this educational activity was appropriate for the amount of time you spent on it?

___ Yes

___ No, more contact hours should have been offered

___ No, fewer contact hours should have been offered.

Expiration date: December 31, 2017
