

Musculoskeletal and Skin Issues in ElderCare Post-Test

Name _____

(Please enter legal name above)

Birth date (required)

M	M	D	D	Y	Y	Y	Y

Format: 01/03/1999

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) Where do the majority of falls in the elderly occur?
 - a) Outside the house
 - b) Inside the house
 - c) In the bathroom
 - d) None of the above
- 2) Research has indicated that elders have a more difficult time balancing and doing higher cognitive functions at the same time.
 - a) True
 - b) False
- 3) Which of the following have been implicated in the development of osteoporosis?
 - a) Decreased physical activity
 - b) Inadequate calcium intake
 - c) Long time steroid use
 - d) All of the above
- 4) Is there a difference in the type of pain that elders report (as opposed to younger patients)?
 - a) Yes
 - b) No

- 5) What laboratory result is elevated with rhabdomyolysis?
 - a) LDH
 - b) CPK – MM
 - c) Bilirubin
 - d) Creatinine
- 6) Evaluation of the physical function of the elder should include:
 - a) Mobility
 - b) Vision and hearing
 - c) Driving safety
 - d) All of the above
- 7) Have the majority of elders made changes in the home environment to reduce the risk of falls?
 - a) Yes
 - b) No
- 8) Which of the following may be indicated as an assistive device in the elder with musculoskeletal problems?
 - a) Cane
 - b) Raised toilet seat
 - c) Home health aide
 - d) All of the above
- 9) Which of the below are normal changes in the aging skin
 - a) Decrease activity of secretory glands
 - b) Increased elasticity
 - c) Pressure Ulcers
 - d) Melanomas
- 10) Prevention of skin related injuries in the older adult includes:
 - a) Maintaining moisture
 - b) Preventing physical injury
 - c) Detailed assessments
 - d) All of the above
- 11) Skin turgor is an appropriate measure of hydration status in the older adult
 - a) True
 - b) False

Expiration date: The last day that post tests will be accepted for this edition is **December 31, 2018**—your envelope must be postmarked on or before that day.

Evaluation: Musculoskeletal and Skin 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 the physiological changes that occur in aging that impact the independence of the elderly.	
2. Formulate a plan of care, incorporating various resources, for a patient with mobility problems related to age.	
3. Identify common skin issues in the elderly population.	
4. Describe activities and interventions that support healthy skin in the elderly population.	
5. 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
6. Notice of requirements for successful completion, including purpose and objectives	
7. Conflict of interest	
8. Disclosure of relevant financial relationships and mechanism to identify and resolve conflicts of interest	
9. Sponsorship or commercial support	
10. Non-endorsement of products	
11. Off-label use	
12. Expiration Date for Awarding Contact Hours	
13. 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>	

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

_____ hours and _____ minutes.

15. 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, 2018
