



YOUR INFO

Name: _____
 Title: _____
 Facility: _____
 Address: _____
 City/State/Zip: _____
 This address for: home work
 Daytime Phone: _____
 Member #: _____
 Are you a: Nursing Home Administrator
 Nurse

NHAs, please include all states and license numbers. ACHCA must have this information to issue credit.

State: _____ License #: _____
 State: _____ License #: _____

INSTRUCTIONS

After reading this issue of ADVANCE for Long-Term Care Management, complete the following test and evaluation sections. If your score is 70 percent or above, ACHCA will send you a letter of completion. If your score is less than 70 percent, you may retake the test.

Please include your license number for each state.

Tests will be graded within four weeks of receipt.

According to the ACHCA Code of Ethics, "preservation of the highest standards of integrity and ethical principles is vital to the successful discharge of the professional responsibilities of all long-term care administrators." You are expected to complete this program according to these guidelines.

Each post-test is approved for 2 continuing education credits for nursing home administrators and 2 contact hours for nurses.

Not all states accept self-study programs for credit. Check with your state to confirm restrictions. If you feel that you have benefited from this program, please encourage your state to support self-study programs.

Return completed form with payment to:

ACHCA
12100 Sunset Hills Rd., Ste. 130
Reston, VA 20190

Members: \$25; Nonmembers: \$35

(Note: Membership in ACHCA is by individual, not by facility. If you have any questions, please call Kathleen at (703) 234-4140, Ext 3.

Check enclosed, payable to ACHCA

Please charge my:
 Visa Mastercard American Express

Card # _____
 Exp. Date _____
 Cardholder Signature _____

PRE-TEST

Take the pre-test before you read this issue of ADVANCE.

- Which of the following is **TRUE** of feeding tubes:
 - They are inappropriate for people with late-stage dementia.
 - They prevent weight loss.
 - They reduce pressure ulcers.
 - They prevent aspiration pneumonias.
- The single leg squat is a powerful diagnostic tool for assessing:
 - hip musculature
 - core stability
 - neck flexor weakness
 - protracted shoulder girdle

POST-TEST

After reading the magazine, complete the post-test and evaluation.

- Delivery of bronchodilators via handheld devices (MDIs and DPIs) is _____ efficient, _____ convenient and _____ costly than solution nebulizer therapy. (Clinical Care: "New to the Job")
 - more, more, less
 - more, less, more
 - less, more, more
 - more, more, more
- CMS expected approximately _____ percent utilization of the blended RUGs, but by 2008, skilled nursing providers were achieving closer to _____ percent utilization. (Finance: "RUG 53's Impact")
 - 21, 31 c. 15, 36
 - 19, 39 d. 10, 20
- Which of the following statements is **FALSE** of discrimination lawsuits? (Law Center: "Employee Discrimination Basics")
 - Every person in the country is a member of a protected class.
 - Men and women are protected from discrimination on the basis of sex.
 - A person can be protected on the basis of race or skin color, but the two things do not mean the same thing.
 - The law does not permit a claim based on skin color if the two litigants are of the same racial background.
- Mats that are _____ of an inch thick or less allow the best walker and wheelchair maneuverability. (Safety: "A Better Bath")
 - one-sixth c. one-eighth
 - one-tenth d. one-half
- Which of the following statements about pain management is **FALSE**? (Cover Story: "Living Well, Feeling Great")
 - A lot of the barriers to pain treatment are patient-generated.
 - Caregivers may hesitate to offer pain management medications due to fears about constipation and addiction.
 - Not every person will demonstrate pain in the same way.
 - Residents who have cognitive impairment always demonstrate pain by having behavioral outbursts.
- The Quality First elements involved in the programming and planning stage of the lifespan of a building include leading edge care and services, commitment and _____. (Architecture & Design: "Design Matters")
 - research findings and education
 - governance
 - community involvement
 - human resources development

- Which of the following statements is **FALSE**? (Management: "Beneficial Relationships")
 - The true value in an outsourcing relationship is quality.
 - Relationship management is critical to the sustainability of business partnerships.
 - Outsourcing relationships are not established until after the start of services.
 - A common reason many outsourcing arrangements fail to achieve the desired results is lack of focus on governance and relationship management.
- Instead of using a bed rail, a _____ can serve as an appropriate hand-hold for getting residents into or out of bed. (Resident Health: "Restraint-Free Alternatives")
 - cushioned mat c. bolster
 - trapeze d. body pillow
- What does SaaS stand for? (Technology: "A Software Solution")
 - standard accounting application service
 - software as a service
 - software for accounting application services
 - software as a solution
- Which of the following statements describes water aerobics? (Wellness: "Pool Programming")
 - Class members rotate through stations marked by laminated signs illustrating exercises such as step-ups, single leg squats, light jogging or upper body work using bells, tubing or other equipment.
 - Each week, class members are challenged to integrate additional equipment into their workouts, thus increasing the difficulty.
 - These classes focus on stretching and light intensity strength training.
 - This group class incorporates calisthenics and other higher level aerobic drills in both shallow and deep water.

ANSWER KEY

Pre-Test Answers:

- See Feature: "Ethics at End of Life"
- See Equipment & Products: "Maximum Capacity"

Post-Test:

Check the box next to the most appropriate answer.

1.	<input checked="" type="checkbox"/> a	<input checked="" type="checkbox"/> b	<input checked="" type="checkbox"/> c	<input checked="" type="checkbox"/> d
2.	<input checked="" type="checkbox"/> a	<input checked="" type="checkbox"/> b	<input checked="" type="checkbox"/> c	<input checked="" type="checkbox"/> d
3.	<input checked="" type="checkbox"/> a	<input checked="" type="checkbox"/> b	<input checked="" type="checkbox"/> c	<input checked="" type="checkbox"/> d
4.	<input checked="" type="checkbox"/> a	<input checked="" type="checkbox"/> b	<input checked="" type="checkbox"/> c	<input checked="" type="checkbox"/> d
5.	<input checked="" type="checkbox"/> a	<input checked="" type="checkbox"/> b	<input checked="" type="checkbox"/> c	<input checked="" type="checkbox"/> d
6.	<input checked="" type="checkbox"/> a	<input checked="" type="checkbox"/> b	<input checked="" type="checkbox"/> c	<input checked="" type="checkbox"/> d
7.	<input checked="" type="checkbox"/> a	<input checked="" type="checkbox"/> b	<input checked="" type="checkbox"/> c	<input checked="" type="checkbox"/> d
8.	<input checked="" type="checkbox"/> a	<input checked="" type="checkbox"/> b	<input checked="" type="checkbox"/> c	<input checked="" type="checkbox"/> d
9.	<input checked="" type="checkbox"/> a	<input checked="" type="checkbox"/> b	<input checked="" type="checkbox"/> c	<input checked="" type="checkbox"/> d
10.	<input checked="" type="checkbox"/> a	<input checked="" type="checkbox"/> b	<input checked="" type="checkbox"/> c	<input checked="" type="checkbox"/> d

EVALUATION

I found this material and ACHCA test to be:

- very relevant to my professional practice
 somewhat relevant to my professional practice
 not relevant to my professional practice

The most useful topic that this test addressed was:

- clinical issues
 business issues
 financial issues

