



YOUR INFO

Name: _____

Title: _____

Facility: _____

Address: _____

City/State/Zip: _____

E-mail address: _____

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 Katleen 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*.

1. Which specialized activity approach emphasizes self-directed activity of the participant and observation by the activity guide?
 - a. snoezelen
 - b. controlled multisensory stimulation
 - c. Montessori
 - d. music therapy
2. Each of the following statements is among the five steps of procurement outsourcing, EXCEPT:
 - a. Analyze and assess your current procurement programs.
 - b. Monitor and track results.
 - c. Review external parties.
 - d. Continuously strive for improvement.

POST-TEST

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

1. With an integrated financial software system, transactions from payroll, accounts payable and _____ can be posted to the general ledger automatically. (Technology: "Tech Tools Boost Efficiency")
 - a. dividends
 - b. accounts receivable
 - c. expenses
 - d. loan payments
2. Making safety adjustments across the entire facility, such as lighting, physical conditioning for the residents and employee training is known as what? (Safety: "Cultivating Safety")
 - a. the first dimension
 - b. an incomplete plan
 - c. step 3
 - d. a multi-dimensional solution
3. Snoezelen is _____. (Cover Story: "Reliving the Good Old Days")
 - a. controlled multisensory stimulation that involves exposing individuals to a soothing and stimulating environment
 - b. the use of autodidactic or self-correcting materials for introducing and learning certain concepts
 - c. an activity that can stimulate cognitive and physical functioning and promote resident independence, such as folding laundry
 - d. an emphasis on adapting an individual's learning environment to his or her developmental level and maintaining practical skills
4. Pilates focuses on posture, muscle performance and _____. (Wellness: "A Natural Fit")
 - a. speed
 - b. reflex
 - c. motor control
 - d. cognitive function
5. Which of the following statements is NOT a current CCRC trend? (Architecture & Design: "Five Design Trends")
 - a. Some communities are offering fitness club memberships to the public.
 - b. CCRCs are incorporating adaptive equipment into independent living apartments.
 - c. Tubs are replacing walk-in showers.
 - d. Washers and dryers are on-site in apartments.
6. What percent of AL residents receive help with medications? (Feature: "Medication Monitoring")
 - a. 77
 - b. 83
 - c. 34
 - d. 21

7. Which of the following are steps for fall management? (Clinician Guide: "Multidisciplinary Fall Management")
 - a. Use a clinical evaluation form and rating scale.
 - b. Review the continence protocol and develop a toileting schedule or bladder training as appropriate.
 - c. Evaluate residents' cognitive ability and safety awareness.
 - d. All of the above
8. Insulin pens come pre-filled with a cartridge holding _____ units of insulin and can be disposable or refillable. (Clinical Care: "Special Delivery")
 - a. 300
 - b. 400
 - c. 500
 - d. 600
9. What type of dressing is considered contraindicated for most wounds? (Wound & Skin Care: "Taking Charge of Wound Care")
 - a. silver
 - b. alginate
 - c. wet-to-dry
 - d. hydrocolloid
10. According to Everest Research, experts estimate that procurement outsourcing will continue to grow another _____ percent over the next five years. (Management: "Procurement Outsourcing")
 - a. 35
 - b. 43
 - c. 17
 - d. 22

ANSWER KEY

Pre-Test Answers:

1. c. See Cover story: "Reliving the Good Old Days"
2. c. See Management: "Procurement Outsourcing"

Post-Test:

Check the box next to the most appropriate answer.

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