

MOBILITY DECLINE PREVENTION QUIZ

Instructions: Check the best answer.

1. Frail nursing home residents who do not engage in regular exercise tend to:

- a. Lose functional ability over time
- b. Maintain functional ability over time
- c. Increase functional ability over time
- d. Maintain or increase functional ability over time

2. Ambulatory residents should be encouraged to walk even if:

- a. Their physician refuses consent
- b. They report pain
- c. They refuse the first offer to walk
- d. They report feeling sick

3. To encourage residents to walk, nurse aides should:

- a. Converse with the residents
- b. Let residents set the pace
- c. Let residents choose the walking route
- d. All of the above

4. When setting walking goals for ambulatory residents, the Borun Center recommends that nursing home staff:

- a. Encourage residents to walk faster over time
- b. Encourage residents to increase the distance they walk
- c. Encourage residents to increase the amount of time they walk
- d. Any one of the above

5. Which of these program evaluation strategies is recommended for walking programs?

- a. Resident interviews
- b. Supervisor observations of walking
- c. Walking logs
- d. All of the above

6. FIT differs from most exercise programs in nursing homes in that it:

- a. Distributes exercise over the course of a day

- b. Integrates exercise with daily incontinence care
- c. Is designed for residents with severe functional and cognitive impairments
- d. All of the above

7. Residents who participate in FIT, or Functional Incidental Training, may engage in which exercise:

- a. Sit-to-stands
- b. Arm curls or arm raises
- c. Walking or wheelchair propulsion
- d. All of the above

8. Compared to scheduled toileting, prompted voiding:

- a. Takes considerably more time to implement
- b. Is more effective at reducing incontinence
- c. Is less appropriate for residents with cognitive impairments
- d. Is more commonly used in nursing homes

9. Which of these program evaluation strategies is not recommended for the FIT program because it is impractical to implement?

- a. Resident interviews
- b. Supervisor observations of care delivery
- c. Daily logs
- d. Weekly wet checks

10. The most practical strategy for modifying FIT so that it is feasible to implement in more nursing homes is to:

- a. Reduce the number of FIT participants
- b. Increase the number of staff available to implement FIT
- c. Offer fewer daily episodes of incontinence care and exercise
- d. All of the above

Answers: 1. a; 2. c; 3. d; 4. c; 5. d; 6. d; 7. d; 8. b; 9. b; 10. a