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