Learner Feedback Questions #354

1. According to the CDC, routine physical activity is important for healthy aging in older adults because they:
   a. sustain less falls
   b. have decreased risk for chronic diseases
   c. develop fewer infections
   d. have a more positive attitude

2. Cardiac rehabilitation in older patients who have had cardiac events:
   a. decreases potential for cardiac complications by 50 percent
   b. is under-prescribed
   c. should not be initiated if the patient’s blood pressure is >140/90
   d. prevents depression post-discharge

3. The risk of developing age-related cognitive impairment may be decreased if older adults exercise how many minutes at each session, according to National Long-Term Care Survey?
   a. 5
   b. 10
   c. 30
   d. 40

4. For older patients with osteoarthritis:
   a. moderate exercise may stress the joints excessively
   b. prophylactic NSAIDs may make it easier to exercise
   c. aquatic exercises decrease the strain on the joints
   d. exercise should be limited to stretching

5. Qigong and t’ai chi practiced by older adults:
   a. improve endurance
   b. have physical and mental benefits
   c. are still in limited use in the U.S.
   d. are still in limited use in the U.S.

6. Nurses can promote a positive attitude toward exercise in older adults by offering all of the following EXCEPT:
   a. suggesting a program that is convenient and saves time
   b. engaging in activities they can do with friends or grandchildren
   c. combining an enjoyable activity like reading while on a treadmill
   d. encouraging the person to stick with the same routine to become expert

7. A Cochrane report about exercise in older adults with chronic disease found:
   a. home-based programs may be best for adherence over the long term
   b. fitness-center programs are best for adherence due to socialization
   c. fitness-center programs are not cost-effective for most older adults
   d. walking 1–2 miles daily is the best exercise for age 65 and older

8. Which of the following exercises does NOT promote endurance?
   a. walking
   b. running
   c. lifting weights
   d. dancing

9. The American Heart Association and the American College of Sports Medicine recommend balance exercises for older adults at risk of:
   a. infection
   b. falls
   c. cognitive impairment
   d. stroke

10. At a conference of the Radiologic Society of North America, new findings were reported that adults with cognitive impairment had reduced decline if they walked how many miles per week?
    a. 5
    b. 10
    c. 15
    d. 20

Evaluation

1. I can discuss current recommendations for physical activity in older adults.
   a. strongly agree
   b. agree
   c. neutral
   d. disagree
   e. strongly disagree

2. I can recognize the correlation between exercise and common chronic diseases in older adults.
   a. strongly agree
   b. agree
   c. neutral
   d. disagree
   e. strongly disagree

3. I can identify types of exercise that promote healthy and active aging.
   a. strongly agree
   b. agree
   c. neutral
   d. disagree
   e. strongly disagree

4. The objectives relate to the overall goal of the article.
   a. strongly agree
   b. agree
   c. neutral
   d. disagree
   e. strongly disagree

5. The article is well-written and logically organized, and defines terms adequately.
   a. strongly agree
   b. agree
   c. neutral
   d. disagree
   e. strongly disagree

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Helping Older Adults Maintain Mobility

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1. A B C D
2. A B C D
3. A B C D
4. A B C D
5. A B C D
6. A B C D
7. A B C D
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10. A B C D

EVALUATION

1. A B C D E
2. A B C D E
3. A B C D E
4. A B C D E
5. A B C D E

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