Pre-test and Post-test
MTGEC Annual Conference October 11, 2016
Managing Chronic Disease in Older Adults

Please put your pre-test answers in the space to the left of each question and your post-test answers in the space to the right of each question. Be sure to complete the questions on both sides of this sheet. A name must be included on the form in order to confirm all requirements for professional CE certification.

Name: __________________________________________________________

Pre-Test Answer

_____ 1. Key considerations for self-management with people with chronic disease conditions include:
   a. The role family/friends play in helping care for chronic conditions.
   b. Many decisions are preference sensitive,
   c. Consideration of everything people must do to care for their health is important
   d. All of the above

_____ 2. Most older people with a chronic condition actually have more than one.
   a. True
   b. False

_____ 3. Who takes care of older people with multiple chronic conditions?
   a. Nurses
   b. Surgeons
   c. Pharmacists
   d. Occupational therapists
   e. All of the above
   f. Only A, B & D

_____ 4. An 87 year old female is found on the ground at the skilled nursing facility. She is transferred to the emergency department for evaluation of a fall. Vitals (including orthostatics) are all within normal limits. Her medication regimen includes the following scheduled medications: acetaminophen, carvedilol, lorazepam, lisinopril, and warfarin. Which medication is the most likely cause of her fall?
   a. Acetaminophen
   b. Carvedilol
   c. Lorazepam
   d. Lisinopril
   e. Warfarin

_____ 5. A 77 year old male presents to the clinic for a follow up visit. The patient has multiple chronic conditions and is currently prescribed 17 scheduled medications. During the visit, the patient asks about obtaining medications from Canada and admits that he sometimes cuts his pills in half to make them last longer. Which of the following is the most likely assessment for this scenario?
   a. Drug-drug interactions
   b. Cost-related non-adherence
   c. Under-prescribing
   d. Drug-disease interactions

*Pre-test and Post-test continued on back of sheet →*
6. According to the World Health Organization, which of the following dimensions can affect adherence:
   A. Social/economic factors
   B. Condition-related factors
   C. Patient-related factors
   D. Health system related factors
   E. All of the above

7. Patient activation measurement can be used to:
   A. Track progress in a patient population
   B. Evaluate the impact of a program
   C. Assess the quality of care
   D. All of the above

8. Clinicians can support patient activation in their patients by:
   A. Providing support and education that is tailored to the patients’ level of activation
   B. Providing access to medical records
   C. Providing detailed informational supports
   D. All of the above

9. Health Care delivery systems can improve efficiencies by:
   A. Only measuring patients who have trouble self-managing
   B. Using a high touch approach with less activated patients and a high tech approach with more activated patients
   C. Increasing the amount of time that health coaches work with patients

10. e-Health components that may augment the self-management of chronic illness in the older adult may include:
    A. Telehealth
    B. mHealth and wearable devices
    C. Patient portals
    D. All of the above

11. Technologies that may help improve health outcomes in older adults should contain:
    A. mHealth and wearable devices
    B. A Complete Feedback Loop
    C. The e-Community
    D. A patient portal

12. Across the board, successful use of telehealth or eHealth technologies must have:
    A. Patient engagement technologies
    B. Computer access
    C. Training for both patients and the provider team
    D. Activated and engaged patients