

### How to Earn Continuing Education Credit

- After reading the course material and completing the test, send your answer form and evaluation with payment of \$8 per contact hour to:

OnlineCE ~ CE Health  
 SPC Caruth Health Education Center  
 PO Box 13489  
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Please make check or money order payable to SPC, or pay with credit card (Visa or MasterCard).

- This answer form must be postmarked by July 22, 2005. (Courses are valid for 2 years from initial publishing date, except Domestic Violence and HIV/AIDS which are valid for 1 year only.)

- To earn 1.0 contact hour of continuing education, you must achieve a score of 75% (9 of 12 correct). If you do not pass the test, you may take it again at no additional charge.

- Certificate of completion will be forwarded to you within 30 days of receipt of your answer form.

- You may e-mail us with information or inquiries regarding this CE program:

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- Provider Number for Florida State Board of Nursing--#3144, OT and OTA--59, Physical Therapy (FPTA Approved), Respiratory Therapy.

- Website for all Online Courses:

[www.OnlineCE.net](http://www.OnlineCE.net)

### Examination 221: Psychotropic Medication Management

Please mark your final choices on the answer grid below. Pick the most correct answer.

- In long-term care settings, anxiolytics are appropriately prescribed to:
  - induce sleep
  - manage psychotic symptoms such as hallucinations and delusions
  - reduce anxiety and panic attacks
  - sedate the resident so that he is not at risk of endangering himself or others
- A psychotropic medication is used as a "chemical restraint," according to OBRA, when:
  - there is no evidence that non-pharmacological means were used to address the problematic behavior
  - there is a statement written by the prescribing physician that the current dose and use of the psychotropic is necessary, and its benefits outweigh its risks
  - there is evidence of monitoring for potential side effects of the psychotropic
  - the diagnosis for the use of the psychotropic is appropriate according to OBRA guidelines
- According to OBRA, which of the following is an appropriate diagnosis for prescribing an antipsychotic?
  - dementia
  - depression
  - delirium
  - psychosis
- Confusion that has an acute onset, in which mental status fluctuates during the day, is:
  - dementia
  - delirium
  - delusions
  - psychosis
- When seeking consent for psychiatric services, the nurse needs to:
  - request permission from the resident's family member
  - review the medical record and determine who has the right to make the decision to consent to psychiatric care
  - obtain permission from the resident
  - explain that a medical director of a nursing home is unable to prescribe psychotropics
- According to OBRA, when a resident is confused and combative, the nurse needs to document:
  - attempts to reason with the resident
  - assessment of pain as a possible cause for the combativeness
  - attempts to persuade the resident to see the consequences of his actions
  - that a medication was given as the first intervention
- One means of reducing environmental stimuli when a resident is overstimulated and agitated, is to:
  - bring the resident to a group setting, such as a dining room at meal time
  - bring the resident to a musical group activity program
  - place the resident near the nurse's station at change of shift
  - reduce unnecessary noise from overhead public address systems
- According to OBRA, when a resident screams repeatedly during a shower and has a "p r n" order for ativan (an anxiolytic) for agitation, the nurse should document that:
  - the ativan was given before the shower
  - the ativan was given as soon as the resident started to scream
  - the ativan was given when the shower was completed, and the resident was still screaming
  - the ativan was given after the staff tried behavioral interventions to calm her down
- A resident has dementia with psychosis and receives an antipsychotic. He has an episode of bowel incontinence. A certified nursing assistant (CNA) tries to assist him back to his room to be changed and cleaned. The resident shouts "No! No! Go away, you pig!" and pushes away the CNA. Another CNA calmly approaches the resident, takes him by the hand, and is able to direct him into the bathroom and change him. According to OBRA, what does the nurse need to document about the intervention?
  - the resident resisted care and was verbally abusive
  - changing the caregiver was effective in stopping the resident's resistance to care and verbal abuse
  - changing the caregiver made the antipsychotic more effective
  - the antipsychotic is given because of the resident's resistance to care and verbal abuse
- A newly admitted resident is awake most of the night, repeatedly attempting to get out of bed, even though he is unsafe to transfer independently or walk without assistance. Nursing staff offer fluids, foods, assist him with toileting and assess him for pain. He continues to repeatedly attempt to get out of bed, and gets increasingly agitated with staff who try to prevent him from falling. He raises his fists at staff who approach him and try to get him repositioned back into bed. He screams at them, "I leave me alone! Leave me alone!" The nurse should:
  - call the admitting physician and request an order for an anxiolytic or antipsychotic
  - call the admitting physician and request an order for a hypnotic
  - obtain a urine specimen from the resident and request an order for a urine analysis and culture and sensitivity
  - place the resident's bed in the lowest position, position it against a wall, and place a fall mat beside the bed so that he can move unrestricted and remain safe from injury
- A resident with dementia and paranoia refuses to drink fluids, stating that the nurses are trying to poison him. His confusion and agitation increase over four days. The nurse recognizes that some of his increased confusion is likely to be due to delirium caused by:
  - agitation
  - infection
  - dementia
  - dehydration
- An ambulatory resident receives an antipsychotic medication. The dose is increased due to increased agitation that is not resolved with behavioral interventions. After the dose increase, the resident has two falls when she first gets out of bed. The nurse suspects that the falls are related to which of the potential side effects of antipsychotics?
  - orthostatic hypotension
  - tardive dyskinesia
  - increased disorientation
  - parkinsonism

### General Information

Name \_\_\_\_\_ Date \_\_\_\_\_

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City \_\_\_\_\_

State \_\_\_\_\_ ZIP \_\_\_\_\_

Daytime phone # \_\_\_\_\_

Lic # \_\_\_\_\_ State \_\_\_\_\_

Lic # \_\_\_\_\_ State \_\_\_\_\_

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(as it appears on your professional license)

Total contact hours 1

Total cost \$ 8.00  
(contact hrs x \$8)

### Course and Instructor Evaluation

#221 Improving Psychotropic Medication Management In Long-Term Care, by Mary Elizabeth Payne, R.N., Ph.D.

- I am able to meet the course objectives.  Yes  No
- The subject matter was current and accurate.  Yes  No
- The course materials were appropriate and effective.  Yes  No
- This course met my professional educational needs.  Yes  No
- The relationship of test to objectives was appropriate.  Yes  No
- Does your place of employment provide health care to underinsured, uninsured or Medicaid patients?  Yes  No
- It took \_\_\_\_\_ minutes to complete this course.

Other courses you would like to see offered:

I certify the information given here is true and correct:  Yes  No

Signature \_\_\_\_\_  
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### Answer Grid for Exam 221

1.	2.	3.	4.	5.	6.
7.	8.	9.	10.	11.	12.