1. Which of the following assertions related to cognitive functioning were made by the authors?
   A. Cognitive functioning may be the most important component of successful aging.
   B. Optimal cognition is required to regulate active engagement in life.
   C. Optimal cognition is required to maintain health-promoting behaviors.
   D. All of the above.

2. What percentage of community-dwelling older adults experience memory complaints?
   A. 15%.
   B. 21%.
   C. 33%.
   D. 41%.

3. Cognitive prescriptions are designed to support existing cognitive functioning through principles of:
   A. Neuroplasticity.
   B. Cognitive reserve.
   C. Healthy lifestyle.
   D. All of the above.

4. _____ refers to the number, strength, and sophistication of connections between the neurons from which cognitive functioning emerges.
   A. Cognitive prescriptions.
   B. Cognitive reserve.
   C. Positive neuroplasticity.
   D. Negative neuroplasticity.

5. _____ refers to an environmental or other novel stimuli, as well as physiological mechanisms, that result in building cognitive reserve, resulting in sustained or improved cognitive functioning.
   A. Cognitive prescriptions.
   B. Cognitive reserve.
   C. Positive neuroplasticity.
   D. Negative neuroplasticity.

6. The lack of environmental and novel stimuli and physiological problems that result in depleting cognitive reserve, which jeopardizes cognitive functioning, is referred to as:
   A. Negative neuroplasticity.
   B. Positive neuroplasticity.
   C. Cognitive depletion.
   D. Cognitive reserve.
7. Based on information in the article, what type of activity would most likely facilitate better cognitive functioning?
   A. Engaging in a novel activity (e.g., juggling).
   B. Engaging in a fun activity.
   C. Playing video games.
   D. Playing cards.

8. Which of the following is considered a relevant factor that promotes cognitive health?
   A. Physical exercise.
   B. Nutrition.
   C. Sleep hygiene.
   D. All of the above.

9. Which of the following was NOT a recommended cognitive prescription?
   A. Read one book (>200 pages) per month.
   B. Watch funny television shows to lighten your mood.
   C. Eat foods with limited antioxidants.
   D. Call your children every week.

10. To create a cognitive prescription, nurses must:
    A. Have a working knowledge of what factors contribute to, and detract from, good cognitive health.
    B. Assess the patient’s personal, social, and medical status to determine areas where cognitive functioning may be augmented or compromised due to health or lifestyle.
    C. Integrate knowledge of cognitive health with the patient’s history to create a behavioral program that suggests activities in which the patient can engage to protect or improve cognitive functioning.
    D. All of the above.

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