HOW TO OBTAIN CONTACT HOURS
BY READING THIS ISSUE

Instructions: 2.1 contact hours will be awarded for this activity. A contact hour is 60 minutes of instruction. This is a Learner-Paced Program. Vindico Medical Education does not require submission of quiz answers. A contact hour certificate will be awarded 4 to 6 weeks upon receipt of your completed Registration Form, including the Evaluation portion. To obtain contact hours:

1. Read the article “Are Gerontological Nurses Apathetic About Apathy in Older Adults?” on pages 22-28, carefully noting the tables and other illustrative materials that are provided to enhance your knowledge and understanding of the content.
2. Read each question and record your answers. After completing all questions, compare your answers to those provided at the end of the quiz.
3. Type or print your full name, address, and date of birth in the spaces provided on the registration form.
4. Indicate the total time spent on the activity (reading article and completing quiz). Forms and quizzes cannot be processed if this section is incomplete. All participants are required by the accreditation agency to attest to the time spent completing the activity.
5. Forward the completed form with your check or money order for $20 made payable to JGN-CNE. All payments must be made in U.S. dollars and checks must be drawn on U.S. banks. Quizzes are accepted up to 24 months from date of issue.

This activity is co-provided by Vindico Medical Education and the JOURNAL OF GERONTOLOGICAL NURSING. Vindico Medical Education is an approved provider of continuing nursing education by New Jersey State Nurses Association, an accredited approver, by the American Nurses Credentialing Center’s Commission on Accreditation. P#188-6/09-12.

Objectives: After studying the article, “Are Gerontological Nurses Apathetic About Apathy in Older Adults?” in this issue, the participant will:

1. Identify negative outcomes associated with apathy in older adults.
2. Discuss the frameworks identified by the authors to conceptualize apathy in older adults.
3. Describe motivational and neuropsychiatric factors associated with apathy in older adults.
4. Discuss strategies to assess apathy in older adults.
5. Discuss motivational and neuropsychiatric interventions for older adults with apathy.

1. The term _____ refers to a lack of motivation or a lack of interest or emotion, and involves an inability to initiate or persevere in actions and a lack of goals.
   A. depression.
   B. apathy.
   C. cognitive withdrawal.
   D. psychological withdrawal.

2. According to information presented in the article, which of the following statements is FALSE?
   A. Older adults with apathy experience greater functional decline.
   B. Older adults with apathy experience poorer illness outcomes.
   C. Older adults with cognitive impairment do not experience apathy.
   D. Family members of older adults with apathy undergo much more stress as they support their loved ones who are heavily dependent on them.

3. Which of the following two frameworks are consistent with the authors’ conceptualization of apathy?
   A. Neuropsychiatric symptom and motivation.
   B. Psychosocial withdrawal and cognitive withdrawal.
   C. Motivation and withdrawal.
   D. Neuropsychiatric symptom and psychosocial withdrawal.

4. Apathy, as a part of a motivational problem, is linked to _____ and outcome expectations.
   A. self-esteem.
   B. self-actualization.
   C. self-identity.
   D. self-efficacy.

5. According to illness literature reviewed by the authors that conceptualizes apathy as a neuropsychiatric symptom, apathetic behavior is believed to originate from damage to the:
   A. frontal lobes or connected regions of the brain.
   B. hippocampus.
   C. cerebral cortex.
   D. limbic system.

6. Based on the literature reviewed and reported in the article, apathy is considered the most commonly seen behavioral change in:
   A. Parkinson’s disease.
   B. Alzheimer’s disease.
   C. mild cognitive impairment.
   D. vitamin B<sub>12</sub> deficiency.
7. Assessment of an older adult to determine the presence or absence of apathy involves both nurses’ _____ and knowledge base.
   A. psychosocial attitudes.
   B. emotional responses to the problems of older adults.
   C. beliefs.
   D. practice environment.

8. Which of the following assessment tools was recommended by the authors to assess apathy in older adults?
   A. Apathy Inventory.
   B. Apathy subscale of the Neuropsychiatric Inventory.
   C. Lille Apathy Rating Scale.
   D. The Apathy Evaluation Scale.

9. Asking an older adult a question such as “Do you believe that all older adults are unproductive or ill, and if not, what is different about older adults who remain productive and happy?” would be a way to motivate the individual by helping him/her to:
   A. reframe past negative experiences.
   B. challenge a pre-existing bias toward ageist beliefs.
   C. build on past positive experiences with life changes.
   D. tie what gives the individual meaning in life to the desired behavior.

10. In their review of studies on apathy, van Reekum et al. indicated there is stronger evidence for the efficacy of which of the following medications for the treatment of apathy in older adults?
   A. Dopaminergic medications.
   B. Amphetamines.
   C. Cholinesterase inhibitors.
   D. Atypical antipsychotic medications.

CNE Answers
January 2012