

HOW TO OBTAIN CONTACT HOURS BY READING THIS ISSUE

Instructions: 1.2 contact hours will be awarded by Villanova University College of Nursing upon successful completion of this activity. A contact hour is a unit of measurement that denotes 60 minutes of an organized learning activity. This is a learner-based activity. Villanova University College of Nursing does not require submission of your answers to the quiz. A contact hour certificate will be awarded once you register, pay the registration fee, and complete the evaluation form online at https://villanova.gosignmeup.com/dev_students.asp?act=ion=browse&main=Nursing+Journals&misc=564. To obtain contact hours you must:

1. Read the article, "Orthostatic Hypotension in Older Adults with Dementia" found on pages 22-29, carefully noting any tables and other illustrative materials that are included to enhance your knowledge and understanding of the content. Be sure to keep track of the amount of time (number of minutes) you spend reading the article and completing the quiz.
2. Read and answer each question on the quiz. After completing all of the questions, compare your answers to those provided within this issue. If you have incorrect answers, return to the article for further study.
3. Go to the Villanova website listed above to register for contact hour credit. You will be asked to provide your name; contact information; and a VISA, MasterCard, or Discover card number for payment of the \$20.00 fee. Once you complete the online evaluation, a certificate will be automatically generated.

This activity is valid for continuing education credit until May 31, 2016.

Contact Hours

This activity is co-provided by Villanova University College of Nursing and SLACK Incorporated.

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Activity Objective

1. Describe the significance of orthostatic hypotension in older adults with dementia.
2. Identify factors that contribute to orthostatic hypotension.
3. Review nursing interventions to minimize a drop in blood pressure with position change.

Disclosure Statement

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1. Orthostatic blood pressure (BP) is defined as a:

- A. sitting BP <90 mmHg/60 mmHg.
- B. standing BP <120 mmHg/80 mmHg.
- C. decrease in systolic BP >20 mmHg and/or >10 mmHg diastolic with position change from lying to standing.
- D. decrease in systolic BP <10 mmHg and/or <5 mmHg diastolic with position change from sitting to standing.

2. Factors contributing to accurate BP measurement of orthostatic hypotension include:

- A. exercise and standing position.
- B. time of day and sitting position.
- C. type of stethoscope and BP gauge.
- D. cuff size and arm position.

3. Symptoms of orthostatic hypotension due to reduced cerebral perfusion are:

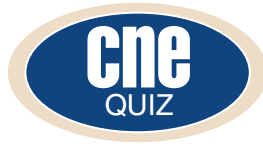
- A. dizziness or feeling faint.
- B. visual changes.
- C. numbness and tingling in the extremities.
- D. leg cramps and sweating.

4. An effective nursing care intervention to manage orthostatic hypotension is to:

- A. keep the head of the bed in semi-Fowler's position at all times.
- B. encourage leg exercises when sitting, including ankle crosses.
- C. assist with feeding.
- D. take a warm shower or bath each morning.

5. The class of medications known to contribute to orthostatic hypotension is:

- A. antihistamine agents.
- B. anti-arrhythmic agents.
- C. anti-infective agents.
- D. antihypertensive agents.



- 6. Diuretic agents can contribute to orthostatic hypotension because of a(n):**
- A. decrease in potassium excretion.
 - B. increase in sodium secretion.
 - C. decrease in fluid volume.
 - D. increase in fluid intake.
- 7. Orthostatic hypotension can affect behavior in older adults with dementia as evidenced by:**
- A. aggression and resistance to care.
 - B. bad dreams and delirium.
 - C. loss of appetite and lethargy.
 - D. talk of death and dying.
- 8. A functional complication of orthostatic hypotension in older adults is:**
- A. weight loss.
 - B. falling.
 - C. confusion.
 - D. urinary incontinence.
- 9. Staff working in long-term care can positively influence the outcomes for older adult residents with orthostatic hypotension by:**
- A. limiting fluid intake after 6 p.m.
 - B. alternating sitting and standing after meals.
 - C. keeping the bed in a low position.
 - D. reporting symptoms of dizziness and balance problems.
- 10. Outcomes of the quality improvement project in this article indicate that:**
- A. the project was effective in changing practice.
 - B. practice guidelines were sufficient to improve care.
 - C. a plan for ongoing educational support is needed.
 - D. protocols are applicable to all patients.

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1. C	3. A	5. D	7. A	9. D
2. D	4. B	6. C	8. B	10. C