



HOW TO OBTAIN CONTACT HOURS BY READING THIS ISSUE

Instructions: 1.3 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?action=browse&main=Nursing+Journals&misc=564. To obtain contact hours you must:

1. Read the article, "Multisensory Installations in Residential Aged-Care Facilities: Increasing Novelty and Encouraging Social Engagement Through Modest Environmental Changes" found on pages 20-31, 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 August 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. Explore the benefits of indoor garden installations in aged-care facilities.
2. Describe the study results of indoor garden installations on social engagement.

Disclosure Statement

Neither the planners nor the authors have any conflicts of interest to disclose.

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1. Studies have shown that the isolation and loneliness experienced by residents of aged-care facilities can be minimized by:

- A. providing physical therapy.
- B. creating opportunities for interaction.
- C. enriching programmatic activities.
- D. keeping residents busy.

2. Dijkstra, Pieterse, and Pruyn (2006) suggested that health care environments can be psychologically healing through the use of:

- A. snacks and exercise.
- B. plants and pets.
- C. comfortable seating and private rooms.
- D. colors and sounds.

3. Biophilia theory suggests that humans:

- A. require attractive environments.
- B. have an inborn connection with nature.
- C. desire access to the outdoors.
- D. need daily exposure to multiple stimuli.

4. Reminiscence therapy is a tool that:

- A. enhances physiological well-being.
- B. promotes avoidance of unpleasant events.
- C. suggests forgetting bad memories.
- D. focuses on reevaluating life events.

5. As a tool, horticulture therapy provides:

- A. activities such as listening to birdsong.
- B. access to an outdoor garden.
- C. enthusiastic gardeners with low-cost seeds.
- D. residents with distractions from their daily routine.



6. The study was a quasi-experimental design that compared:

- A. patterns of responses between staff and the biophilia group.
- B. groups before and after exposure to the installations.
- C. participants in the control group.
- D. data between and within groups, before and after exposure to the installations.

7. The results of the study suggest that a:

- A. nature-based installation enhanced the well-being of staff.
- B. reminiscence-based installation led to increased social benefit for residents.
- C. control-based installation improved the well-being of both residents and staff.
- D. nature- and reminiscence-based installations enhanced well-being and social benefits for residents.

8. What percentage of residents responded yes to the question, “Do you like the new décor”?

- A. 100%.
- B. 75%.
- C. 52%.
- D. 23%.

9. Study results showed that social engagement was significantly increased in which installation group?

- A. Control.
- B. Horticulture.
- C. Nature and reminiscence.
- D. Aesthetic and gardening.

10. A strength of the study was the inclusion of the:

- A. control group.
- B. staff responses.
- C. evaluation time.
- D. blinded group.

CNE Answers SEPTEMBER 2014				
1. B	3. B	5. A	7. D	9. C
2. D	4. D	6. D	8. A	10. A