

**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 <http://goo.gl/gMfXaf>. To obtain contact hours you must:

1. Read the article, "Associations of Social Support and Self-Efficacy With Quality of Life in Older Adults With Diabetes" found on pages 21-29, 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 November 30, 2018.

**Contact Hours**

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

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**Activity Objectives**

1. Describe the relationship among social support, self-efficacy, and quality of life in older adults with diabetes.
2. State the authors' suggestion for future research based on the study outcomes.

**Disclosure Statement**

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

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**1. The purpose of the study among older adults with diabetes was to explore the:**

- A. barriers to medical access, diagnosis, and treatment.
- B. relationship between physician trust and quality of life.
- C. association between social support, self-efficacy, and quality of life.
- D. relationship between self-care and effective disease management.

**2. A goal of Healthy People 2020 is to improve the quality of life with individuals self-reporting:**

- A. improved compliance with medications.
- B. better physical and mental health.
- C. reduced number of diabetic-related complications.
- D. fewer issues with managing chronic conditions.

**3. The only variable with a significant covariate-adjusted relationship and quality of life score was:**

- A. social support.
- B. education.
- C. age.
- D. self-efficacy.

**4. A limitation of the study was that the results:**

- A. cannot be generalized to all older adults.
- B. relied on fractional data.
- C. included too many variables for analysis.
- D. excluded ethnic groups but Caucasians.

**5. The tool or method used to measure self-efficacy was the:**

- A. EuroQol-5D health questionnaire.
- B. Self-Report Assay.
- C. Perceived Diabetes Self-Management Scale.
- D. Diabetes Scale to Measure Self-Efficacy.

**6. An important clinical implication of the study was to:**

- A. screen older adults for complications of diabetes.
- B. assess for adequate social support.
- C. implement compliance strategies that improve self-efficacy.
- D. base care decision on hemoglobin A1C results.

**7. M.H. is a 74-year-old woman with several chronic diabetes-related conditions. She lives alone, can perform activities of daily living, and keeps to herself. A home health nurse visits weekly. M.H.'s two adult children live 40 miles away. They visit infrequently but call her weekly. M.H. admitted to the home health care nurse that she was not taking her medications. The nurse found no record of glucose results since her last visit. M.H. provided no explanation but gave the nurse permission to call her daughter. The daughter then lectured her mother on being more cooperative, saying, "We are here to help you!" Based on the study findings, the daughter's response will:**

- A. improve her mother's cooperation with her care.
- B. send the message that her children are worried about her well-being.
- C. issue a warning to "get with the program."
- D. suggest little change in her mother's behavior.

**8. The most effective way for the nurse to inquire if M.H.'s children are supporting her in managing her diabetes would be to ask:**

- A. "What may I tell your children about your care?"
- B. "What are your feelings toward your children?"
- C. "How much support do you get from your children?"
- D. "How satisfied are you with the help you receive from your children?"

**9. M.H., with a limited social network and a growing diabetes burden, is likely to demonstrate:**

- A. self-will.
- B. self-reliance.
- C. self-care.
- D. self-motivation.

**10. The authors recommend that future studies focus on:**

- A. quality of life perceptions related to self-management of diabetes.
- B. instruments that measure global self-efficacy among older adults.
- C. health policies related to diabetes management and treatment.
- D. health care providers' knowledge of the self-efficacy concept.

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