CNE Quiz: Managing Challenging Behaviors of Dementia in Veterans: Identifying and Changing Activators and Consequences Using STAR-VA

1. Unaddressed challenging behaviors can lead to:
   A. increased caregiver burden.
   B. increased quality of life.
   C. decreased level of care.
   D. decreased care costs.

2. A core component of STAR-VA is:
   A. providing reality orientation and social skills training.
   B. identifying and changing activators and consequences of a behavior.
   C. establishing rigid behavioral themes for standardized interventions.
   D. fostering and demonstrating ownership of one’s behavior.

3. STAR-VA addresses the challenging behaviors of:
   A. delusions and hallucinations.
   B. compliance with medications.
   C. apathy to care.
   D. resistance to care.

4. An intervention expressing respect that the Community Living Centers staff could use with Mr. Jones is:
   A. telling him that he needs to talk to the social worker.
   B. using kind expressions, such as “Pop” or “Sweetie.”
   C. letting him know he is understood and will receive help for getting information.
   D. explaining to him why he does not need money.

5. A possible activator for aggressive behavior of a resident with dementia is:
   A. giving him/her the choice of when to use the toilet.
   B. insisting that his/her money was not stolen.
   C. suggesting he/she alert the nurse when ready to begin morning care.
   D. answering questions and exploring information the nurse may not know.
6. It was important to change the activators to Mr. Jones’ physically threatening behavior by:
   A. explaining why he does not need to worry about his money.
   B. increasing the number of staff when approaching him to ensure safety.
   C. sitting with him, letting him know the nurse will help, and showing him his bank balance.
   D. letting him know the social worker and guardian were notified of his request.

7. A STAR-VA Get Active! plan to reduce challenging behaviors:
   A. usually requires caregivers change their behavior.
   B. usually results in setting limits.
   C. always includes medication.
   D. always requires agitated individuals change their behavior.

8. The ABC card acronym means:
   A. Activator–Behavior–Conclusion.
   B. Activator–Behavior–Consequence.
   C. Anticipation–Behavior–Consequence.
   D. Angry–Bossy–Cranky.

9. A suggested intervention to use when a resident with dementia is upset is:
   A. point out that his/her beliefs are incorrect.
   B. tell him/her, “You should not worry about it!”
   C. listen with respect, comfort, and redirect.
   D. ignore him/her—he/she will get over it eventually.

10. Several times per day a Veteran with dementia stands in the doorway to his room with his pants unzipped. The best approach to this behavior is:
    A. walking him into his room and telling him not to unzip his pants.
    B. describing the behavior and who is present to identify a pattern.
    C. keeping him from going to public places so that others do not copy his behavior.
    D. holding his hands and telling him that unzipping his pants in public is inappropriate.

11. A Veteran most appropriate for STAR-VA is a/an:
    A. 35-year-old with traumatic brain injury who has sexually inappropriate behaviors.
    B. 48-year-old with schizophrenia who believes others are stealing from him.
    C. 83-year-old male with dementia who becomes verbally aggressive during personal care.
    D. 92-year-old female with dementia who is happy and engaged.

12. A summary statement of the STAR-VA ABC assessment and Get Active! plan is:
    A. “paying attention to the activators and consequences…can lead to effective, individualized treatment plans.”
    B. “qualitative themes for activators and consequences…are consistent with evidence-informed clinical practice and research…”
    C. “STAR-VA provides a structured, systematic method for creating person-centered care plans…”
    D. “this approach is highly consistent with national mandates of…person-centered care that match the individual’s needs and abilities and the use of nonpharmacological interventions as the primary treatment.”

CNE Answers
FEBRUARY 2017