

Adult-Gerontology CNS Test Practice Test Questions and Answers

1. SBAR communication in healthcare is used to:

- A) Document complex patient histories in the medical record
- B) Provide structured, concise situation-background-assessment-recommendation handoffs to reduce communication errors
- C) Report adverse events to administration after incidents occur
- D) Conduct interdisciplinary team meetings

2. The "Get Up and Go" test primarily assesses:

- A) Cognitive function and memory recall
- B) Mobility, balance, and fall risk in older adults
- C) Pulmonary function and exercise tolerance
- D) Peripheral vascular adequacy

3. Falls in older adults are best understood as:

- A) Inevitable consequences of aging that cannot be prevented
- B) Multifactorial events involving intrinsic risk factors, environmental hazards, and medication effects
- C) Primarily caused by neurological disease alone
- D) Largely caused by patient non-compliance with safety advice

4. Sarcopenia in older adults is characterized by:

- A) Increased type I slow-twitch muscle fiber mass
- B) Progressive loss of skeletal muscle mass, strength, and function with aging
- C) Inflammatory myopathy with elevated CPK
- D) Selective loss of cardiac muscle only

Answers: 1-B 2-B 3-B 4-B

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