

**NAME:**

**POSITION:**

**DATE:**

**1. Which of the following, if you observed these things for a resident, would require a referral to report to the health care team indicating the resident may have problems managing their medications?**

Pills are scattered around their room; some prescriptions are expired, resident can't find their pills and has asked you if you saw them.

Resident is having trouble opening the pill bottle and has asked you to help them.

Resident can't read the prescriptions on the pills they have, and don't know when to take or how many to take. They may ask you to read it for them.

Resident is forgetting things more frequently in the last few months.

The resident is having a lot of side-effect symptoms such as vomiting, diarrhea, dizziness, upset stomach and they is unusual for them, especially since they do not have the flu.

All of the above

**2. When you observe and interact with the residents, while doing your day to day job, and you see a resident showing they are having trouble taking medications on their own, what do you do?**

Talk to the resident and tell them that you think they should go on medication assistance to make sure they do not get hurt from an adverse reaction.

You take note what you observed and fill out a "Health Care Team Referral Form" and give it to the Health and Wellness Manager. The health care team will discreetly assess the resident without letting the resident know the source of the referral. This referral can result in better health care for the resident and avoidance of a serious medication accident that can result in hospitalization or admission to a nursing home.

You make a mental note of what you saw, but you don't do anything because you can't be sure.

You give help to the resident when they ask you for help to read the pill bottle or open them because you are in the room and it is just being nice to them.

You don't make any observations because you do not want to get involved. You don't want to act on observations because you think the resident has a health care team who oversees their health and wellbeing.

All of the above

**3. Which of the following is true?**

Residents might have many medical conditions because of their age and they take medications to help treat their symptoms to help improve the quality of their life.

The more medications a resident takes to treat medical conditions, the more complex their medication regimen is to self-manage on their own.

The more complex the medication regimen, the more risk there is that the resident can have an adverse medication event, be hospitalized, fall or be admitted to a nursing home.

A resident that gets enrolled on a home's medication assistance program because they can't manage medications on their own, can actually help prevent having an adverse event, which if not treated can result in hospitalization.

Residents want to hold onto their independence and self-medicate, but if they are unable to manage their medications they are putting themselves at risk of an adverse medication event.

All of the above.

**4. Who are the most likely people in the list below to notice when a resident in the home is showing signs they are not able to manage their medications?**

The pharmacists are the best because they are at the home occasionally.

The health care teams are because they provide care for the residents in the home.

The doctors are because the residents will visit the doctor when they need one.

The residents are because they know how they feel about themselves.

You (The Care Aides) do because you see the residents more than anyone else in the home and you can notice changes in the residents and how they are doing. The health care team, pharmacist and doctors do not see, or notice changes to residents as you do in your day-to-day interactions.

All of the above.

## 5. Why is taking multiple medications complex?

Medications might require different doses taken at different times in the day, and this can be difficult for a resident to manage when a resident is taking 10 or more medications a day.

Some medications might require that certain foods or drinks be avoided or taken a certain time of day or in a specific way (with foods, without foods, before meals, after meals). This makes medication regimens complicated.

The more medications, the more complex the regimen is to manage. Some residents take 10 or more medications a day.

Having to remember to take medications, renew prescriptions, view expiration dates, open pill bottles, store pill bottles in specific locations away from humidity and light and many other conditions and restrictions, make taking multiple medications complex.

Pills that are chewed when they should be swallowed or cut when they should not be adds to the complexity of taking medications for a resident.

All of the above.

## 6. Which of the following should residents do if their medication regimens are too complex for them to manage?

Many residents will continue to self-medicate to hold onto their independence, but this puts their health and wellness at risk of an adverse medication effect that can result in a fall, hospitalization or admission to a nursing home.

Some residents may ask family members to help them, but not all family members are there every day to help ensure that the resident is taking medications properly on a daily basis.

Residents who have had an adverse effect, or who have been hospitalized, should be encouraged by the health care team to enroll in the home's medication assistance program to prevent further adverse reactions and prevent hospitalization, falls or admission to a nursing home.

The resident may ask care staff to help them read prescriptions, open pill bottles, fax renewals to doctors and pharmacies and give help or advice on other aspects of the resident's medications.

Residents will stop taking medications that give them side effects or are too complicated to take but can adversely affect their health and wellbeing that improve their quality of life.

All of the above.

**7. How can you tell if the residents are not able to manage their medications?**

They will exhibit sudden symptoms that can be side effects of their medications such as vomiting, diarrhea, constipation, dizziness and other symptoms. These symptoms can be as a result of taking too many doses, missed doses or adverse reactions to other drugs.

The residents vision is getting worse and they ask you to help read pill bottles and instructions.

The resident is more forgetful and forgetting more things recently and it could be their memory is getting worse. If this is true, there is a significant risk that they might forget taking medications or take too many.

They are dizzy and lose their balance often, sleep in more often, are disengaged, and exhibit other behavioral and physical changes that you have noticed recently.

They are on 10 or more medications daily and pills are scattered all over the place, messy and not stored properly.

All of the above.

**FINAL SCORE****17****SAVE & CLOSE**