BPSD: Responding to Behaviours

All Online Questions

Option 2 5xMC 5xTF 3xFTG

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| Learning Outcomes | % | Multiple Choice | True or False | Fill the Gap | Total |
| 1. Explain why understanding underlying reasons for behaviours is crucial to responding appropriately | 15 | 5 | 5 | 3 | 13 |
| 2 Recognise approaches that can be used in the short term to respond to behaviour that may challenge staff. | 55 | 5 | 5 | 3 | 13 |
| Identify how to record and review episodes of behaviour in order to support the development of long term response strategies. | 30 | 5 | 5 | 3 | 13 |
| TOTAL | 100 | 15 | 15 | 9 | 39 |

Learning Outcome 1

Multiple Choice

1.Reality Orientation means prompting residents to:  
 know where they are and what time, day or year it is  
 forget about what time of year it is or where they are  
 reminisce about their childhood  
 None of the other answers

Tasks such as laying the table prior to dinner or turning off lights prior to bed can:  
 provide a person with dementia with clues of the time of day  
 be confusing for a person with dementia   
 can make a person with dementia extremely agitated   
 encourage the person to help and get involved

When communicating with a person who is living with dementia, it is recommended:   
 to not hurry them when speaking  
 to not finish their sentences for them   
 to allow them time to think and respond  
 All of the other answers

When you truly listen to someone speaking and use body language to help you assess a situation, it is called:   
 empathetic listening   
 pathetic listening  
 sympathetic listening  
 ampathetic listening

When you recognise and understand and acknowledge that a person’s current reality is different to yours, it is called:   
 validation  
 validity  
 radiation  
 radicalisation

True or False

When a person has dementia, the behaviours we see, occur because of the physical deterioration of their brain. – TRUE

In the past there was a tendency to simply dismiss certain behaviours as side effects or symptoms of dementia. – TRUE

Reality Orientation is ALWAYS the right thing to do. – FALSE

Reality Orientation provides gentle prompts to REMIND the person who’s TEMPORARILY confused. – TRUE

It is important to take things personally. – FALSE

It is important to ensure we make our own communication as positive as possible. – TRUE

Fill the Gap

It is now recognised that behaviour generally has an underlying cause or reason that the person may not be able to %% .

communicate understand grasp

Before we think about responding to the behaviours we see, it’s important to understand %% behaviour as an expression of the person’s thoughts, emotions and needs.

each some aggressive

In a person whose dementia is very advanced, who has a very fixed belief about where they are, when it is or what’s happening in the world, correcting their reality can create real %% .

agitation happiness comfort

Agitation is a form of %% : it can be difficult to understand, but we have to work hard to try.

communication confusion aggression

Learning Outcome 2

Multiple Choice

What technique could be used if the person has no family that you can call on?  
 validation  
 distraction  
 re-direction  
 Any of the other answers

According to the program, dementia can affect:   
 the brain and a person’s memory  
 the heart and a person’s blood pressure  
 the lungs and a person’s breathing  
 oxygen levels and a person’s respiration

Validation encourages communication and helps the person to feel:   
 cared about and understood  
 supported in expressing feelings and emotions   
 relief that their emotions are understood  
 All of the other answers   
  
If a person has become extremely agitated, there are obvious triggers that can be addressed to try to:  
 de-escalate the situation  
 heighten the tension  
 keep the person quiet  
 ignore the situation

According to the program, if a person with dementia demonstrates sexual behaviours, you should:   
 not take it personally  
 not respond emotionally  
 not appear offended or flattered  
 All of the other answers

True or False

If a person is watching the television, you should switch it off if you want to talk to them. This will ensure you have removed the distraction and they can give you their fullest attention. – FALSE

If a person is agitated, it is important to think ‘safety first’ – make sure there’s a clear path to the door so you can get out if you need to. – TRUE

If a person is agitated, it is always important to close in on the person and to try touch them to offer extra comfort. – FALSE

If a person is agitated, you should never leave them until they have calmed down, especially if they are in danger of harm. – FALSE

If a person is agitated, it is important to remove objects that could present a risk of harm and remove yourself and others from the situation until things calm down. - TRUE

Fill the Gap

Staff can use residents’ past history for %% and re-direction.   
distraction reaction obstruction

Finding out about a person’s history can be a good way to build up %% relationships that will help them in the future.

positive negative unforgettable

According to the program, people with dementia can also occasionally behave sexually, with sexual language or %% touching.   
 inappropriate appropriate harmful

Learning Outcome 3

Multiple Choice

According to the program, if a person with dementia behaves sexually towards you, you should:   
 maintain a professional approach with professional boundaries   
 use phrases like ‘please stop’ ‘that is not appropriate’   
 stop delivering care at that moment while you seek support from your supervisor   
 All of the other answers

When a person living with dementia communicates in a way we might see as negative, clear records of what happened help us to:  
 see patterns   
 recognise possible triggers   
 construct positive approaches that work   
 All of the other answers   
  
When reporting, the words we use about an individual could mean that staff behave differently to that individual, which is not only unfair but, it could also:  
 trigger negative behaviours in the person  
 trigger upset amongst staff  
 make the dementia progress faster  
 make the dementia progress slower   
  
A common way to record incidents, positive as well as negative, that’s proven useful again and again in care is the:  
 ABC chart  
 BCA chart  
 CBA chart   
 ACB chart

According to the program, the term ‘antecedent’ means reporting:   
 what was happening BEFORE an incident took place   
 what was happening AFTER an incident took place  
 what was happening DURING an incident   
 the prevention of any incidents

True or False

It is particularly important that you act as if you find it funny and laugh if a person with dementia behaves sexually towards you. – FALSE

Whatever the situation, if you feel unsafe or intimidated, remove yourself from the situation. Discuss it immediately with your manager and ensure that events are properly recorded. – TRUE

According to the programme, every time we encounter a behaviour that comes from how a person expresses their feelings, we add to the picture we have of that person. - TRUE

It is important to remember, any records in care should be about opinions, not facts. – FALSE

If we use words like “deliberately”, “viciously” or “aggressively”, we make anybody who reads that report wary of the individual we’ve written about. – TRUE

Fill The Gap

The person still feels emotions just as they always have and these emotions are ***%%*** to them.

real strange abnormal

If a person has become extremely agitated, it’s important to use %% communication, to acknowledge and validate the person’s feelings.

clear forceful aggressive

The ‘C’ in the ABC chart stand for %%.

consequence control checking