



International Journal of Gerontology

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CME for 18.2

1. According to the research, "Classification of the Frailty Status of Community-Dwelling Older Adults Using Physical Activity Data Collected through Consumer Activity Trackers", which metric, when measured using a consumer activity tracker, is hypothesized to help differentiate older adults with and without frailty?
 - (A) Heart rate variability
 - (B) Blood pressure
 - (C) Sleep quality
 - (D) Moderate-to-vigorous physical activity (MVPA)
 - (E) Body temperature
2. According to the study "Association of Clinical Frailty Scale with Readmission and Mortality Rate in Hospitalized Older Adults," how does the Clinical Frailty Scale (CFS) predict outcomes for older inpatients?
 - (A) Provides a prognosis on long-term rehabilitation success
 - (B) Estimates the likelihood of developing new chronic conditions
 - (C) Predicts short-term readmission and survival times
 - (D) Assesses the risk of developing hospital-acquired infections
 - (E) Calculates the duration of hospital stay based on initial assessments
3. What is the main finding of the study "Polypharmacy is Associated with the Risk of Chronic Kidney Disease in the Elderly: A Nationwide Ten-Year Propensity Analysis in Taiwan"?
 - (A) An increased use of over-the-counter drugs correlates with a higher risk of CKD
 - (B) A dose-response relationship exists between the number of medications used daily and the risk of developing CKD
 - (C) Adherence to prescribed medications reduces the risk of CKD in the elderly
 - (D) The use of less than five medications per day eliminates the risk of CKD
 - (E) CKD can be effectively treated with the reduction of polypharmacy
4. According to the study "Stroop Color-Word Test Performance of Chinese-Speaking Persons with Alzheimer's Dementia," how do Stroop interference (SI) indices assist in the evaluation of Alzheimer's disease (AD) in Chinese-speaking individuals?
 - (A) SI indices are proven to help distinguish AD patients from control subjects based on their performance
 - (B) SI indices cannot differentiate between AD patients and control subjects
 - (C) SI indices measure the speed of color recognition only
 - (D) SI indices are only effective in assessing very mild AD without progression to more severe forms
 - (E) SI indices are used to predict the future severity of AD
5. What did the systematic review "Do Individuals with Mild Cognitive Impairment and Healthy Aging People Have Different Keystroke Dynamics?" Primarily find about the feasibility of using keystroke dynamics to differentiate between individuals with mild cognitive impairment (MCI) and healthy aging people?
 - (A) Keystroke dynamics are not feasible for differentiating MCI from healthy aging
 - (B) Pause-related keystroke dynamics show promise in differentiating MCI from healthy aging, like conventional neuropsychological assessments
 - (C) Keystroke dynamics should replace conventional neuropsychological assessments entirely
 - (D) Most of the keystroke dynamics consistently differentiate between MCI and healthy aging individuals
 - (E) Keystroke dynamics are less effective than physical biomarkers in differentiating MCI from healthy aging

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Volume 18 Issue 1 Answers:

1. (D)
2. (C)
3. (E)
4. (C)
5. (E)