

ICONS and Innovators Webinar Series
 CEU Verification Form & Quiz



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Participant Name: _____

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Attended	AIA	Webinar Title	LU Hours	HSW
Yes <input type="checkbox"/> No <input type="checkbox"/>	WEB23C19_ON	Harnessing the Power of Sound in Senior Living — Insights from Sonic Treatment Research in Memory Care	1.0	No

1. The combination of all of the sounds in our immediate context make up our sonic environment.

2. Unlike our eyes, which have peripheral limitations for what can be seen, our ears are capable of perceiving the _____ for any sound event or occurrence.
 - a. Volume and frequency
 - b. Non-peripheral expanse
 - c. Direction and distance
 - d. Breadth and depth
3. Alarming sonic events cause sympathetic responses in our autonomic nervous system, which typically results in either _____ in combination with _____.
 - a. Engaging or disengaging / repelling or attracting
 - b. Self-sabotage / personal detachment
 - c. Fight or Face / Flight or Freeze
 - d. Increase in energy / conservation of energy
4. What are the most common age-related changes (select all that apply):
 - a. Musculoskeletal
 - b. Digestive
 - c. Integumentary
 - d. Movement
 - e. Sensorial
 - f. Memory

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5. What are the most common dementia-related changes (select all that apply):
 - a. Cognition
 - b. Perception
 - c. Behavior
 - d. Problem Solving

6. Currently, ___ medications or treatments prevent or cure Alzheimer's-type dementia.
 - a. No
 - b. Some
 - c. Few
 - d. Five

7. Sonic Treatment research was conducted in a _____ setting.
 - a. Skilled nursing
 - b. Assisted living
 - c. Hospice
 - d. Memory care

8. The sonic intervention study was applied to which activity?
 - a. Bathing
 - b. Dining
 - c. Sleeping
 - d. Recreating

9. The collection of data was documented by _____ using _____.
 - a. Research team members / behavioral mapping techniques
 - b. Direct care providers / electronic health records
 - c. Site administrators / outcome checklists
 - d. Design team members / evidence-based design

10. The sonic sleep treatment outcomes measured were: mood, behavior, quality of life, functional ability, and treatments, medications & precautions. The statistically significant outcomes related to_____.
 - a. Daytime drowsiness and cooperation with care
 - b. Eating performance and nighttime insomnia
 - c. Following instructions and bathing performance
 - d. Rising/retiring activities and bed mobility

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