

Prader-Willi Syndrome Association of WI, Inc.

	<p>Post Test</p> <p>Health Maintenance and Emergency Care for Adults with Prader-Willi Syndrome</p>
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The following is a post test that can be used following the review of the Power Point presentation on Health Maintenance and Emergency Care for Adults with Prader-Willi Syndrome (PWS). This post test is designed to measure mastery of health information that should be known by those who provide health advocacy and care for adults with Prader-Willi Syndrome.

This presentation helps to educate the people learn about some of the unique health issues that adults with PWS may face. It is not meant to replace any information or instructions that may have been given by a health care professional. If you ever have any questions, consult with the prescribing health care professional. You may know more than the health professional about Prader-Willi syndrome. Share what you know and advocate on behalf of this person.

You Are an Important Part of the Health Care Team! You are ...

- A health educator to the person with Prader-Willi syndrome (PWS). You teach him/her health habits and practices.
- Instrumental in detecting health problems or conditions.
- An educator to health care providers and an advocate for the person with PWS.

The presentation has been divided into 2 parts.

- The first part – Health Maintenance - focuses on health issues that can be addressed and prevented on a daily basis. Some are an inherent part of PWS while others can be prevented when life style issues and habits are addressed.
- The second part – Emergency Care – focuses on health issues that are of a more urgent nature.

Objectives:

After reviewing the Power Point presentation on Health Maintenance and Emergency Care for Adults with Prader-Willi Syndrome, the residential service provider will be able to:

1. Identify common health issues that may be seen in the adult with PWS and institute measures that promote wellness and prevention of complications related to these issues.
2. Teach and encourage residents with PWS to implement positive health strategies.
3. Identify serious health concerns that require immediate evaluation by a health care professional.
4. Share appropriate health information and resources to health care providers.

Please feel free to contact PWSA of WI, Inc or PWSA (USA) for any questions about this presentation or health issues that may be facing the person with PWS.

There is an additional program designed to educate teens and adults with PWS so they too can become informed health advocates. This program is titled, “Staying Fit: What You Can Do”. Contact PWSA of WI, Inc for more information.

	<p>What part of the brain is responsible for the problem of an excessive appetite in the person with PWS?</p> <ul style="list-style-type: none"> <input type="checkbox"/> The Hypothalamus <input type="checkbox"/> The Cerebellum
	<p>The <u>main reason</u> for the uncontrollable appetite in the person with PWS is. (Lack of fullness/satiety, hormone insufficiency ...?)</p> <ul style="list-style-type: none"> <input type="checkbox"/> A hormone deficiency <input type="checkbox"/> The message of fullness never reaches their brain <input type="checkbox"/> There is no reason – they should be able to learn to control this.
	<p>Supports that can be done to assist the person with PWS to prevent food seeking include:</p> <ul style="list-style-type: none"> <input type="checkbox"/> Structured snack and meal times <input type="checkbox"/> Locks and/or alarms <input type="checkbox"/> Removal of all food temptations from their work and home environment <input type="checkbox"/> All of the above
	<p>An important part of the weight management plan is:</p> <ul style="list-style-type: none"> <input type="checkbox"/> Punishing and withholding food in cases of weight gain <input type="checkbox"/> Daily exercise
	<p>What are ways a person with PWS can prevent sun burn?</p> <ul style="list-style-type: none"> <input type="checkbox"/> Applying sunscreen before going out in to the sun <input type="checkbox"/> Wearing a hat <input type="checkbox"/> Limiting time in the sun <input type="checkbox"/> All of the above
	<p>In the case of an injury, how often should an injury be assessed?</p> <ul style="list-style-type: none"> <input type="checkbox"/> Once is enough <input type="checkbox"/> When it occurs and again in 24 hours.
	<p>It safe to assume that no complaint of pain means an injury is minor and can be ignored.</p> <ul style="list-style-type: none"> <input type="checkbox"/> True <input type="checkbox"/> False
	<p>Other openings of the body a person with PWS may pick at include:</p> <ul style="list-style-type: none"> <input type="checkbox"/> Nose <input type="checkbox"/> Rectum <input type="checkbox"/> Vagina <input type="checkbox"/> All of the above.
	<p>Successful approaches that may be tried to help prevent and manage skin picking in the person with PWS.</p> <ul style="list-style-type: none"> <input type="checkbox"/> Prevention supervision, diversion and applying a barrier (coverage to wound) <input type="checkbox"/> Supervision and punishment <input type="checkbox"/> Diversion only
	<p>A strategy that may need to be considered in severe cases of skin picking is:</p> <ul style="list-style-type: none"> <input type="checkbox"/> Medications <input type="checkbox"/> There is nothing that can be done.

	<p>Major signs of a wound infection include:</p> <ul style="list-style-type: none"> <input type="checkbox"/> Redness <input type="checkbox"/> Swelling <input type="checkbox"/> Creamy discharge <input type="checkbox"/> All of the above
	<p>What strategy that may be tried for the person with PWS who has a rectal picking problem?</p> <ul style="list-style-type: none"> <input type="checkbox"/> Supervision <input type="checkbox"/> Keeping hands busy – give a magazine or something to hold/manipulate <input type="checkbox"/> All of the above
	<p>What can be used to prevent constipation in persons with PWS?</p> <ul style="list-style-type: none"> <input type="checkbox"/> Fluids – including water , exercise, high fiber foods <input type="checkbox"/> Medications only <input type="checkbox"/> Nothing can be done.
	<p>It does not matter how much fluid a person with PWS should drink at one time.</p> <ul style="list-style-type: none"> <input type="checkbox"/> True <input type="checkbox"/> False
	<p>Name of the health condition or problem that can occur when a person drinks too much fluid at one time is:</p> <ul style="list-style-type: none"> <input type="checkbox"/> Water Intoxication <input type="checkbox"/> Alcohol Intoxication
	<p>Confusion is a symptom of water intoxication.</p> <ul style="list-style-type: none"> <input type="checkbox"/> True <input type="checkbox"/> False
	<p>Gastroparesis is a condition where there is slow emptying of the stomach.</p> <ul style="list-style-type: none"> <input type="checkbox"/> True <input type="checkbox"/> False
	<p>What are common causes of Osteoporosis in persons with PWS?</p> <ul style="list-style-type: none"> <input type="checkbox"/> Hormone deficiencies <input type="checkbox"/> Diet <input type="checkbox"/> All of the above
	<p>What are strategies that may be tried to help prevent Osteoporosis?</p> <ul style="list-style-type: none"> <input type="checkbox"/> Exercise, diet high in calcium <input type="checkbox"/> There is nothing that can be done
	<p>Name one thing you may want to suggest as a health advocate for a person with PWS who is being seen for a back problem.</p> <ul style="list-style-type: none"> <input type="checkbox"/> X-ray <input type="checkbox"/> Blood testing

	<p>The most common dental problems seen in persons with PWS.</p> <ul style="list-style-type: none"> <input type="checkbox"/> Cavities and enamel problems <input type="checkbox"/> They do not have any more problems than anyone else.
	<p>Identify ways to assist the person with PWS with dental health.</p> <ul style="list-style-type: none"> <input type="checkbox"/> Encourage and assist if needed with daily dental care <input type="checkbox"/> Use of antibacterial toothpaste <input type="checkbox"/> Limit consumption of diet soda <input type="checkbox"/> Assist with scheduling of dental appointments at least 2 times a year <input type="checkbox"/> All of the above
	<p>You should always take a medical brochure and/or booklet with you when you take a resident with PWS to the Emergency Room.</p> <ul style="list-style-type: none"> <input type="checkbox"/> True <input type="checkbox"/> False
	<p>Symptoms of severe Gastric Illness include.</p> <ul style="list-style-type: none"> <input type="checkbox"/> Vague complaints of not feeling well <input type="checkbox"/> Abdominal distention <input type="checkbox"/> Vomiting (may or may not be present) <input type="checkbox"/> Abdominal pain (may or may not be present) <input type="checkbox"/> All of the above
	<p>Severe Gastric Illness is most often seen after a binge episode.</p> <ul style="list-style-type: none"> <input type="checkbox"/> True <input type="checkbox"/> False
	<p>When should medical help be sought if gastric illness is suspected?</p> <ul style="list-style-type: none"> <input type="checkbox"/> Immediately <input type="checkbox"/> Within 1 week of onset of complaints
	<p>All cases of vomiting in a person should be evaluated by a health care professional.</p> <ul style="list-style-type: none"> <input type="checkbox"/> True <input type="checkbox"/> False
	<p>If a person with PWS complains of pain, it should be ignored and it is no big deal.</p> <ul style="list-style-type: none"> <input type="checkbox"/> True <input type="checkbox"/> False
	<p>It is important to inform a health care provider that a person with PWS may not feel pain when they have a serious injury or illness.</p> <ul style="list-style-type: none"> <input type="checkbox"/> True <input type="checkbox"/> False
	<p>Reasons that may put many persons with PWS at higher risk for respiratory illness?</p> <ul style="list-style-type: none"> <input type="checkbox"/> Weak trunk and chest muscles, low activity level, low intake of fluids, obesity <input type="checkbox"/> They are not at any greater risk.

	<p>Steps you can take when caring for a person with PWS who has a bad cold.</p> <ul style="list-style-type: none"> <input type="checkbox"/> Get them up and get them moving, encourage fluids, seek medical care if not improving. <input type="checkbox"/> Let them rest and don't allow them get up
	<p>Common treatments for sleep apnea.</p> <ul style="list-style-type: none"> <input type="checkbox"/> CPAP (Continuous Positive Airway Pressure <input type="checkbox"/> Weight loss <input type="checkbox"/> All of the above
	<p>A person with PWS may not have a fever even when they have an infection.</p> <ul style="list-style-type: none"> <input type="checkbox"/> True <input type="checkbox"/> False
	<p>Strategies you may want to try in helping the person with PWS with temperature management.</p> <ul style="list-style-type: none"> <input type="checkbox"/> Discuss and encourage appropriate clothes for the temperature and weather <input type="checkbox"/> If extreme redness of face, remove to a cool area and apply cooling measures <input type="checkbox"/> Limit exercise and activities outside if the temperature is very high or very low. <input type="checkbox"/> All of the above.
	<p>Name the 5 common symptoms of diabetes.</p> <ul style="list-style-type: none"> <input type="checkbox"/> Extreme hunger <input type="checkbox"/> Extreme thirst <input type="checkbox"/> Weight gain <input type="checkbox"/> Fatigue <input type="checkbox"/> Frequent urination <input type="checkbox"/> Vaginal yeast infections in women <input type="checkbox"/> All of the above
	<p>What symptoms often alert the caregiver of a person with PWS that he/she may be demonstrating symptoms of diabetes?</p> <ul style="list-style-type: none"> <input type="checkbox"/> Extreme thirst <input type="checkbox"/> Frequent urination <input type="checkbox"/> Vaginal yeast infections in women <input type="checkbox"/> All of the above.
	<p>Ankle and leg swelling, and/or shortness of breath may be symptoms of heart or vascular problems.</p> <ul style="list-style-type: none"> <input type="checkbox"/> True <input type="checkbox"/> False
	<p>It is important to have a person with PWS evaluated by a health care professional for symptoms of heart or vascular problems.</p> <ul style="list-style-type: none"> <input type="checkbox"/> True <input type="checkbox"/> False
	<p>List 2 risk factors that persons with PWS demonstrate for Obstructive Sleep Apnea.</p> <ul style="list-style-type: none"> <input type="checkbox"/> Obesity <input type="checkbox"/> Poor muscle tone <input type="checkbox"/> All of the above.

	<p>It is easy for a person with PWS to adjust to CPAP so no extra steps need to be taken.</p> <p><input type="checkbox"/> True</p> <p><input type="checkbox"/> False</p>
	<p>The type of medications that a person with PWS is often sensitive to include:</p> <p><input type="checkbox"/> Pain medication</p> <p><input type="checkbox"/> Medication used to treat mood/behavior problems</p> <p><input type="checkbox"/> General anesthesia</p> <p><input type="checkbox"/> All of the above</p>
	<p>It is very important to remind/teach/advocate when a person with PWS is prescribed a medication that may cause sedation.</p> <p><input type="checkbox"/> True</p> <p><input type="checkbox"/> False</p>
	<p>Describe measures you can take to make sure you are informed about the medications you are administering:</p> <p><input type="checkbox"/> Refer to information sheets that accompany medications</p> <p><input type="checkbox"/> Contact a pharmacist if having any questions of concerns</p> <p><input type="checkbox"/> Following agency protocol if suspecting an adverse reaction</p> <p><input type="checkbox"/> All of the above.</p>
	<p>What juice is it best to avoid serving to persons with PWS who are taking medications?</p> <p><input type="checkbox"/> Apple juice</p> <p><input type="checkbox"/> Grapefruit juice</p> <p><input type="checkbox"/> Cranberry juice</p>
	<p>A person with PWS should not be educated about their medications or health conditions.</p> <p><input type="checkbox"/> True</p> <p><input type="checkbox"/> False</p>

You are an important part of the team in teaching, modeling and advocating for the health needs of a person with Prader-Willi syndrome. I hope you found this educational program helpful.