

The University of Iowa  
College of Nursing  
Alzheimer's Family Role Trials Study

**Knowledge of Alzheimer's Test (KAT)**

I.D.# \_\_\_\_\_  
(4-9)

Date: \_\_\_\_\_  
(10-13)

**Directions:** Circle T if the statement is true or F if the statement is false.

CIRCLE ONE

- |  |   |   |      |
|--|---|---|------|
| 1. Memory loss is part of the normal aging process.  | T | F | (15) |
| 2. Alzheimer's is a disease which progresses at an individual rate.  | T | F | (16) |
| 3. Low stimulation is important to the individual with advanced Alzheimer's disease.   | T | F | (17) |
| 4. The only loss produced by Alzheimer's disease is a progressive decline in memory.   | T | F | (18) |
| 5. In the care setting, restraints are the best way to manage a demented patient who wanders.  | T | F | (19) |
| 6. When a person with Alzheimer's disease shows signs of increasing confusion or stress, isolation is sometimes an appropriate management technique. | T | F | (20) |
| 7. Repeatedly asking questions is a symptom of the memory loss of Alzheimer's disease.   | T | F | (21) |
| 8. The family with an Alzheimer's disease victim is often in a state of chronic grief.   | T | F | (22) |
| 9. The T. V. is a good distracter for the patient with Alzheimer's disease.  | T | F | (23) |
| 10. When a patient with Alzheimer's disease becomes accusatory, it is best to deny the accusation and remind the person of his disease process.      | T | F | (24) |
| 11. Non-verbal cues are not important to the Alzheimer's disease patients because they depend more on communication content to assist function.      | T | F | (25) |

CIRCLE ONE

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|---|---|---|------|
| 12. Environmental control is a prime intervention with persons with Alzheimer's disease.  | T | F | (26) |
| 13. Individuals with Alzheimer's disease have a tendency to become more dependent on significant others.  | T | F | (27) |
| 14. Maintaining a routine is important to the person with Alzheimer's disease.  | T | F | (28) |
| 15. The family is an important source of information regarding pre-admission behaviors of the patient with Alzheimer's disease.   | T | F | (29) |
| 16. Making the care setting more meaningful with family pictures is helpful to the victim of Alzheimer's disease.   | T | F | (30) |
| 17. Physical exercise should be avoided by the person with Alzheimer's disease because it increases the person's stress level.  | T | F | (31) |
| 18. Rest periods should not be planned for the patient with Alzheimer's disease in order to assure sleeping throughout the night.   | T | F | (32) |
| 19. Generally, the cause for disruptive behaviors in the patient with Alzheimer's disease is the loss of ability to cope with stress.                                     | T | F | (33) |
| 20. The patient with advanced Alzheimer's disease has insight into their behaviors.   | T | F | (34) |
| 21. The cerebral cortex is the area of the brain where pathological changes are most often found with Alzheimer's disease.  | T | F | (35) |
| 22. Alzheimer's disease is easily diagnosed with laboratory tests and X-ray.  | T | F | (36) |
| 23. There is research evidence that large amounts of Lecithin or other Choline sources used early in the disease process are beneficial in treating Alzheimer's patients. | T | F | (37) |
| 24. Radios and TVs are usually good ways to keep Alzheimer's patients in touch with the world.  | T | F | (38) |

CIRCLE ONE

25. Alzheimer's patients should be made to stay in bed all night so that they can get their sleep. T F (39)
26. Alzheimer's patients are often not able to learn anymore because of their brain damage. T F (40)
27. Nutritional requirements for Alzheimer's patients are the same as for others of the same age and amount of activity. T F (41)
28. A possible explanation for Alzheimer's patients' repetitive requests for food may be impairment in the normal appetite control center. T F (42)
29. Alzheimer's patients who step high over cracks or lines in the floor have a muscle control disturbance. T F (43)
30. There is always a continual decrease in sex drive from the early to the last stage of Alzheimer's disease. T F (44)
31. The loss of ability to recognize urge to defecate and/or urinate can be a reason for Alzheimer's patients' incontinence. T F (45)
32. Most drugs used to treat persons with Alzheimer's disease are used to increase the patient's comfort rather than to cure the disease. T F (46)
33. Chemical abnormalities in Alzheimer's disease are comparable in some ways to those in Parkinson's disease. T F (47)