
ALF Core Training, ALF CORE EXAM (Study Questions for ALF Core training Test for Florida) with 100% Correct Answers

True or False? An ALF can be only one building? - ANSWER-False

A resident can be bedridden in an ALF with a standard licence for no more than ___ days? - ANSWER-7

Which agency is responsible for regulatory inspections of ALF's? - ANSWER-AHCA

Capacity in an ALF is the _____ of residents it is licensed to care for. - ANSWER-number

Which of the following is not considered an ADL?

- a. Eating
- b. Dressing
- c. transferring
- d. ambulation
- e. toileting - ANSWER-c. transferring

Limited nursing services can only be provided by? - ANSWER-LPN, RN, ARNP

1/2 bed rails are considered a _____ and are allowed in an ALF only if? - ANSWER-Physical Restraint
they are ordered by a physician

An event over which facility personnel could exercise control rather than as result of the resident's condition and results in? - ANSWER-Adverse Incident

Adverse incidents are submitted on day ___ and day ___ to ACHA. - ANSWER-1 and 15

A fully sprinkled ALF must conduct how many fire drills annually? - ANSWER-5

True or False? A limited mental health resident must receive OSS? - ANSWER-True

True or False? Facilities licensed for 16 residents must have an awake staff person at night. - ANSWER-False

The specialty licences for an ALF are? - ANSWER-LMH, LNS, ECC

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web mar 3 2022 auch beim sport wird eine erhöhte herzfrequenz angestrebt jedoch wird dadurch das herz trainiert denn das training wird wieder unterbrochen worauf eine ruhephase folgt im gegensatz dazu schlägt bei stress das herz dauerhaft zu schnell und es kommt zur ermüdung

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web nov 29 2021 ein guter start ist etwa dreimal die woche eine halbe stunde moderates ausdauertraining und zweimal die woche fünf bis sechs krafttraining Übungen oder täglich 15 bis 20 minuten die nach und nach gesteigert werden unter moderatem training verstehen herzexperten rund hundert schritte pro minute oder 3 000 schritte in 30 minuten

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web apr 26 2017 forschers der american heart association raten viermal wöchentlich eine viertelstunde lang entspannungsübungen wie yoga oder progressive muskel entspannung durchzuführen das reduziert das herzinfarkt risiko um rund 50 prozent und sorgt für ein gesundes herz