

Student Exam Competency Evaluation

Treatment Strategies in the Acute Care of Stroke Survivors

Print the letter of the correct answer on the enclosed answer sheet.

- 1. The medical management of the acute stroke survivor must focus on:**
 - a. diagnosing & minimizing the progression of the stroke
 - b. treating secondary complications
 - c. identifying the cause to prevent recurrent strokes
 - d. all of the above

- 2. Which of the following is not one of the SAFE guidelines?**
 - a. Sharpen your observation skills
 - b. Acquire necessary handling skills
 - c. Formulate a discharge plan
 - d. Enhance the environment

- 3. The patient's medical chart should be reviewed prior to each therapy session.**
 - a. true
 - b. false

- 4. The International Classification of Functioning, Disability and Health (ICF) was officially accepted by which organization in 2001?**
 - a. the Center for Disease Control
 - b. the World Health Organization
 - c. the International Red Cross
 - d. none of the above

- 5. The ICF is important because it is used in hospitals for**
 - a. documentation
 - b. diagnostic codes
 - c. reimbursement
 - d. all of the above

- 6. The assessment of ROM, motor function and sensation belongs to which component of the ICF model?**
 - a. health condition
 - b. activities
 - c. body functions and body structures
 - d. environmental factors

- 7. The assessment of bed mobility, self-care and communication belongs to which component of the ICF model?**
 - a. health condition
 - b. body functions and body structures
 - c. activities
 - d. environmental factors

8. **Which of the following is not one of the six elements in the continuum of acute care?**
- review medical information
 - observe the family and home environment
 - assess body functions and structures
 - intervention
9. **Where should the call light for the nurse be placed during your treatment session?**
- within your reach
 - within reach of the patient
 - on the bedside table
 - on the wall
10. **A decrease in your patient's cognitive function or level of confusion could be an indication of**
- a lack in family support
 - poor nutrition
 - a change in the patient's medical status
 - none of the above
11. **Raising the height of the bed when treating your patient bedside**
- improves eye contact with your patient
 - provides poor body mechanics
 - allows family members to observe
 - none of the above
12. **During the assessment of body functions and structures, begin with the less involved side to**
- determine a baseline and help the patient understand your commands
 - observe visual field deficits
 - practice your handling skills before moving to the involved side
 - all of the above
13. **When should oral hygiene take place?**
- in the morning, preceding meals and medications
 - after each meal
 - before going to sleep at night
 - all of the above
14. **Which of the following is not a factor in determining a plan of intervention?**
- patient's medical condition
 - environment stimulation
 - urgent discharge planning
 - time restrictions
15. **"Intervention with intention" means:**
- make the most of every minute during therapeutic intervention.
 - document each action taken during intervention.
 - intend to treat with respect.
 - require family teaching.

- 16. During assessment and intervention of the stroke survivor in the acute care setting allow enough time to**
 - a. prepare the environment
 - b. perform therapeutic tasks
 - c. return the patient to a safe position
 - d. all of the above

- 17. Mary's medical history includes which of the following?**
 - a. bilateral hip replacements
 - b. pulmonary emboli
 - c. spinal stenosis
 - d. none of the above

- 18. Which techniques can be used to increase a patient's level of alertness?**
 - a. vibration with tactile stimulation
 - b. raise the head of the bed and apply a cool washcloth to the face
 - c. lower the bed and apply deep pressure to the sternum
 - d. all of the above

- 19. When sitting at the edge of the bed, how much of the patient's femur should be supported on the bed?**
 - a. all
 - b. one half
 - c. two thirds
 - d. none

- 20. Make sure your patient has a solid base of support (through both feet) while sitting at the edge of the bed.**
 - a. true
 - b. false

- 21. When a patient reaches toward her involved side for a hairbrush, it helps to**
 - a. initiate visual tracking toward the involved side
 - b. broaden the patient's base of support, requiring less trunk control
 - c. focus on self-care activities
 - d. encourage sit to stand

- 22. How much assistance was required for Ellanora to scoot to the edge of the bed?**
 - a. maximum assistance
 - b. moderate assistance
 - c. minimal assistance
 - d. no assistance required

- 23. Which of the following considerations help determine whether to proceed with a transfer?**
 - a. patient's ability to follow commands
 - b. lower extremity movement
 - c. pain, distress or other medical issues
 - d. all of the above.

- 24. Where did Ben exhibit pain during the assessment of passive ROM?**
- a. forearm supination
 - b. ankle dorsiflexion
 - c. scapular protraction
 - d. knee extension
- 25. Which of the following is not a symptom of orthostatic hypotension?**
- a. tremors
 - b. clammy
 - c. dizzy
 - d. pale
- 26. During upper and lower extremity dressing, always start with**
- a. the involved side
 - b. the hospital gown and robe
 - c. the less involved side
 - d. none of the above
- 27. At the end of a treatment session,**
- a. dim the overhead lights
 - b. disconnect unnecessary monitors or lines
 - c. return all equipment to the original position
 - d. check the patient's vital signs
- 28. How can a nonfunctional upper extremity be incorporated into a task?**
- a. use guiding, weightbearing and bilateral
 - b. use tactile stimulation, joint approximation, weightbearing
 - c. use guiding, quick stretch, deep pressure
 - d. use an overhead sling or Swedish arm support
- 29. When is Passive Handling appropriate?**
- a. when the patient experiences extreme pain
 - b. when the patient is able to participate in only a portion of the task
 - c. when family member want to help
 - d. when stroke survivors are depressed
- 30. In order to improve awareness of the involved side, the therapist should**
- a. gently turn the patient's head toward the involved side
 - b. during bed mobility, roll the patient toward the involved side
 - c. sit or stand on the involved side
 - d. all of the above
- 31. Before initiating patient treatment you should always**
- a. read the medical chart, get patient consent and wash your hands
 - b. speak with the nurse and monitor the patient's vital signs
 - c. read the patient's wrist band and ask the family for consent
 - d. all of the above

- 32. Which of the following equipment in the ICU can be disconnected during therapy?**
- a. the ventilator
 - b. the ventriculostomy
 - c. the EKG telemetry monitor
 - d. none of the above
- 33. The ventilator is connected to the patient through**
- a. the tube inserted into the thoracic wall
 - b. the tonsil-tip suction catheter
 - c. the sequential compression device
 - d. the endotracheal tube in the mouth or tracheostomy in the throat
- 34. The ventriculostomy is a drain for**
- a. cardiopulmonary precautions
 - b. pneumonia
 - c. cerebrospinal fluid
 - d. none of the above
- 35. The oxygen saturation level of a patient, measured by the pulse oximeter, is best when it stays above 92 during therapy**
- a. true
 - b. false
- 36. Why should a chair be prepared before transferring the patient from bed?**
- a. To eliminate the need for a Hoyer lift.
 - b. To encourage the patient to transfer.
 - c. To provide warmth, comfort and protection against incontinence.
 - d. To facilitate scooting to the edge of the chair.

Student Exam Competency Evaluation Answer Sheet

Treatment Strategies in the Acute Care of Stroke Survivors

Name

*Mark the correct letter for each question, next to the test question number.
There is only one answer per question.*

- | | | |
|-----------|-----------|-----------|
| 1. _____ | 15. _____ | 29. _____ |
| 2. _____ | 16. _____ | 30. _____ |
| 3. _____ | 17. _____ | 31. _____ |
| 4. _____ | 18. _____ | 32. _____ |
| 5. _____ | 19. _____ | 33. _____ |
| 6. _____ | 20. _____ | 34. _____ |
| 7. _____ | 21. _____ | 35. _____ |
| 8. _____ | 22. _____ | 36. _____ |
| 9. _____ | 23. _____ | |
| 10. _____ | 24. _____ | |
| 11. _____ | 25. _____ | |
| 12. _____ | 26. _____ | |
| 13. _____ | 27. _____ | |
| 14. _____ | 28. _____ | |