Stroke Rehabilitation - Evidence Based Practice

Section 1

1) What percent of stroke patients are left with moderate functional impairment?
   a) 25%
   b) 40%
   c) 55%
   d) 70%

2) Which is not a component of the “Function section of the initial assessment?
   a) Medical co-morbidities
   b) Motor function and muscle tone
   c) Mobility with respect to the patient’s needs for assistance in movement
   d) Emotional support for the family and caregiver

3) There are a wide variety of screening and assessment test for aspiration risk, but none have acceptable sensitivity and specificity to ensure accurate detection of dysphagia.
   a) True
   b) False

4) The _____ score strongly predicts the likelihood of a patient’s recovery after stroke.
   a) STROKE
   b) MSE
   c) SRSI
   d) NIHSS

5) Studies generally support early rehabilitation interventions for the medically stable patient with an acute stroke to prevent which complication of stroke?
   a) Deep vein thrombosis
   b) Skin breakdown
   c) Constipation
   d) All of the above

Section 2

6) No single dysphagia diet exists.
   a) True
   b) False
7) Churchill et al. (2004) found that patients with dysphagia had a higher risk of becoming
   a) Overweight
   b) Dehydrated
   c) Depressed
   d) Anxious

8) Patients at highest risk for skin breakdown are those with all the following EXCEPT
   a) Fecal and urinary incontinence
   b) Altered sensation
   c) Independence in mobility
   d) Excessively low or high body mass index

9) The first line treatment for prevention of deep vein thrombosis is
   a) Deep tissue massage
   b) MRI
   c) Blood thinners
   d) Early ambulation

10) Urinary and fecal incontinence are both common in the early stages post stroke, and _____ remain incontinent after one year.
   a) 5%
   b) 15%
   c) 25%
   d) 40%

11) Research has found the best method for reducing shoulder pain is through
    a) Strapping
    b) Intra-articular corticosteroid injections
    c) Electrical stimulation
    d) Ultrasound

12) Studies have shown that _____ or more of stroke survivors will have a fall in the first 6 months post-stroke.
    a) 20%
    b) 30%
    c) 40%
    d) 50%

13) The most common seizures following a stroke are _____ seizures.
    a) Absence
    b) Tonic
    c) Focal
    d) Clonic
14) A single seizure that occurs in the first two weeks after a stroke does not require sustained anticonvulsant treatment.
   a) True
   b) False

Section 3

15) It is recommended that blood glucose levels be monitored for a minimum of _____ post-stroke.
   a) 18 hours
   b) 36 hours
   c) 72 hours
   d) 96 hours

16) Coronary heart disease has many risk factors in common with ischemic stroke, including all the following EXCEPT
   a) Race
   b) Hypertension
   c) Diabetes
   d) Cigarette smoking

17) For patients exhibiting extreme emotional lability following stroke, which type of antidepressant is recommended?
   a) SSRI
   b) Tricyclic
   c) MAOI
   d) SNRI

Section 4

18) The Global Assessment of Stroke Severity scale has an administration time of
   a) 1 to 3 minutes
   b) 5 to 10 minutes
   c) 15 to 20 minutes
   d) 20 to 30 minutes

19) A score of _____ on the NIHSS forecasts a good recovery.
   a) < 6
   b) < 10
   c) < 15
   d) < 18
20) Disorders of communication and related cognitive impairments may occur in as many as _____ of post-stroke patients.
   a) 40%
   b) 50%
   c) 60%
   d) 70%

21) Motor function should be assessed at the _____ level, and at the _____ level, using assessments with established psychometric properties.
   a) Activity, Granular
   b) Granular, Macro
   c) Macro, Impairment
   d) Impairment, Activity

Section 5

22) Which are skills beyond basic self-care skills needed to function independently at home and in the community?
   a) ADL
   b) IADL
   c) HCS
   d) DIY-S

23) It is recommended to use the _____ as the standardized functional assessment.
   a) Functional Assessment Inventory
   b) Functional Independence Measure
   c) Independent Living Scale
   d) Daily Living Rating Scale

Section 6

24) Patients who have had a severe stroke or who are maximally dependent in ADLs and have a poor prognosis for functional recovery are not candidates for rehabilitation intervention.
   a) True
   b) False

Section 7

25) Which is NOT a component of the assessment of rehabilitation needs?
   a) Willingness to participate in rehabilitation services
   b) Evidence of DVT
   c) Adequate prior functional status
   d) Capacity for improvement
26) The Stroke Unit Trialists’ Collaboration Cochrane Review concluded that acute stroke patients should be offered:
   a) Diets required by religious affiliation
   b) The right to refuse treatment
   c) Experimental pain management treatments
   d) Organized inpatient stroke unit care

27) Langhorne (2005) found that _____ services reduce the inpatient length of stay and adverse events, while increasing the likelihood of independence and living at home.
   a) Daily Physical Therapy
   b) Family Counseling
   c) Early Supported Discharge
   d) Registered Dietitian

28) For patients with _____, Anderson et al. (2000b) suggested that early supported discharge was no longer cost-effective or advantageous.
   a) No caregivers in the home
   b) Moderate and severe strokes
   c) Chronic medical conditions
   d) Severe vision deficits

29) Examples for “need of multiple therapeutic interventions” include all the following EXCEPT
   a) Moderate to severe motor/sensory deficits
   b) Cognitive deficits
   c) Non qualified caregiver
   d) Communication deficits

30) Regarding intensity of therapy, the clinical trials provide weak evidence for a dose response relationship of intensity to functional outcomes.
   a) True
   b) False

31) According to Wade (1998), goals are central to the process of rehabilitation because rehabilitation involves
   a) Motivation
   b) Behavioral change
   c) Measurement
   d) Collaboration
32) Goals can serve in the capacity of a
   a) Self-fulfilling prophecy
   b) Parental figure
   c) Stick and a carrot
   d) Roadblock

33) Triggers for an additional or “unscheduled” rehabilitation re-evaluation can include
   a) Change in medical status
   b) Change in social situation
   c) Change in goals
   d) All the above

34) Minimal IADL skills required to say at home alone include all the following EXCEPT
   a) Prepare or retrieve a simple meal
   b) Take medication
   c) Get emergency aid
   d) Drive a car

35) Currently there is _____ correlation of clinical exams to the pass/failure rate of post-stroke patients on state driving road tests.
   a) No
   b) Weak
   c) Mild to Moderate
   d) Strong

36) Sexual activity is contraindicated after stroke.
   a) True
   b) False

Section 8

37) Patients who receive rehabilitation services require follow-up with their primary care provider within _____ of discharge.
   a) 3 days
   b) 1 week
   c) 2 weeks
   d) 1 month
38) Lichtenberg & Gibbons (1992) mention which consequence of the stress of caregiving on caregivers?
   a) Depression
   b) Taking medications prescribed for the stroke patient
   c) Loss of employment
   d) Anxiety

39) The need for secondary prevention of stroke lasts for how long beyond the period of rehabilitation.
   a) 1 month
   b) 6 months
   c) 1 year
   d) Life-long

Section 9

40) The management goal of dysphagia in the stroke patient is prevention of
   a) Aspiration
   b) Malnutrition
   c) Dehydration
   d) All the above

41) The EBSRS (2009) summary of evidence concluded that there is moderate evidence that a short course of formal dysphagia therapy does not include clinical outcomes.
   a) True
   b) False

Section 10

42) In the pooled analysis of the results of 4 trials, EBSRS concluded that oral supplementation is patients post stroke improved functional outcomes.
   a) True
   b) False

Section 11

43) The strength of recommendation for the use of training to improve attention in post-acute stroke is
   a) A
   b) B
   c) C
   d) D
44) Post-stroke dementia is estimated to occur in _____ of stroke patients?
   a) 16%
   b) 26%
   c) 36%
   d) 46%

45) Which is a neurological deficit that often occurs following stroke in which the patient demonstrates difficulty performing learned purposeful movement?
   a) Aphasia
   b) Apraxia
   c) Agnosia
   d) Agraphia

Section 12

46) For dysarthria, techniques would be used to improve all the following EXCEPT
   a) Comprehension
   b) Articulation
   c) Phonation
   d) Fluency

47) For dementia, compensatory approaches might include
   a) Writing or gesturing
   b) Prostheses
   c) PDA’s
   d) AAC devices

48) Cherney et al. (2008) found which to be effective regarding communication?
   a) Language treatment
   b) Computerized language treatment
   c) Earlier versus later treatment
   d) High rates of treatment

49) Doesborgh et al. (2004) found which to be efficacious regarding communication?
   a) Language treatment
   b) Computerized language treatment
   c) Earlier versus later treatment
   d) High rates of treatment
Section 13

50) Langhorne (2009) found _____ showed a consistent pattern of improvement in walking speed.
   a) Yoga
   b) Cardiovascular fitness training
   c) Tai Chi
   d) Barefoot training

51) French et al. (2008) in a systematic review found that repetitive task training resulted in modest improvement in
   a) Neither lower limb function or upper limb function
   b) Both lower limb and upper limb function
   c) Lower limb function
   d) Upper limb function

52) There is _____ evidence that task-specific training improves motor recovery.
   a) No
   b) Fair
   c) Moderate
   d) Strong

53) Yang (2005) demonstrated that asymmetric gait pattern in patients post stroke could be improved by receiving additional
   a) Aquatic hopscotch therapy
   b) Non weight bearing therapy
   c) Non-structured gym time
   d) Backward walking therapy

54) The combination of increased motor tone and reflex hyperactivity is
   a) Spasticity
   b) The goal of range of motion
   c) Elasticity
   d) Treated with occupational therapy

55) Which has a good quality of evidence rating for the treatment of balance and posture?
   a) Tai Chi
   b) Aquatic therapy
   c) Cycling
   d) None of the above
56) It is recommend that all the following gait training strategies be considered EXCEPT
   a) Transcutaneous electrical nerve stimulation
   b) Robotic devices
   c) Rhythmic auditory cueing
   d) Virtual reality

57) Eng et al. (2007) states that a combination of treadmill with _____ may be optimal.
   a) Band resistance
   b) Ankle weights
   c) Backward walking
   d) Task-specific practice

58) Functional electrical stimulation is a time-limited intervention, generally used during the first _____ after the acute stroke.
   a) Days
   b) Several weeks
   c) Couple of months
   d) Six months

59) A study by You (2005) using fMRI, suggests that virtual reality may help with _____ as the basis for improved motor recovery
   a) Attention and concentration
   b) Motivation
   c) Cortical reorganization
   d) Hand/Eye coordination

60) All the following are recommended for the treatment of upper extremities EXCEPT
   a) Bilateral practice
   b) Repetitive practice of movements
   c) Robot assisted movement therapy
   d) Practice of functional tasks

61) There is _____ evidence that sensorimotor training with robotic devices improves upper extremity functional outcomes, and motor outcomes of the shoulder and elbow.
   a) Weak
   b) Fair
   c) Good
   d) Strong
62) It is strongly recommended that patients participate in a regular aerobic exercise program at home that is designed with consideration of the patient’s comorbidities and functional limitations.
   a) True
   b) False

63) 4-wheeled rolling walkers are preferred because they are more stable than two-wheeled walkers.
   a) True
   b) False

Section 14

64) The quality of evidence for the studies of interventions for visual field cuts is
   a) Inconclusive
   b) Fair
   c) Good
   d) Strong

Section 15

65) Which is an example of an IADL?
   a) Stair climbing
   b) Dressing
   c) Meal preparation
   d) Computer use

Section 16

66) There is _____ evidence to recommend acupuncture to improve stroke rehabilitation outcomes.
   a) Insufficient
   b) Poor
   c) Fair
   d) Good

Cont…
67) There is _____ evidence that hyperbaric oxygen therapy does not improve neurological status.
   a) Insufficient
   b) Weak
   c) Moderate
   d) Strong

Section 17

68) In a National Stroke Association survey (Jones, 2006) _____ of long-term stroke survivors reported a lack of information about community and rehabilitation resources.
   a) 28%
   b) 38%
   c) 48%
   d) 58%