1 What precautions should a physical therapist assistant observe when working with a patient infected with methicillin-resistant staphylococcus aureus?

A. Sterile

B. Droplet

C. Contact

D. Airborne

Identify in a word, or phrase the basic concept of the question?

Modes of transmission

Re-write the question in its simplest terms, using your own words.

What type of precautions are used for MRSA?

2 A patient with Parkinson disease has just been admitted to a rehabilitation unit. The patient is dependent in all transfers and requires moderate assistance of one person to walk 40 ft. with a standard walker. To facilitate good carryover for activities, instruction to the family in transfers should occur:

A. Just prior to discharge

B. Early in the rehabilitation program

C. When the family feels ready to take the patient home

D. During a home visit after the patient is discharged

Identify in a word, or phrase the basic concept of the question?

Patient and Family education

Re-write the question in its simplest terms, using your own words.

When should family education/training occur for transfers of a dependent patient?

3 A physical therapist assistant plans to use a tilt table for a patient who is having difficulty tolerating an upright sitting position. The assistant should stop inclining the tilt table if the patient experiences which of the following signs and symptoms?

A. Decrease in diastolic blood pressure 20 mm Hg
B. Increase in pulse rate to 20 bpm
C. Increase in systolic blood pressure 10 mm Hg
D. Decrease in O2 saturation to 93%

Identify in a word, or phrase the basic concept of the question?

Tilt table

Re-write the question in its simplest terms, using your own words.

Which of the following would cause you to stop elevating a tilt table?

4 A patient who is 8 days post-partum has an abdominal diastasis recti with a separation of 2.5 inches (3 fingers breath). Which one of the following exercises would be the **MOST** appropriate to perform initially for abdominal strengthening in the supine position?

A. Trunk curls
B. Hook lying head lifts
C. Partial sit-ups
D. Bilateral leg lowering

Identify in a word, or phrase the basic concept of the question?

Core strengthening

Re-write the question in its simplest terms, using your own words.

Which activity is the best way to start core strengthening in supine?

5 A patient with a recent ankle injury reports anterior ankle pain while walking. During assessment the pain is reproduced **ONLY** during passive motion of the lower leg. The patient most likely has sustained which of the following injuries?

A. Syndesmosis sprain (high ankle sprain)
B. Midtarsal sprain
C. Fibular shaft fracture
D. Tibial stress fracture

Identify in a word, or phrase the basic concept of the question?

Ankle injury types

Re-write the question in its simplest terms, using your own words.

Which injury is felt anteriorly on the ankle and in a passive test?

6 Which of the following teaching techniques is **MOST** appropriate for an older adult patient with mild dementia?

A. Using auditory and visual input separately
B. Changing the pace for teaching each session
C. Present one piece of new information at a time
D. Using metaphors to reinforce new concepts

Identify in a word, or phrase the basic concept of the question?

Patient education

Re-write the question in its simplest terms, using your own words.

Which type of educational technique would a patient with dementia best respond?

7 The plan of care for a patient who has a history of falls includes strategies to prepare the trunk for functional control. Which of the following interventions is **MOST** appropriate to include?

A. Standing in a tandem position with the eyes closed
B. Reacting to a trunk perturbation
C. Increasing the degree of lean while standing on one leg
D. Reaching in all directions to grasp objects while in a standing position

Identify in a word, or phrase the basic concept of the question?

Function balance training

Re-write the question in its simplest terms, using your own words.

Which of the following balance training is functional?

8 A patient with cervical radiculopathy reports numbness of the right middle finger (3rd digit). A physical therapist assistant will **MOST** likely find a diminished reflex in the?

A. Brachioradialis
B. Deltoid
C. Biceps brachii
D. Triceps brachii

Identify in a word, or phrase the basic concept of the question?

Nerve roots

Re-write the question in its simplest terms, using your own words.

What reflex is used for C7?

9 With a patient in a sitting position, a physical therapist assistant turns the patient's head to one side and then lowers the patient to a supine position while keeping the head extended. Observation of which of the following signs would indicate a positive test result?

A. Blurred vision

B. Rise in systolic blood pressure

C. Nystagmus

D. Paresthesia in the upper extremity

Identify in a word, or phrase the basic concept of the question?

Vestibular testing

Re-write the question in its simplest terms, using your own words.

What sign/symptom are you looking for when performing the Dix-Hallpike test?

10 A physical therapist assistant is positioning a patient for postural drainage. To **BEST** drain the posterior segment of both lower lobes, the patient should be placed in which of the following positions?

A. Prone, head down at a 20° angle

B. Supine, flat surface

C. Sitting, leaning forward

D. Sidelying, head elevated at 30°

Identify in a word, or phrase the basic concept of the question?

Positional pulmonary drainage

Re-write the question in its simplest terms, using your own words.

Which position is used for lower lobes, posterior aspect?