

1 A patient with left hemiparesis has a strong tendency to push the trunk to the left when performing sit to stand transfers. Which of the following techniques should the physical therapist assistant use to reduce pushing when the patient transfers from wheelchair to bed?

- A. **Have the patient keep hands clasped together.**
- B. Instruct the patient to push up from the wheelchair with the right upper extremity.
- C. Stand on the patient's left side and push the patient's trunk to the right.
- D. Ask the patient to stop pushing.

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

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

2 Which of the following is an **ABNORMAL** response to vigorous aerobic exercise in a healthy adult with normal vital signs at rest?

- A. Respiratory rate increases to 40 breaths/minute.
- B. **Arterial oxygen saturation decreases from 95% to 85%.**
- C. Diastolic blood pressure does not change.
- D. Systolic blood pressure increases to 170 mm Hg.

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

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

- 3 A patient had a split-thickness skin graft 1 week ago for a partial-thickness burn injury to the upper extremity. The surgeon has requested range-of-motion exercises for the patient. Currently, the patient is able to actively move the upper extremity through one third of the range of motion for shoulder flexion. Based on this finding, what is the **MOST** appropriate action for the physical therapist assistant to take at this time?
- A. Defer any range-of-motion exercises until the patient can participate more actively.
 - B. **Begin active assistive range-of-motion exercises.**
 - C. Begin bed mobility training to facilitate increased use of the upper extremity.
 - D. Continue with active range-of-motion exercises.

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

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

- 4 A patient sustained a cerebrovascular accident and is now exhibiting significant weakness on the right side. The physical therapist assistant has determined that a dependent pivot transfer is appropriate for the patient currently. Which of the following concepts is the **MOST** important aspect of this transfer?
- A. **The therapist lifts the patient only high enough for the patient's buttocks clear the wheelchair.**
 - B. The patient should place the arms around the therapist's neck
 - C. The therapist should be positioned behind the patient to help lift the patient.
 - D. The patient should perform a sitting push-up to lift the buttocks.

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

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

5 When instructing an individual with intellectual disability, which of the following teaching techniques are **MOST** appropriate.

- A. Emphasize verbal feedback.
- B. Provide instruction using a single method.
- C. Practice, review, and facilitate overlearning of concepts and techniques.
- D. Practice a series of portions of a task rather than the complete functional task

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

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

6 Which of the following factors is **MOST** likely to increase the effectiveness of an educational presentation on body mechanics for a group of industrial workers?

- A. Objectives are made clear during the presentation.
- B. Workers feel ready and willing for behavior change.
- C. Material is presented in video format.
- D. Material is presented in a lecture format.

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

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

7 Which of the following movements would **NOT** be appropriate for a patient one-week post closed reduction of an anterior shoulder dislocation whose sling may be removed only for exercise?

- A. Lateral (external) rotation to 50° with the elbow at the patient's side
- B. Lateral (external) rotation to 50° with the shoulder abducted to 80°
- C. Medial (internal) rotation to 70° with the shoulder abducted to 90°
- D. Medial (internal) rotation to 70° with the shoulder in horizontal adduction

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

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

8 Prior to a lumbar laminectomy, a patient developed steppage gait on the right. Two weeks after the surgery, the steppage gait continues. Which of the following interventions is **MOST** appropriate to address the patient's underlying impairment?

- A. Biofeedback for the ankle plantar flexors
- B. Squat exercises in standing
- C. Electrical muscle stimulation of the ankle dorsiflexors
- D. Straight-leg raising exercises in hook lying position

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

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

- 9 A patient who has type 2 diabetes mellitus is starting an aerobic exercise program. Which of the following effects are **MOST** expected with continued adherence to the exercise program.
- A. No change in glucose tolerance or risk for cardiovascular disease
 - B. No change in glucose tolerance, but a reduction in risk for cardiovascular disease
 - C. Improved glucose tolerance, but no change in risk for cardiovascular disease
 - D. Improved glucose tolerance and a reduction in risk for cardiovascular disease

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

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

- 10 A patient who had coronary artery bypass surgery is being instructed in the signs and symptoms of myocardial infarction. Which of the following principles of patient education is **MOST** important to ensure that the patient understands the information the assistant provides.
- A. Invite the patient to ask questions about the information.
 - B. Provide a comprehensive medical explanation of each of the signs, symptoms, and implications.
 - C. Provide the patient with research articles about myocardial infarction.
 - D. Recommend that the patient write down the signs and symptoms as the therapist instructs.

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

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