

## MODULE 9: COGNITION, PERCEPTION, AND BEHAVIOUR

Name: \_\_\_\_\_ Date: \_\_\_\_\_

### A. PERCEPTION

1. Perception refers to:

1. How we process information
2. How we interpret information
3. Vision, hearing, touch, taste and smell effect our perception
4. Perceptual deficits will depend on which part of the brain is affected by the stroke

**Select the best answer:**

- a. All of the above
- b. 1 and 2
- c. 1, 2 and 4
- d. 4 only

## Quiz

- You may use your binder as a reference to answer these questions
- Submit your completed quiz to the Nurse Clinician or designate for marking
- Your test will be returned to you to keep in your binder

2. Which of the following statements are correct?

1. Practice and repeating activities can improve perceptual deficits
2. Perceptual deficits are always obvious to the stroke survivor
3. Caregivers can easily pick out perceptual deficits
4. A stroke survivor with perceptual deficits may appear totally normal physically

**Select the best answer:**

- a. None of above
- b. All of the above
- c. 1 and 4
- d. 2 and 3

3. Visual neglect causes:

1. Decrease awareness of the body and environment on the side affected by the stroke
2. Patient to bump into objects on the affected side
3. Patient may eat only one half their food on one side of the plate
4. This deficit may not be obvious to the patient

**Select the best answer:**

- a. All of the above
- b. None of the above
- c. 1 only
- d. 2 and 3

4. What can we do to improve a patient's perception?

1. Arrange the environment to provide stimulation on the stroke-affected side
2. Arrange the environment to provide stimulation to the unaffected side
3. Use visual cues
4. Encourage scanning of the environment

**Select the best answer:**

- a. 1 only
- b. 2 only
- c. 1, 2 and 3
- d. 1, 3 and 4

5. What strategies can you use for someone with unilateral visual neglect?

1. Encourage stroke survivor to turn head to affected side
2. Place items on the affected side to increase awareness of this visual space
3. Use of visual cues
4. Encourage patient to practice these strategies throughout the day

**Select the best answer:**

- a. All of above
- b. None of the above
- c. 1 and 2
- d. 2 and 4

6. Which of the following statements are correct?

1. Spatial relation refers to how objects relate to one another and how we relate to the objects in our environment
2. Spatial relation problems can include tripping over rugs, misjudging the height of step, missing the chair when sitting
3. Practice will not improve spatial relations issues
4. Safety is an issue with patients who have spatial relation issues

**Select the best answer:**

- a. 1 and 3
- b. All of the above
- c. None of the above
- d. 1, 2 and 4

## B. COGNITION

1. Give the definition of cognition (1 point)

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2. Which of the following statements are correct?

1. Problems with cognition decreases the stroke survivor's level of independence
2. Cognition problems after stroke and dementia are one in the same
3. Cognition problems related to stroke may improve with therapy
4. Patient's with cognitive problems may appear to be perfectly normal

**Select the best answer:**

- a. All of the above
- b. 2 and 3
- c. 1, 3 and 4
- d. None of the above

3. Which of the following strategies may improve cognition?

1. Use of memory aids
2. Making a schedule
3. Decrease distractions, turn off TV and radio
4. Give short simple step by step instructions

**Select the best answer:**

- a. 1, 2 and 3
- b. All of the above
- c. 2 and 3
- d. None of the above

4. What can we do, as healthcare providers to help patients with cognitive problems?

1. Ensure safe environment
2. Giving the survivor extra time to perform tasks
3. Make sure the survivor understands the instructions before you give multiple instructions at one time

**Select the best answer:**

- a. 1 and 3
- b. 1, 2 and 3
- c. All of the above
- d. 2 and 3

5. What strategies can be used to help a patient having difficulty with orientation?

1. Post a calendar to help patient keep track of date
2. Give gentle reminders
3. Use a bulletin board with schedule on it
4. Maintain a consistent schedule to reduce confusion

**Select the best answer:**

- a. 1, 2 and 4
- b. 1 and 2
- c. 1 and 3
- d. All of the above

## C. BEHAVIOUR

1. What factors influence behaviour changes?

1. Where the stroke was in the brain
2. The severity of the stroke
3. Gender of the stroke survivor
4. The survivor's personality prior to stroke

**Select the best answer:**

- a. All of the above
- b. None of the above
- c. 1, 2 and 4
- d. 2 and 3

2. Which of the following statements are correct?

1. Emotional lability is lack of emotional control
2. Emotional lability is attention seeking behaviour
3. Loss of control of emotions is common post stroke
4. Emotional responses always match the emotions being experienced by the stroke survivor

**Select the best answer:**

- a. All of the above
- b. 1 and 3
- c. 1, 2 and 4
- d. 1 only

3. What strategies can be used to help a patient experiencing anger and aggression?

1. Try to identify cause of anger
2. Ignore the patient's outburst
3. Try to find a solution to the cause of the patient's anger
4. Involve family in problem solving

**Select the best answer:**

- a. All of the above
- b. 1, 3 and 4
- c. 2 and 3
- d. 1 and 2

4. Identify strategies to help a patient experiencing social isolation
1. Discourage patient from attending activities
  2. Include patient in discussions and decisions about their care
  3. Introduce some of your own personal social interests
  4. Give the stroke survivor a chance to talk about what interests them

**Select the best answer:**

- a. All of the above
- b. 2 and 4
- c. 1 and 4
- d. None of the above

5. Lack of interest in activities can be experienced by the stroke survivor. What can we do as healthcare providers to help survivors with lack of interest?

1. Reinforce and support any interest the survivor may show
2. Force patient to participate
3. Encourage participation in activities that the stroke survivor can easily perform
4. Use praise and encouragement

**Select the best answer:**

- a. All of the above
- b. 1, 3 and 4
- c. 2 and 4
- d. 2, 3 and 4

## TRUE/FALSE Questions

(CIRCLE the correct letter)

- T F 1. Some stroke survivors will have a major behavioural change
- T F 2. Pain is unrelated to anger and aggression
- T F 3. Poor self-image can lead to social isolation
- T F 4. Poor self-image does not cause low self-esteem
- T F 5. Personality changes due to stroke can lead to poor social judgments
- T F 6. A stroke survivor always recognizes their own physical limitations
- T F 7. Unilateral body neglect refers to loss of awareness of the stroke affected side of the body
- T F 8. Apraxia is defined as a patient being unable to speak
- T F 9. Visual neglect refers to decreased awareness of the body and environment on the side affected by the stroke
- T F 10. A patient with spatial relation deficit will not have any difficulty climbing stairs or judging where the chair is when they go to sit down

SCORE: \_\_\_\_\_ / 26

Stroke Unit/Medical Unit Nurse Clinician/Designate

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Signature