

## Module 9: Positioning, Transfers and Ambulation

## 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

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

1. The goal of assisting the stroke survivor is to \_\_\_\_\_ functional recovery and \_\_\_\_\_ independence of movement in a safe manner. (fill in blanks) (2 points)
2. A stroke survivor can be put at risk of injury when:
  - a. the appropriate equipment is used
  - b. a stroke survivor is rushed during a task
  - c. the nurse is not familiar with the stroke survivor's limitations
  - d. clear instructions are provided and the nurse ensures that they are understood
  - e. b and c
  - f. a and b

3. Taking the time to become familiar with the stroke survivor's impairments and how to best assist them:
  - a. will decrease the risk of injury to the stroke survivor and the healthcare professional
  - b. contributes to ongoing recovery
  - c. can reduce any anxiety or stress the stroke survivor has during movement
  - d. allows the healthcare professional to complete tasks quickly without having to communicate with the client
  - e. all of the above
  - f. a, b and c
  
4. The shoulder can be injured by:
  - a. the weight of the unsupported arm pulling down when sitting up in a wheelchair
  - b. improper technique when doing range of motion
  - c. pulling on the arm to roll someone in bed
  - d. transferring by lifting under the axilla of the affected arm
  - e. all of the above
  
5. When positioning the stroke survivor it is important to?
  - a. promote good alignment which counteracts the tendency towards spastic postures
  - b. support the affected limbs
  - c. ensure comfort
  - d. check on them regularly to ensure the above
  - e. all of the above
  
6. What is the best positioning for a stroke survivor in a wheelchair?
  - a. should be reclined to provide rest and support
  - b. should have the hemiplegic arm supported on a laptray or arm trough
  - c. should have their hips, knees and ankles at 90 degrees
  - d. positioned with hips forward in the chair
  - e. all of the above
  - f. b and c
  
7. Asking the stroke survivor to assist with rolling promotes?
  - a. body awareness
  - b. early mobilization for standing and transfers
  - c. increased risk of injury to staff
  - d. increased independence in bed mobility
  - e. a, b and d
  - f. all of the above

8. When assisting the stroke survivor to walk, it is best to:
  - a. stand on the unaffected side and hold onto their arm
  - b. stand behind the stroke survivor
  - c. stand on the affected side and hold onto the affected arm
  - d. stand on the affected side and provide support as needed
  
9. What key things do you consider before deciding on which transfer to use?
  - a. ability to understand instructions
  - b. ability to sit up
  - c. size and weight of the stroke survivor
  - d. ability to weight bear
  - e. all of the above
  
10. Mr. Smith is unable to speak but can understand instructions. He is able to sit up independently and maintain sitting at the side of the bed. He has had good recovery in his right leg but very little in his right arm. He would be suitable for a:
  - a. two-person assist transfer
  - b. one-person minimal assist transfer
  - c. mechanical lift
  
11. What instructions should be given to help Mr. Smith stand up?
  - a. scoot your bottom forward
  - b. toes ahead of knees
  - c. arms out in front
  - d. lean to your stronger side
  - e. nose over your knees and stand up
  - f. all of the above
  - g. a, b and c
  - h. a, c and e

## TRUE/FALSE Questions

(circle the correct letter)

- T F 12. The hemiplegic shoulder is prone to stiffness so passive range of motion beyond 90 degrees should be done regularly.
- T F 13. A stroke survivor's ability to transfer can change throughout the day due to fatigue.
- T F 14. It is good practice to ask the stroke survivor to assist in moving or supporting the affected arm during mobility and transfers.
- T F 15. The stroke survivor should never lie on the affected side.
- T F 16. Frequent mobilization is important for skin circulation and recovery.

SCORE: \_\_\_\_\_ / 17

Nurse Clinician/Designate signature: \_\_\_\_\_