

Stroke Rehabilitation Unit Orientation Post-Test

1. Central nervous system reorganization contributes to recovery through the following mechanisms:
 - a. resolution of edema
 - b. creating new synapses
 - c. neurotransmitter changes
 - d. finding alternate pathways
 - e. all of the above
 - f. b and c
 - g. b, c and d
2. An optimal rehabilitation environment includes:
 - a. an environment that promotes being out of their room, for example communal dining
 - b. opportunities to practice and integrate skills learned as part of daily routines
 - c. activities that reflect the teams' goals
 - d. active leisure activities such as video bowling with the Wii gaming system
 - e. a,b & d
 - f. all of the above
3. What does the term *stroke mimic* mean?
 - a. A stroke that mimics another disease
 - b. A diagnosis that has similar symptoms and can sometimes be confused with a stroke.
 - c. Stroke symptoms that last less than 1 hour.
 - d. A silent stroke.

4. The risk of constipation is increased by which of the following?
- a. impaired communication
 - b. reduced fluid intake
 - c. immobility
 - d. all of the above
5. Dysphagia is the:
- a. loss or impaired ability to chew and/or swallow
 - b. inability to comprehend spoken language
 - c. loss of expressive oral ability
 - d. motor planning impairment about the mouth
6. The most common visual impairment following stroke is:
- a. cortical blindness
 - b. homonymous hemianopsia
 - c. strabismus
 - d. glaucoma
7. List two non-physical post-stroke effects that can also affect sexuality post-stroke: (2 points)
- i. _____
- ii. _____
8. In non-diabetic individuals, the Canadian Hypertension Education Program states to treat to a target blood pressure of?
- a. 120/80 mmHg
 - b. less than 130/80 mmHg
 - c. less than 135/85 mmHg
 - d. less than 140/90 mmHg

TRUE/FALSE Questions

- T F 9. Patients with aphasia may become socially isolated.
- T F 10. Premorbid education, learning and cognition are not factors to consider with performance of activities of daily living after a stroke.
- T F 11. The hemiplegic shoulder is prone to stiffness, so passive range of motion beyond 90 degrees should be done regularly.
- T F 12. The stroke survivor may experience feelings that do not match their behaviour.

SCORE: _____ / 13

Nurse Clinician/Designate signature: _____