

Module 3: Monitoring for Vascular Risk Factors

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. What does the acronym FAST stand for? (4 points)

F _____
A _____
S _____
T _____

2. What does the term stroke mimic mean?

- a stroke that mimics another disease
- a diagnosis that has similar symptoms and can sometimes be confused with a stroke
- stroke symptoms that last less than 1 hour
- a silent stroke

3. What is metabolic syndrome?
- a person with low metabolism
 - a syndrome someone is born with
 - a group of risk factors including high blood pressure, high blood sugar levels, excess body fat around the waist and abnormal cholesterol levels occurring together
 - all of the above
4. Patients with diabetes should manage their pre-prandial plasma glucose to be between what values?
- 4.0 – 7.0 mmol/L
 - 3.0 - 5.0 mmol/L
 - 4.0 - 8.0 mmol/L
 - 6.0 – 8.0 mmol/L
5. When is the risk of re-bleed highest in a patient who has experienced a hemorrhagic stroke?
- 48 hours post-bleed
 - 6 hours post-bleed
 - 1 week post-bleed
 - 5 days post-bleed
6. What is the most common complaint of cardiac compromise?
- headache
 - cough
 - chest pain
 - fever

TRUE/FALSE Questions

(circle the correct letter)

- T F 7. It is recommended to limit consumption of alcohol to three or fewer standard drinks per day for men and one drink per day for women.
- T F 8. Hypoglycemia may produce stroke like symptoms such as hemiplegia and aphasia.
- T F 9. Adults with type 1 or type 2 diabetes who have had an ischemic stroke are at high risk for recurrent vascular problems.
- T F 10. Rebleeds are less likely to happen if a patient's BP is elevated above 140/90.

SCORE: _____ / 13

Nurse Clinician/Designate signature: _____