

Cameron: Physical Rehabilitation for the Physical Therapist Assistant

Chapter 01: Introduction

Test Bank

1. A patient with diabetes is receiving physical therapy intervention. Which of the following would NOT be a focus of treatment?
 - A. Lower extremity strengthening
 - B. Upper extremity strengthening
 - C. Altering the disease process
 - D. Endurance training

ANS: C

RATIONALE: Physical therapy intervention should focus on improving functional limitations, not curing disease.

2. Physiatrists are _____.
 - A. Physical therapists who specialize in spinal cord–injured patients
 - B. Physical therapist assistants who specialize in spinal cord–injured patients
 - C. Physicians who specialize in physical medicine and rehabilitation
 - D. Specially trained physical therapists who manage rehabilitation units in a hospital

ANS: C

RATIONALE: Physiatrists are physicians who specialize in physical medicine and rehabilitation. Physiatrists often oversee the care of patients requiring rehabilitation, referring them to various other physicians and allied health care professionals and following up on the outcome of these referrals.

3. According to the Nagi disablement model, which of the following would be described as impairment?
 - A. Decreased lumbar range of motion
 - B. Decreased sitting tolerance
 - C. Inability to lift 50 pounds
 - D. Inability to work

ANS: A

RATIONALE: Impairments are defined by the Nagi model as disruptions in anatomical, physiological, or psychological structures or functions as the result of some underlying pathology. Choices B and C are functional limitations; choice D is a disability.

4. Which of the following is the correct order of pathology progression according to the Nagi disablement model?

- A. Functional limitation, impairment, disability
- B. Disability, functional limitation, impairment
- C. Impairment, disability, functional limitation
- D. Impairment, functional limitation, disability

ANS: D

RATIONALE: The *Guide to Physical Therapist Practice* and Nagi agree that this is the normal progression of disease or pathology.

5. A physical therapist's examination should NOT include which of the following?

- A. History
- B. Appropriate intervention
- C. Systems review
- D. Tests and measures

ANS: B

RATIONALE: Physical therapy interventions are determined based on the results of the examination. Interventions are not included in the examination.

6. What is the first portion of an examination?

- A. Systems review
- B. Patient history
- C. Tests
- D. Measures

ANS: B

RATIONALE: The history should be the first portion of any examination. Appropriate history will lead to a working diagnosis, and the necessary tests and measures.

7. What portion of patient management by the physical therapist includes interventions and goals for the patient?

- A. Examination
- B. Evaluation
- C. Diagnosis
- D. Prognosis

ANS: D

RATIONALE: According to the Guide, the prognosis should contain "anticipated goals and expected outcomes, predicted level of optimal improvement, specific interventions to be

used, and proposed duration and frequency of the interventions that are required to reach the anticipated goals and expected outcomes.”

8. Examination by a physical therapist can be defined as
- A. Determining the anticipated level of improvement by the patient
 - B. Identifying the level of impact of a condition on function
 - C. Physical therapy procedures and techniques designed to improve a patient’s condition
 - D. Synthesis of all information to formulate a plan of care

ANS: D

RATIONALE: Choice A defines prognosis; choice B describes diagnostic labels; choice C characterizes interventions.

9. The Guide _____.

- A. Provides specific approaches for disease management
- B. Gives specific information on pathology of diseases
- C. Forms a framework for describing and implementing clinical practice
- D. Assists the physical therapist in determining specific tests and measures required based on the diagnosis

ANS: C

RATIONALE: The Guide does not provide specific information on physical therapy interventions or tests. It does provide preferred practice patterns based on the diagnosis.

10. What was the first published attempt to classify sequelae of disease on human functioning?

- A. *The Guide to Physical Therapist Practice*
- B. Nagi model
- C. World Health Organization (WHO)
- D. National Center for Medical Rehabilitation and Research (NCMRR)

ANS: C

RATIONALE: The WHO first attempted to classify disablement in 1980, followed soon thereafter by Nagi. The NCMRR combined both into a classification scheme in 1993. In 2001, WHO revised their original work to produce the International Classification of Functioning, Disability and Health-2 (ICF) scheme.

11. Physical therapist assistants (PTAs) provide what portion of patient management?

- A. Interventions
- B. Examination
- C. Prognosis
- D. Diagnosis

ANS: A

RATIONALE: The PTA provides interventions based on the direction of the PT. PTAs document patient responses to specific interventions and adjust them accordingly.