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Unit 4 – Physical Therapy and Patient Ambulation

Choose the correct answer. Circle A, B, C or D.

| | |
|-----|--------------------------------------|
| 1. | Another name for physical therapy is |
| (A) | amputation |
| (B) | First aid |
| (C) | Ambulation |
| (D) | Physiotherapy |

| | |
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| 2. | The moving of a person, patient or casualty from one place to another is called |
| (A) | amputation |
| (B) | First aid |
| (C) | Ambulation |
| (D) | adulation |

| | |
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| 3. | Ambulating patients who are immobile is important to enable |
| (A) | high blood pressure. |
| (B) | circulation of blood through the body and to maintain strong bones and muscles. |
| (C) | more pain. |
| (D) | muscles and bones to become weaker. |

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| 4. | In patient ambulation, to safely move a patient up the bed |
| (A) | you should grab them aggressively. |
| (B) | leave them to do it themselves if they need help. |
| (C) | it is best if 2 people work together. |
| (D) | it is best to do it by yourself. |

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| 5. | _____ is a term used to describe the ways you move in daily life. |
| (A) | exercise |
| (B) | Body mechanics |
| (C) | Circulation |
| (D) | Ambulation |

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| 6. | _____ is a carrying technique that can be used to move someone in an emergency. | |
| (A) | packing | |
| (B) | Fire fighters carry | |
| (C) | Elevation | |
| (D) | Body mechanics | |

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| 7. | The healthcare term used to refer to a persons daily self-care activities is | |
| (A) | toileting | |
| (B) | Activities of daily living (ADL's) | |
| (C) | coordination | |
| (D) | Body mechanics | |

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| 8. | Proper body mechanics are important for | |
| (A) | helping your diet. | |
| (B) | enabling injury to the spine. | |
| (C) | keeping your spine free from injury. | |
| (D) | creating disease in the body. | |

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| 9. | Wheelchairs, wheeled stretchers, long backboards and basket stretchers are known as | |
| (A) | stretchers | |
| (B) | loops | |
| (C) | Patient carrying devices | |
| (D) | Dietitians | |

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| 10. | Examples of activities of daily living include | |
| (A) | Personal hygiene | |
| (B) | Dressing | |
| (C) | Feeding | |
| (D) | All of the above | |

Activity-based Questions

Part 2:

| | | |
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| 11. | Physiotherapy can be used to relieve pain and improve movement. | /1 |
| (A) | True | |
| (B) | False | |

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| 12. | It is very important to know how to move patients properly/correctly. This will make sure you don't hurt yourself or others. | /1 |
| (A) | True | |
| (B) | False | |

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| 13. | The power lift is a lifting technique that generates power from the lower body to safely lift and move a patient. | /1 |
| (A) | True | |
| (B) | False | |

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| 14. | " <i>Safe reaching technique</i> " is a dangerous technique that we shouldn't use when moving a patient. | /1 |
| (A) | True | |
| (B) | False | |

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| 15. | Someone who is immobile may spend most of their time in bed, a chair or in a wheelchair. | /1 |
| (A) | True | |
| (B) | False | |

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| 16. | Provide a word for the following sentence. The term used to describe a patient who cannot move. | /1 |
| _____ | | |

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| 17. | Choose the 3 correct answers: Physical therapy can be used to; | |
| (A) | Prevent or help someone recover from sports injuries | |
| (B) | Give you disease | |
| (C) | Rehabilitate someone after an accident | |
| (D) | Improve movement | |
| (E) | Make injuries worse | |

| | | |
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| 18. | Choose the 4 correct physio therapy interventions: | /4 |
| (A) | Message therapy | |
| (B) | Emotional health | |
| (C) | DASH diet | |
| (D) | Electrical stimulation | |
| (E) | Heat or cold therapy and warm water therapy | |
| (F) | Exercise and stretches | |

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| 19. | Choose the 3 correct reasons that explain why it is important to ambulate (move) patients who are immobile (can't move). | /3 |
| (A) | Having and maintaining strong bones and muscles. | |
| (B) | Control the amount of food patients eat. | |

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| (C) | Being able to have regular bowel movements. |
| (D) | avoid non-communicable diseases |
| (E) | Important for the circulation of blood around the body. |

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| 20. | Choose the 3 correct answers. Some activities of daily living (ADLs) include. | /3 |
| (A) | Personal hygiene (bathing / showering, grooming, oral, nail and hair care. | |
| (B) | doing strenuous exercises | |
| (C) | A persons ability to dress themselves | |
| (D) | Feeding | |
| (E) | Important for the circulation of blood around the body. | |