

# Flex Therapist CEUs

## Organ Transplantation - Role of Physical Therapy

1. What intervention should a PT focus on with a patient who has transferred with minimum assistance of one on the third day after a heart transplant?

- A. Seated Exercises
  - B. Sit to Stands
  - C. Community Ambulation
  - D. Short Distance Ambulation
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2. What qualifies a person to have stage four heart failure per the New York Heart Association?

- A. Angina with Exertion
  - B. Angina while Sitting
  - C. Angina while Walking
  - D. None of These
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3. What might a patient with a fever and high respiratory rate be experiencing eight weeks after a lung transplant?

- A. Chronic Rejection
  - B. Myocardial Infarction
  - C. Poor Tolerance to Activity
  - D. COPD Exacerbation
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4. Which assessment item is the best to capture community mobility and endurance?

- A. DGI
  - B. FGA
  - C. Berg
  - D. 6MWT
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5. Which organ transplantation is the most common in the United States?

- A. Kidney
  - B. Heart
  - C. Liver
  - D. Lung
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**6. Which vital response would be concerning in a treatment of a patient six weeks post operative from a heart transplant in home health?**

- A. Heart Rate of 85 while Ambulating**
  - B. Heart Rate of 50 while Resting**
  - C. Blood Pressure of 80/44 post Ambulation**
  - D. Blood Pressure of 150/77 after Ambulation**
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**7. What strength measure would best capture functional strength in a patient one week after a liver transplant?**

- A. Five Time Sit to Stand**
  - B. Manual Muscle Test of the Quadriceps**
  - C. Berg**
  - D. TUG**
- 

**8. UNOS plays which of the following roles in organ transplantation?**

- A. Procurement of Organs**
  - B. Transplantation List**
  - C. Determining Necessity for Organs**
  - D. All of the Above**
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**9. Which PT balance test may capture fall risk in a patient on post operative day five from a kidney transplant who needs minimum assistance to ambulate?**

- A. Berg**
  - B. DGI**
  - C. FGA**
  - D. TUG**
- 

**10. What is the most common reason one would need a liver transplant?**

- A. Hepatitis**
  - B. Cirrhosis**
  - C. Ascites**
  - D. Jaundice**
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**11. Which of the following is a key to success in all transplantation rehabilitation?**

- A. Achieving Goals as Quickly as Possible**
- B. Family Support**
- C. Achieving Normal Strength in Three Weeks**

**D. None of These**

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**12. What intervention should a PT prioritize for a patient in the ICU who has not been mobilized on day two after a heart transplantation?**

- A. Bed Mobility**
  - B. Core Strengthening Exercises**
  - C. Positioning Program with Wedges**
  - D. Both A and C**
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**13. What represents a precaution in working with all patients post organ transplantation?**

- A. Sternal Precautions**
  - B. Spreading Disease to Immunocompromised**
  - C. Airborne Precautions**
  - D. Standard Precautions**
- 

**14. What complication is a patient who has not mobilized in three days after a kidney transplant at risk of?**

- A. Rejection**
  - B. Infection**
  - C. Pulmonary Embolism**
  - D. Myocardial Infarction**
- 

**15. If a patient achieves 395 meters on the 6MWT two months after their transplant, what does this indicate?**

- A. Normal Test**
  - B. Slightly Impaired Gait Speed**
  - C. Debility**
  - D. Safe Community Ambulation**
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**16. Which of the following is not a characteristic of someone who is frail?**

- A. Walking Speed of 0.6 m/sec**
  - B. Intentional Weight Loss of 15 Pounds**
  - C. Grip Strength in the 5th Percentile**
  - D. Self Reported Exhaustion of Less than Two Days Per Week**
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**17. What consideration should a PT take into account when evaluating a patient post lung transplant in the ICU?**

- A. Immunocompromised**
  - B. Sternal Precautions**
  - C. Vitals**
  - D. All of the Above**
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**18. Which strength exercise parameter is appropriate for a patient three months from their liver transplantation surgery?**

- A. Three Sets of Eight Squats**
  - B. Five Sets of Two Squats**
  - C. Four Sets of Twenty Lunges**
  - D. Two Sets of Five Lunges**
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**19. Which condition may require other forms of treatment besides lung replacement?**

- A. Lung Cancer**
  - B. Pulmonary Fibrosis**
  - C. Cystic Fibrosis**
  - D. COPD**
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**20. What standardized measure might a PT ask to gain insight on the difficulty of an aerobic exercise task to a patient in a skilled nursing setting?**

- A. Pain Rating**
  - B. RPE**
  - C. Exertion Rating**
  - D. Difficulty Rating**
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