Stroke rehabilitation
TEST YOUR KNOWLEDGE BY COMPLETING THIS MULTIPLE-CHOICE QUIZ

1. Stroke involves:
   a) Rapidly developing focal or global neurological deficits of presumed vascular origin
   b) Gradually developing focal or global cognitive deficits of presumed vascular origin
   c) Rapidly developing focal or global cardiac deficits of presumed vascular origin
   d) Gradually developing focal or global respiratory deficits of presumed vascular origin

2. What is the most common type of stroke?
   a) Intracerebral haemorrhagic
   b) Subarachnoid haemorrhagic
   c) Ischaemic
   d) Transient ischaemic attack (TIA)

3. How long does a TIA or ‘mini-stroke’ last for?
   a) Less than 24 hours
   b) 24-48 hours
   c) 48-72 hours
   d) More than 72 hours

4. Which of the following is a primary risk factor associated with stroke?
   a) Hypertension
   b) Diabetes mellitus
   c) Excess alcohol intake
   d) All of the above

5. Which statement is true?
   a) Stroke rehabilitation is always more appropriate and cost-effective in an inpatient setting than in the patient’s home
   b) Stroke rehabilitation focuses on engaging the patient with therapy as early as their clinical condition allows, using a person-centred, multidisciplinary approach to provide the optimal level of functional recovery
   c) A patient’s rehabilitation must remain the same over time, no matter what stroke-acquired impairments they have
   d) Patients who have had a stroke will return to their normal level of functioning within six months

6. One advantage of early supported discharge is:
   a) It is available to all patients in the community
   b) It enables care to be transferred from the community to inpatient settings easily
   c) It reduces lengths of hospital stay and the institutionalisation of patients
   d) It focuses on providing emotional support to patients

7. Which of the following is not a potential complication of dysphagia?
   a) Aspiration pneumonia
   b) Atrial fibrillation
   c) Longer hospital stays
   d) Chest infection

8. What is recommended to prevent deep vein thrombosis in patients who have experienced a stroke?
   a) Intermittent pneumatic compression
   b) Anticoagulation therapy
   c) Compression stockings
   d) Hormone replacement therapy

9. As part of the care of a patient with a tracheostomy, nurses should:
   a) Assess their swallowing and respiratory function
   b) Assess their ability to clean the tracheostomy site
   c) Undertake endotracheal suctioning
   d) All of the above

10. What is the aim of lifestyle management in stroke prevention?
    a) To assess the needs of the patient’s family members and carers
    b) To discuss any sexual health issues the patient may be experiencing, and refer them to specialist services where necessary
    c) To motivate patients to consider the advantages and disadvantages of their lifestyles and, in doing so, modify their health beliefs, attitudes and behaviours
    d) To improve patients’ quality of life through enhancing functional ability and increasing social participation

How to complete this quiz
This multiple-choice quiz will help you to test your knowledge. It comprises ten questions that are broadly linked to the CPD article. There is one correct answer to each question.
» You can test your subject knowledge by attempting the questions before reading the article, and then go back over them to see if you would answer any differently.
» You might like to read the article before trying the questions.
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Further multiple-choice quizzes are available at rcni.com/cpd/test-your-knowledge

This multiple-choice quiz was compiled by Jason Beckford-Ball

The answers to this multiple-choice quiz are:

1. c 2. b 3. a 4. d 5. b 6. a 7. b 8. a 9. d 10. b

This activity has taken me ___ minutes/hours to complete. Now that I have read this article and completed this assessment, I think my knowledge is:

Excellent ☐  Good  ☐  Satisfactory  ☐  Unsatisfactory  ☐  Poor  ☐

As a result of this I intend to: ________________________________

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