

Flex Therapist CEUs

COVID-19: Impact on Physical Therapy Practice

1. Which of the following physical impairments is NOT commonly observed in patients in the acute stage of the recovery process following COVID-19?

- A. Significant lower extremity weakness**
 - B. Difficulty clearing secretions**
 - C. Decreased sitting balance**
 - D. Decreased oxygen saturation**
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2. A physical therapist is working with a patient who was recently liberated from a mechanical ventilator. Which of the following treatments is most appropriate to address functional deficits?

- A. Monitoring vital signs while performing passive range of motion**
 - B. Performing cough assist techniques with a pillow**
 - C. Assessing for orthostatic hypotension during bed mobility transfers**
 - D. Educating family on the benefits of prone positioning**
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3. Which of the following physical impairments may be observed in patients receiving physical therapy services for COVID-19 in the outpatient setting?

- A. Impaired endurance as measured by the Timed Up and Go test**
 - B. Increased oxygen saturation while performing stair training**
 - C. Poor performance on the Saint Louis University Mental Status examination**
 - D. Decreased coordination when buttoning a pair of pants**
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4. Which of the following is NOT a contraindication for physical therapy in patients recovering from COVID-19?

- A. Resting heart rate greater than 120BPM**
 - B. Oxygen saturation more than 95% and or more than 4% change from baseline oxygen saturation with activity**
 - C. Resting blood pressure less than 90/60 mmHg or greater than 140/90**
 - D. Arrhythmia or myocardial ischemia**
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5. A physical therapist wishes to proceed with treatment for a patient recovering from COVID-19 in the acute care setting. Which of the following scenarios would indicate a precaution for continuing with treatment?

- A. Pulse oximetry 95% with sit to stand transfer**
 - B. Pulse oximetry 90% with ambulation trial**
 - C. Pulse oximetry 100% with head of bed elevated to 45 degrees**
 - D. Pulse oximetry 93% with upper body ergometry**
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6. A physical therapy assistant is progressing a patient's aerobic activity in the outpatient setting. Which of the following recommendations is most appropriate for a patient recovering from COVID-19?

- A. Engage in a walking program, three times per week**
 - B. Engage in a swimming program for 15 minutes each day**
 - C. Engage in a walking program for 30 minutes for each day**
 - D. Engage in a swimming program, four times per week**
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7. A physical therapy student would like to provide an in-service to her class on the potential physical deficits observed in patients during recovery from COVID-19 in the outpatient setting. Which of the following impairments should NOT be included in her presentation?

- A. Impaired gaze stability**
 - B. Impaired neuromuscular control**
 - C. Decreased thoracic expansion**
 - D. Slowed gait speed**
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8. A physical therapist would like to create a list of treatment options for patients on mechanical ventilators following complications due to COVID-19. Which of the following treatment options are NOT appropriate?

- A. Prone positioning**
 - B. Airway clearance techniques**
 - C. Family education**
 - D. Passive range of motion**
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9. Which of the following comorbidities may indicate the need for active cycle breathing techniques in patients recovering from COVID-19 in the inpatient setting?

- A. Bronchitis**
 - B. Diaphragm paralysis**
 - C. Multiple sclerosis**
 - D. COPD**
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10. Which of the following statements is the MOST accurate about the utilization of the 6-Minute Walk Test (6MWT) in patients recovering from COVID-19?

- A. The 6MWT should be prioritized for patients in the acute setting to identify deficits in endurance.**
 - B. The 6MWT should be prioritized for patients in the home setting to identify impairments in functional strength.**
 - C. The 6MWT should be prioritized for patients in the outpatient setting to identify limitations in exercise capacity.**
 - D. The 6MWT should be prioritized for patients across the spectrum of care to identify deficits in cardiopulmonary function.**
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