

# Flex Therapist CEUs

## Changing Landscape of Outpatient Physical Therapy

1. Traditional care models are associated with all of the following negative healthcare outcomes EXCEPT:

- A. Excessive medical costs
  - B. Increased frequency of high risk surgeries
  - C. Decreased episodes of care
  - D. Poor access to physical therapy services
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2. The Affordable Care Act and Comprehensive Care for Joint Replacement programs encourage the use of which type of care model?

- A. Value-based
  - B. Traditional
  - C. Empirically-driven
  - D. Primary
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3. Rising healthcare expenditures can be attributed to which of the following factors:

- A. Specialty practice referrals
  - B. Steroid injections
  - C. Prescription of opioid medications
  - D. All of the above
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4. Which of the following factors would be considered a disruption to traditional care models?

- A. Physician-based referrals to physical therapy
  - B. Early physical therapy models
  - C. Physician-based referrals to specialists
  - D. Early mental health interventions
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5. Recent clinical practice guidelines for non-pharmacological treatments of low back pain have contributed to the evolution of outpatient services by affecting which of the following components of therapy:

- A. Shifting the timing of interventions

- B. Rearranging the order of services**
  - C. Altering access routes**
  - D. All of the above**
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**6. Changes to referral patterns have dictated new patient care responsibilities to clinicians in the outpatient setting. Which of the following scenarios is most reflective of this transition?**

- A. COVID-19 has forced many patients to seek outpatient physical therapy services as a last resort to medical care.**
  - B. Increased acuity of patient referrals requires therapists to be knowledgeable about wound care management.**
  - C. The Affordable Care Act altered the timing of physical therapy referrals and prioritizes physician referrals.**
  - D. Bundled payments have increased the number of patients who are being sent to post-acute facilities.**
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**7. Clinicians should perform a review of systems to identify conditions that may not be amenable to therapeutic interventions. Which of the following questions would be an appropriate review of systems for a patient who presents with low back pain?**

- A. Have you recently experienced excessive thirst?**
  - B. Have you recently experienced lightheadedness?**
  - C. Have you recently experienced night pain?**
  - D. Have you recently experienced changes in skin texture?**
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**8. Under the clinical practice guideline, clinician role in the presence of a potential lower extremity deep venous thrombosis (DVT) include all of the following EXCEPT:**

- A. Alert the physician for the need to perform a thorough examination**
  - B. Perform screening measures for fall risk**
  - C. Provide patient education regarding risk factors for developing a DVT**
  - D. Recommend use of anticoagulants to achieve therapeutic threshold levels**
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**9. Which of the following factors is considered to be indicative of a systemic infection from inadequate wound healing?**

- A. 100 degree fever**
  - B. Diarrhea**
  - C. Odorous incision site**
  - D. Swollen and itchy wound**
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**10. A review of symptoms with the main objective of identifying potential non-**

**musculoskeletal system involvement is known as:**

- A. Red flag screening**
  - B. Tests and measures**
  - C. Yellow flag screening**
  - D. Standardized measures**
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**11. Which of the following goals accurately describes the objective of the Clinical Practice Guideline for Venous Thromboembolism/Lower Extremity Deep Vein Thrombosis?**

- A. Enables clinicians to identify the presence of Postthrombotic Syndrome**
  - B. Encourages clinicians to participate in an interdisciplinary approach for safe mobility**
  - C. Informs clinicians on ways to identify when the patient's therapeutic threshold levels are not met**
  - D. All of the above**
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**12. Which of the following scenarios reflect the importance of knowing how incisional closures affect wound management?**

- A. Erythema after staple removal is abnormal and should be considered a localized infection.**
  - B. Steri-strips should be removed by a medical professional after 7-10 days following surgery.**
  - C. Tissue adhesives offer the strongest protection against foreign bacteria and infection.**
  - D. Patients with risk factors for poor wound healing will most likely have a staple closure.**
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**13. Screening tools to assist clinicians when administering screenings for depressive symptoms include:**

- A. Beck Depression Inventory**
  - B. Center for Epidemiologic Studies Depression Scale**
  - C. Hamilton Depression Rating Scale**
  - D. All of the above**
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**14. Under the Merit-based Incentive Payment System, physical therapists who report quality measures for depression screening must include which of the following documentation items:**

- A. Suicide Risk Assessment**
- B. Pharmacological interventions**
- C. Treatment for depression**

**D. All of the above**

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**15. Performing a medical reconciliation can identify negative behaviors regarding medication usage including:**

- A. Polypharmacy**
  - B. Non-adherence**
  - C. Adverse drug events**
  - D. All of the above**
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**16. Which of the following patient descriptors increases the risk of poor adherence to medication regime?**

- A. Patients who live with an elderly spouse**
  - B. Patients who take less than 2 medications per day**
  - C. Patients who are diagnosed with clinical depression**
  - D. Patients who use two or more pharmacies to fulfill prescriptions**
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**17. Clinicians should prioritize medication reconciliation in order to:**

- A. Maintain patient safety when under the care of a physical therapist or physical therapy assistant**
  - B. Obtain the correct information regarding patient's responses to prescribed pharmaceuticals**
  - C. Correct physician error when prescribing an incorrect dosage**
  - D. Confirm that the patient is utilizing one pharmacy to fulfill prescription drugs, especially in the presence of polypharmacy**
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**18. Which of the following statements best describes the importance of understanding an expected physiological response to exercise?**

- A. Clinicians can detect adverse drug reactions that may cause exercise-induced changes.**
  - B. Clinicians can identify limitations to aerobic activity that can serve as a foundation for exercise prescription.**
  - C. Clinicians can screen for underlying pathologies that may affect a patient's capacity for exercise.**
  - D. Clinicians can modify exercise parameters to encourage exercise-induced fatigue.**
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**19. Physical therapy roles during disaster mitigation may include:**

- A. Assisting with emergency amputations**
- B. Administering tourniquettes to wounds**

- C. Prescribing anti-inflammatory medications**
  - D. Triaging patients who require surgery**
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**20. A 60 year old man is exercising on the treadmill with a resting heart rate of 75 beats per minute (BPM). What would be an appropriate heart rate response to this exercise?**

- A. Heart rate should rise incrementally by 15 BPM**
  - B. Heart rate should decrease to resting level within 15 minutes following exercise**
  - C. Heart rate should rise incrementally by 10 BPM**
  - D. Heart rate should decrease to resting level within 10 minutes following exercise**
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