

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

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

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

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

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

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.

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?

8. Under the clinical practice guideline, the clinician's 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. Prescribe anticoagulants to achieve therapeutic threshold levels

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

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

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

12. Which of the following statements are correct regarding the incisional closures following elective joint replacements?

- 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 are used to close wounds with additional sutures.
- D. Staples are primarily utilized to close incisional wounds that have straight edges

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

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 inventory
- C. Treatment for depression
- D. All of the above

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

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 take 4 or more medications per day
- D. Patients who use two or more pharmacies to fulfill prescriptions

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

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.

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. Assisting patients who require surgery

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
