

Flex Therapist CEUs

Dehydration

1. Which sign/symptom may indicate possible dehydration in an elderly population?

- A. Diminished thirst response
 - B. Decreased reaction time
 - C. Increased nausea
 - D. Increased frequency of urination
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2. Children who are dehydrated may experience changes in _____ performance.

- A. Logical
 - B. Cognitive
 - C. Visual Memory
 - D. Mathematical
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3. Athletes who are exercising in hot, humid climates may experience _____ dysfunction as a result of dehydration.

- A. Integumentary
 - B. Gastrointestinal
 - C. Cardiovascular
 - D. Urinary
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4. Clinical findings of dehydration include all of the following EXCEPT:

- A. Syncope
 - B. Heart palpitations
 - C. Orthostatic hypotension
 - D. Heat stroke
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5. Rehydration should be encouraged when individuals are exercising under which conditions:

- A. Playing in back to back soccer tournaments with 12 hours between games
 - B. Playing indoors with ceiling fans
 - C. Playing back to back soccer tournaments with 24 hours between games
 - D. Playing outdoors in a cool climate
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6. During exercise, _____ metabolic heat production leads to _____ core temperature.

- A. increased, decreased
 - B. decreased, increased
 - C. increased, increased
 - D. decreased, decreased
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7. Athletes should be encouraged to replenish water loss with a _____ drink to avoid large changes in plasma levels.

- A. Low carbohydrate
 - B. Low sodium
 - C. High carbohydrate
 - D. High sodium
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8. A patient is nearing the end of his workout, and the physical therapist notices that the patient expelled a large amount of sweat during the session. What recommendation should the therapist provide to the patient regarding rehydration strategies?

- A. "Chug a bottle of water as soon as you're finished with your workout."
 - B. "Eat a large plate of spaghetti for dinner to replace your carbs."
 - C. "Hydrate slowly over the next few hours"
 - D. All of the above
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9. Physical examination findings that may support the diagnosis of dehydration include:

- A. Dry mucuous membranes
 - B. Poor skin turgor
 - C. Delayed capillary refill
 - D. All of the above
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10. In a patient without pre-existing medical conditions, the daily recommendation for water is _____ cups.

- A. 4-6 cups
 - B. 5-7 cups
 - C. 6-8 cups
 - D. 7-9 cups
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