

# 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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