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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