

# 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 mucous 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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