

Flex Therapist CEUs

Early Mobilization in Mechanically Ventilated Patients

1. Those who received occupational and physical therapy interventions in the ICU within _____ days of starting mechanical ventilation were more likely to be functionally independent at hospital discharge than those started later.

- A. 1.5
 - B. 3.1
 - C. 5.9
 - D. 7.4
-

2. A recent prospective cohort study reported that the presence of _____ was an important barrier to receipt of mobilization within the first 14 days of mechanical ventilation.

- A. Neuromuscular weakness affecting the legs
 - B. A temporary pacemaker
 - C. An oral endotracheal tube
 - D. A femoral arterial or venous catheter
-

3. Compared to usual care, all of the following were improved at hospital discharge for those receiving cycling started 14 days after ICU admission, except for:

- A. 6-minute walk distances
 - B. Leg strength
 - C. Short Form 36 physical function scores
 - D. Katz ADL scores
-

4. On average, the ICU patients enrolled in this study received interventions with all of the following characteristics, except for:

- A. 5 cycling sessions
 - B. 20-minute duration
 - C. 1 km per session
 - D. 9 km total distance
-

5. While receiving low-dose vasoactive drug infusion, all of the following were documented for a single, 20-minute passive cycling session started within the first 72 hours of mechanical ventilation, except for:

- A. No safety concerns
- B. No increase in pain intensity

- C. No increase in cardiac output
 - D. No increase in oxygen consumption
-

6. A retrospective study of cycling incorporated into routine physical therapy interventions in a medical ICU, found that cycling that began within 4 days of MICU admission resulted in a high rate of device dislodgment.

- A. True
 - B. False
-

7. Cycling particularly targets _____, which are most vulnerable to muscle atrophy and weakness during bed rest.

- A. Hip extensors
 - B. Hip flexors
 - C. Gluteus maximum
 - D. Adductor magnus
-

8. Cycling may offer a rehabilitation option for all of the following ICU patients, except:

- A. Those on active spinal precautions
 - B. Those who must be bed-bound
 - C. Those who have approximately 75 degrees knee flexion
 - D. Those that have no orthopedic restrictions
-

9. Early mobilization is recommended as a front-line non-pharmacological intervention to reduce the incidence and duration of _____ in critically ill patients.

- A. Sepsis
 - B. Uncontrolled pain
 - C. Delirium
 - D. Myocardial ischemia
-

10. Some mobilization protocols require patients to be interactive, which may delay the time to start rehabilitation during the early critical time period for muscle size and strength losses.

- A. True
 - B. False
-

11. This study originally excluded patients from cycling if they had _____, but new evidence was found in support of the safety of mobility activities for those patients.

- A. Neuromuscular weakness affecting the legs
- B. A temporary pacemaker

- C. An oral endotracheal tube
 - D. A femoral catheter
-

12. This study suggests that it is safe and feasible for hemodynamically stable mechanical ventilation patients to receive early cycling in the ICU.

- A. True
 - B. False
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