

# 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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