

Flex Therapist CEUs

Organ Transplantation - Role of Physical Therapy

1. What is the primary goal of rehabilitation professionals in working with organ transplant patients?

- A. To assist with surgical procedures during organ transplantation
 - B. To manage medication and prevent organ rejection
 - C. To improve patients' physical capacity before and after surgery
 - D. To educate patients on organ donation policies
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2. Which of the following advancements most significantly improved the survival rates of organ transplant recipients starting in 1984?

- A. The development of skin homograft transplantation techniques
 - B. The introduction of animal models for organ transplantation research
 - C. The creation of the United Network of Organ Sharing (UNOS)
 - D. The use of cyclosporine as an effective immunosuppressant
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3. Which of the following is NOT a factor used to prioritize patients for organ transplantation through the UNOS system?

- A. Patient blood type
 - B. Geographic distance from the donor hospital
 - C. Socioeconomic status
 - D. Medical urgency
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4. What was one of the main reasons for the significant decrease in organ transplants during the COVID-19 pandemic?

- A. Lack of available organs due to stricter dietary restrictions for donors
 - B. A risk-benefit analysis that weighed the dangers of COVID-19 for immunosuppressed patients
 - C. An increase in organ rejections due to new transplant protocols
 - D. A surge in transplant demand that overwhelmed UNOS
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5. Which of the following conditions is genetic and leads to kidney failure due to cyst formation on the kidneys?

- A. Polycystic kidney disease
- B. Pyelonephritis
- C. Interstitial nephritis

D. Chemical nephrotoxicity

6. Which of the following is the most common indication for liver transplantation as of 2022?

- A. Hepatitis B
 - B. Cirrhosis from genetic disorders
 - C. Liver cancer
 - D. Alcohol-related liver disease
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7. Which of the following is true about living donor liver transplantation (LDLT)?

- A. It involves transplanting the entire liver from a deceased donor.
 - B. It uses only a partial liver and is commonly performed in both children and adults.
 - C. It is simpler than a deceased donor liver transplant (DDLT).
 - D. It does not require reconstruction of blood vessels or bile ducts.
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8. Which is one of the criteria for being placed on the UNOS heart transplant waiting list?

- A. Blood pressure lower than normal range for 6 months
 - B. VO₂ max greater than 30 ml/kg/min
 - C. Ventricular arrhythmia unresponsive to therapy
 - D. History of mild arrhythmia managed by medication
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9. Identify a key goal of pre-transplant physical therapy assessment for patients awaiting organ transplantation.

- A. Preserve functional strength and ensure safety in preparation for transplant
 - B. Improve organ function to avoid the need for surgery
 - C. Diagnose the primary cause of organ failure
 - D. Prevent patients from being placed on the UNOS waiting list
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10. Patients awaiting organ transplantation often present with abnormal vital signs. Choose the best action a physical therapist should take before determining safe activity levels for these patients.

- A. Prescribe a standard exercise routine based on general vital sign ranges
 - B. Consult with the transplant physician to determine safe vital ranges and medication considerations
 - C. Increase intensity until the patient reaches normal heart rate and blood pressure
 - D. Avoid physical activity until all vitals are within normal limits
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11. Why are functional strength tests like the 30-second chair rise test and the five-time sit to stand test important?

- A. They measure isolated muscle strength more accurately than manual muscle testing
 - B. They are only useful for patients under the age of 50
 - C. They replace the need for any range of motion assessment
 - D. They predict fall risk and functional decline in adults of various age groups
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12. What is a key responsibility of physical therapists working with organ transplant patients in the ICU?

- A. Following hospital protocols and monitoring vitals closely during early mobilization
 - B. Performing intensive strength training without monitoring vitals
 - C. Ignoring medical lines and tubes to focus solely on mobility exercises
 - D. Evaluating patients regardless of their alertness or orientation
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13. In skilled nursing and long-term acute care hospital (LTACH) settings, what should physical therapists focus on during rehabilitation evaluation?

- A. Only vital signs and medication management
 - B. Ignoring patient motivation and focusing solely on range of motion
 - C. Observation, functional mobility, range of motion/strength, and activity tolerance matched to patient status
 - D. Using the same evaluation tools regardless of patient's functional level
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14. Why is early mobility emphasized in physical therapy care plans for organ transplant patients?

- A. It eliminates the need for post-operative monitoring
 - B. It ensures faster medication absorption
 - C. It avoids the need for interdisciplinary coordination in the ICU
 - D. It helps reduce complications from debility and supports more effective recovery
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15. How should physical therapists structure strengthening exercises in home health and subacute rehabilitation settings for patients after organ transplantation?

- A. Focus on upper body only to avoid lower extremity strain
 - B. Perform two to three sets of 8–12 repetitions for key lower extremity muscles each session, following all transplant precautions
 - C. Avoid any stretching to prevent joint instability
 - D. Prescribe only light walking without resistance to prevent overexertion
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16. Why should physical therapists in outpatient settings consider a patient's history of organ transplantation when treating unrelated injuries?

- A. Transplant history has no effect on outpatient rehabilitation
 - B. Organ transplants improve tissue strength, speeding up recovery
 - C. Patients with transplants should not participate in balance training
 - D. Immunosuppressants and steroids can weaken tendons and muscles, increasing injury risk
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17. What is an important precaution physical therapists must follow during liver transplant rehabilitation?

- A. Follow abdominal precautions and delay core exercises for three months
 - B. Avoid all aerobic activity for the first three months
 - C. Begin core strengthening exercises immediately after surgery
 - D. Focus solely on balance training and avoid strength exercises
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18. Why is it critical for physical therapists to monitor for signs of distress in patients post heart or lung transplant?

- A. These signs usually indicate minor, self-resolving discomfort
 - B. Early signs of rejection or infection may require immediate medical attention
 - C. Physical therapists are responsible for prescribing new medications
 - D. Distress symptoms are unrelated to transplant complications
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19. How can physical therapists best support a patient's recovery after organ transplantation?

- A. Focus only on physical rehabilitation and avoid involving family or other professionals
 - B. Limit patient education to basic mobility only
 - C. Educate family members, collaborate with an interdisciplinary team, and refer to appropriate specialists based on patient needs
 - D. Refer only to physicians and avoid involving other allied health professionals
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20. Why is a patient-centered, evidence-based approach essential in the rehabilitation of patients after organ transplantation?

- A. It ensures functional recovery and improves outcomes across all rehabilitation settings
 - B. It limits the number of healthcare providers involved in care
 - C. It helps physical therapists avoid working in intensive care settings
 - D. It focuses only on short-term recovery goals after surgery
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