

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

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

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

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

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

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.

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

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

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

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

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

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

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

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

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

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

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

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

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

Copyright © 2026 Flex Therapist CEUs

Visit us at <https://www.flextherapistceus.com>