

Pagliarulo: Introduction to Physical Therapy, 4th Edition

Chapter 02: Roles and Characteristics of Physical Therapists

Test Bank

MULTIPLE CHOICE

1. What is the foremost core document approved by the House of Delegates of the American Physical Therapy Association?
 - A. Guide to Physical Therapist Practice
 - B. Scope of Practice for Physical Therapy
 - C. Standards of Practice for Physical Therapy
 - D. The Ethical Guidelines in Physical Therapy

ANS: C

RAT: The Standards of Practice for Physical Therapy is the foremost core document approved by the House of Delegates of the American Physical Therapy Association.

REF: 24

2. Which of the following is not a section in the Standards of Practice for Physical Therapy?
 - A. Interventions to be provided by a physical therapist
 - B. Ethical/legal considerations
 - C. Administration of the physical therapy service
 - D. Patient/client management

ANS: A

RAT: Although interventions fall under the Standards of Practice for Physical Therapy, there is not a specific section entitled, “interventions to be provided by the physical therapist.”

REF: 24-25

3. What level of medical care is provided by clinicians on a referral basis?
 - A. Primary care
 - B. Secondary care
 - C. Tertiary care
 - D. Emergency care

ANS: B

RAT: Primary care is usually provided by the first health care professional to come in contact with the client. Secondary care is provided by clinicians on a referral basis, after the individual has received care at the primary level. Tertiary care is provided by specialists that focus on particular health care conditions.

REF: 25

4. Direct access to physical therapy would fall under which type of health care?
 - A. Primary care

- B. Secondary care
- C. Tertiary care
- D. Emergency care

ANS: A

RAT: Direct access implies that the patient is receiving physical therapy services without a physician's referral. This falls under primary care.

REF: 25

5. Individuals that have healthy lifestyle habits:
- A. Will have an increased cost of health care
 - B. Will require medical care more often
 - C. Are more likely to be malingerers
 - D. Have a lower cost of health care

ANS: D

RAT: By preventing or limiting dysfunction, individuals with healthy lifestyle habits have more positive work and recreation experiences. In addition, the need for and cost of health care are reduced.

REF: 25

6. Which of the following activities by a PT could be categorized as a quick assessment to determine if further medical services are needed by a PT or other health care professional?
- A. Exercise performance
 - B. Reassessment
 - C. Screening
 - D. History questionnaire

ANS: C

RAT: In screening, the PT determines whether further services are needed from another health care professional. A common example is posture analysis of school children to determine whether scoliosis may be present.

REF: 25-26

7. Which of the following is a reason for periodic reassessment of a client receiving a structured physical therapy program?
- A. To ensure program effectiveness
 - B. To maintain a billable relationship with the client
 - C. To provide the physician with updates
 - D. To provide the insurance company with updates

ANS: A

RAT: Periodic reassessment ensures program effectiveness and serves as a motivating factor for the client undergoing physical therapy intervention.

REF: 26

8. Which of the following programs focuses on the physical dysfunction of a worker?

- A. Work hardening program
- B. Work conditioning program
- C. Work training program
- D. Work relocation program

ANS: B

RAT: The work conditioning program focuses on the physical dysfunction of an individual, whereas the work hardening program includes this aspect in addition to behavioral and vocational management.

REF: 26

9. Which of the following is a comprehensive evaluation that would be performed by a PT prior to a client's initiation into a work hardening or work conditioning program?

- A. Work Training Evaluation
- B. Functional Work Evaluation
- C. Work Conditioning Evaluation
- D. Functional Capacity Evaluation

ANS: D

RAT: The physical therapist may conduct analysis of ergonomics at the worksite and perform a functional capacity evaluation (FCE). After these assessments, the patient may then begin a work hardening or work conditioning program.

REF: 26

10. In what part of the client management model would a PT obtain a recent medical history?

- A. Examination
- B. Evaluation
- C. Diagnosis
- D. Prognosis

ANS: A

RAT: The first component of the client management model, examination, is the process of gathering information about the past and current status of the client. It begins with a history to describe the nature of the condition or health status of the client.

REF: 26

11. What is usually the final component of the examination a PT performs?

- A. History
- B. Systems review
- C. Tests and measures
- D. Prognosis

ANS: C

RAT: In the final component of the examination, tests and measures, the therapist selects and performs specific procedures to quantify the physical and functional status of the client.

REF: 26

12. At what point in the client management model would a PT design a plan of care?

- A. Examination
- B. Evaluation
- C. Diagnosis
- D. Prognosis

ANS: D

RAT: A prognosis is a prediction of the level of improvement and time necessary to reach said level. The therapist designs a plan of care that incorporates the expectation of the client.

REF: 27

13. Which of the following is not a part of the plan of care in the client management model?

- A. Short- and long-term goals
- B. Insurance information
- C. Outcomes
- D. Interventions

ANS: B

RAT: Short- and long-term goals, outcomes, interventions, and discharge criteria are all part of the plan of care.

REF: 27

14. What is the last component of the client management model?

- A. Intervention
- B. Examination
- C. Evaluation
- D. Prognosis

ANS: A

RAT: The last component of the model, intervention, occurs when the PT and PTA conduct procedures with the client to achieve the desired outcomes.

REF: 29

15. Which of the following tests and measures are used to assess body measurements and fat composition?

- A. Aerobic capacity
- B. Anthropometric characteristics
- C. Circulation
- D. Ergonomics

ANS: B

RAT: Anthropometric tests or measures are used to assess body measurements to fat composition during the physical therapy examination.

REF: 28

16. Analysis of body alignment and positioning is assessed with what type of test or measurement?
- A. Range of motion
 - B. Sensory integrity
 - C. Motor function
 - D. Posture

ANS: D

RAT: When a PTA assesses posture, he or she is performing an analysis of body alignment and positioning.

REF: 29

17. What type of communication will serve as a permanent record and provide a baseline for future reference?
- A. Nonverbal communication
 - B. Oral communication
 - C. Written communication
 - D. Tactile communication

ANS: C

RAT: Effective written communication is essential in the delivery of physical therapy services. Permanent records provide a baseline for future reference. It must be clear, concise, and accurate.

REF: 31

18. Which of the following is a label encompassing a cluster of signs and symptoms that are associated with same disorder or syndrome?
- A. Evaluation
 - B. Examination
 - C. Diagnosis
 - D. Prognosis

ANS: C

RAT: A diagnosis is a label encompassing a cluster of signs and symptoms associated with a disorder or syndrome or category of impairments in body structures and function, activity limitations, or participation restrictions.

REF: 33

19. Which of the following is not part of the diagnostic process a PT uses?
- A. Obtaining relevant history
 - B. Performing a systems review
 - C. Administering specific tests and measures
 - D. Determining appropriate goals for the patient's condition

ANS: D

RAT: The diagnostic process includes obtaining relevant history, performing a systems review, and selecting and administering specific tests and measures that may include the ordering of tests

that are performed and interpreted by other health care professionals. Goals are crafted during the prognosis portion of the client management model.

REF: 33

20. What part of the traditional SOAP note includes the client's history?

- A. Subjective
- B. Objective
- C. Assessment
- D. Plan

ANS: A

RAT: The subjective portion of the SOAP note includes what the client often describes about the current condition. An accurate history should be recorded in this portion of the note.

REF: 34

21. What part of the traditional SOAP note would include clinical judgment based on examination?

- A. Subjective
- B. Objective
- C. Assessment
- D. Plan

ANS: C

RAT: The assessment portion of the traditional SOAP note includes clinical judgments based on examination; this section can also include goals.

REF: 34

22. Why should PTs and PTAs pay special attention to nonverbal signals that clients display?

- A. Pain expressions are usually nonverbal
- B. Over half of the impact of messages comes from facial expressions
- C. Nonverbal communication cannot be recorded
- D. Physicians are always concerned with nonverbal communication

ANS: B

RAT: Mehrabian reported that 55% of the impact of messages comes from facial expression, 38% from verbal communication, and 7% from the actual words. PTs and PTAs must always be sensitive to nonverbal signals that clients display.

REF: 34

23. At what point in a client's rehabilitation would a PTA become substantially involved in the client's care?

- A. Examination
- B. Evaluation
- C. Diagnosis
- D. Procedural intervention

ANS: D

RAT: Procedural intervention is the major therapeutic interaction between the therapist or assistant and the client. A PTA would be involved in a substantial component of the care as delegated by the PT at this point in a patient's rehabilitation.

REF: 34

24. Which of the following procedural interventions are described as skilled hand techniques on soft tissues or joints?

- A. Therapeutic exercise
- B. Functional training
- C. Airway clearance techniques
- D. Manual therapy techniques

ANS: D

RAT: Manual therapy techniques by the PT or PTA are skilled hand techniques used on soft tissues and joints to alleviate pain or dysfunction.

REF: 35

25. In which of the following situations would a patient be discharged from physical therapy?

- A. The client decides to terminate services
- B. The individual is no longer able to continue because of medical or financial reasons
- C. The therapist believes that further intervention will not improve the status of the individual
- D. Goals and outcomes have been achieved based on the PTs judgment

ANS: D

RAT: Discharge takes place when the goals and outcomes have been achieved as based on the PTs judgment. Discontinuation occurs when the client decides to terminate services, the individual is no longer able to continue because of medical or financial reasons, or the PT believes that further intervention will not improve the status of the individual.

REF: 35