Care CEUs

Stroke: New Risk Factors and Improved Patient Care

1. Dipping can refer to the decrease in blood pressure during sleep.

A. TRUE
B. FALSE

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2. Obstructive sleep apnea (OSA) is characterized by repetitive cessations or reductions in airflow caused by complete or partial upper airway collapse.

A. TRUE
B. FALSE

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3. Which of the following statements is most accurate?

A. OSA and stroke share risk factors such as female sex, obesity, old age, hypertension, and smoking.
B. OSA and stroke share risk factors such as female sex, obesity, old age, hypotension, and smoking.
C. OSA and stroke share risk factors such as male sex, obesity, old age, hypertension, and smoking.
D. OSA and stroke share risk factors such as male sex, obesity, old age, hypotension, and smoking.

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4. Both the large (SAVE) and the small scale (RICCADSA) studies failed to demonstrate the efficacy of CPAP therapy for the prevention of cardiovascular events.

A. TRUE
B. FALSE

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5. Research indicates, short sleep, commonly defined as 8 to 10 hours of nocturnal sleep, increases the risks of stroke, coronary heart disease, and death.

A. TRUE
B. FALSE

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6. Which of the following statements regarding the conclusions of the first article is most accurate?

A. Sleep disorders are not highly prevalent in patients at risk for stroke, and may be modifiable risk factors for stroke.

B. Sleep disorders are not highly prevalent in patients at risk for stroke, and may not be modifiable risk factors for stroke.
C. Sleep disorders are highly prevalent in patients at risk for stroke, and may be modifiable risk factors for stroke.
D. Sleep disorders are highly prevalent in patients at risk for stroke, and may not be modifiable risk factors for stroke.

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7. According to the first article, OSA decreases the risk of stroke independently, but the reported lack of therapeutic effectiveness of CPAP for stroke prevention and cardiovascular protection should be cautiously interpreted.

A. TRUE
B. FALSE

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8. The Stroke Nursing Guideline (SNG) aims to provide an overview of evidence based recommendations for the daily nursing care and rehabilitation of patients with stroke.

A. TRUE
B. FALSE

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9. Evidence suggests, falls are common among stroke patients.

A. TRUE
B. FALSE

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10. Depression is not common among stroke patients.

A. TRUE
B. FALSE

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11. A nurse is asked to assess a patient's mobility and ability to carry out activities of daily living. Which of the following may be used by the nurse to best determine the patient's mobility and ability to carry out activities of daily living?

A. Functional Independence Measure (FIM)
B. Morse Fall Scale (MFS)
C. A visual analogue scale
D. Patient Health Questionnaire-9 (PHQ-9)

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12. Which of the following may be used to assess a patient's depressive symptoms?

A. Functional Independence Measure (FIM)
B. Morse Fall Scale (MFS)
C. A visual analogue scale

D. Patient Health Questionnaire-9 (PHQ-9)

13. Evidence suggests, stroke patients should be screened with the Functional Independence Measure (FIM) within 82 hours of admission.

A. TRUE
B. FALSE

14. The nurses who took part in the study focusing on SNG indicated the SNG improved the way they worked with stroke patients, especially when assisting patients with moving and positioning.

A. TRUE
B. FALSE

15. The SNG study indicated that the implementation of the SNG improved patient care.

A. TRUE
B. FALSE