Positioning, Mobilizing and Transferring a Person with Stroke

Quiz

➤ You may use the Self Learning Package as a reference to answer these questions
➤ Submit your completed quiz to the Nurse Clinician for marking
➤ Your test will be returned

NEO Stroke Network
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1. The goal of assisting the person with stroke is to __________ functional recovery and ______________ independence of movement in a safe manner. (*fill in blanks*)

2. You can put your patient with a stroke at risk of injury when
   a) You use the appropriate equipment
   b) You rush the person during the task
   c) You are not familiar with limitations in persons with stroke
   d) You provide clear instructions and ensure that they are understood

   Choose answer:
   I. a) and b)
   II. c) and d)
   III. b) and c)
   IV. All of the above

3. Taking the time to become familiar with the person’s impairments due to stroke and how best to assist them
   a) Will decrease the risk of injury to your stroke patient and to yourself
   b) Contributes to ongoing therapy
   c) Can reduce any anxiety or stress the person has during movement
d) Allows you to complete tasks quickly without having to communicate with the patient

*Choose Answer:*

I. a) b) d)

II. b) c) d)

III. a) b) c)

4. **Which of the following are key principles of body mechanics?**

a) Using your core muscles can help to protect you from injury when mobilizing your patient with a stroke

b) Move quickly to decrease stress on muscles and joints

c) Decrease your lever arm and have a good base of support

d) Prepare the person you are helping and prepare your environment for activity

*Choose Answer:*

I. All of the above

II. a), b), d)

III. a), c), d)

IV. b), c), d)

5. **Which statement is most accurate when it comes to Good Body Mechanics and Patient Safety in rolling a person with stroke to their side?**

a) It is good practice to keep your back straight lean over the bed rail as you roll your patient towards you.

b) It is good practice to raise the bed, lower the bed rail and pull your patient towards you.
c) It is good practice to raise the bed, lower the bed rail and communicate with your patient what you would like to do and instruct them in how to assist in rolling to their side.

d) It is good practice to raise the bed, lower the bed rail and communicate with your patient what you would like to do and instruct them in how to assist in rolling to their side. You assist by pulling on their affected arm to help roll them.

e) None of the above

6. **The shoulder can be injured by:**

   a) The weight of the unsupported arm pulling down when sitting up in a wheelchair
   b) Improper technique when doing range of motion
   c) Pulling on the arm to roll someone in bed
   d) Transferring by lifting under the axilla of the affected arm

   *Choose answer:*
   
   I. a), c) , d)
   II. b), c) , d)
   III. a), b), c)
   IV. all of the above

7. **When positioning your patient who has had a stroke it is important to:**

   a) Promote good alignment
   b) Support the affected limbs
   c) Ensure comfort
   d) Check on them regularly to ensure the above
   e) All of the above
8. When assisting your patient who has had a stroke to sit up from side-lying:
   a) Adjust the height of the bed
   b) Ensure you have a good base of support
   c) Bend forward at the hips
   d) Stay close to the stroke survivor
   e) Bend your knees and shift your weight in the direction you are moving

Choose answer:
   I. All of the above
   II. a) b) c) d)
   III. a) b) d) e)
   IV. b) c) d) e)

9. Asking your patient who has had a stroke to assist with rolling promotes
   a) Body awareness
   b) Early mobilization for standing and transfers
   c) Increased risk of injury to staff
   d) Increased independence in bed mobility
   e) ALL except c)

10. When assisting your patient who has had a stroke to walk, it is best to:
    a) Stand on the unaffected side and hold onto their arm
    b) Stand behind the person by holding onto the transfer belt
    c) Stand on the affected side and hold onto the affected arm
    d) Stand on the affected side and use the transfer belt for support as needed
11. What key things do you consider before deciding on which transfer to use?
   a) Ability to understand instructions
   b) Ability to sit up
   c) Size and weight of your patient
   d) Ability to weight bear
   e) All of the above

12. Mr. Smith is unable to speak but can understand instructions. He is able to sit up independently and maintain sitting at the side of the bed. He has had good recovery in his right leg but very little in his right arm. He would be suitable for a:
   a) Two person transfer
   b) One person transfer

13. What equipment would you use to transfer Mr. Smith?
   a) Lift
   b) Transfer belt
   c) Walker
   d) Hemi arm sling
   e) Sliding board

Choose answer:
I. a) and d)
II. b) and c)
III. b) and e)
IV. b) and d)
14. Mrs. Jones has had a severe stroke and presents with neglect of the left side, flaccid left arm and leg. She tries to pull herself over to her right side when asked to roll to the left. How would you transfer her?

a) Mechanical lift
b) Two person transfer

TRUE AND FALSE QUESTIONS: (CIRCLE the correct letter for True/False)

T F 1. A person after a stroke may not be aware of their deficits.
T F 2. A person who has had a stroke may have fluctuating ability to transfer throughout the day due to fatigue.
T F 3. The hemiplegic shoulder sling goes under the affected arm and over the opposite shoulder.
T F 4. It is good practice to ask the person with stroke to assist in moving their affected arm or support it during ADLs.
T F 5. The person with stroke should never lie on the affected side.
T F 6. Early mobilization is important for skin, circulation and recovery, once your patient is medically stable.

SCORE: ____ / 20

IRU Nurse Clinician ____________________

(signature)