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1M4

Ischemic Stroke

1 . Which of the following is excluded from the cerebrovascular disease category in the 10th revision of the *International Statistical Classification of Diseases and Related Health Problems* (ICD-10)?

- A) Cerebral infarction
- B) Intracerebral hemorrhage
- C) Subarachnoid hemorrhage
- ☒ D) Transient ischemic attacks (TIAs)

2 . Which of the following is a classic sign/symptom of subarachnoid hemorrhage?

- A) Seizure
- B) Aphasia
- ☒ C) Photophobia
- D) Numbness/weakness

3 . What is the risk of a stroke within 7 days after a TIA for individuals who sought treatment for this event?

- ☒ A) 5%
- B) 10%
- C) 20%
- D) 50%

4 . The most common focal neurologic sign of a TIA is the sudden onset of

- A) paralysis.
- B) imbalance.
- C) transient monocular blindness.
- ☒ D) unilateral weakness/numbness.

5 . Most individuals with stroke have recoverable penumbral tissue for at least how long after the onset of symptoms?

- A) 30 minutes
- B) 1 hour
- C) 2 hours
- ☒ D) 3 hours

6 . An ischemic stroke in the right anterior hemisphere would cause which of the following neurologic deficits?

- A) Ataxia
- B) Aphasia
- C) Nystagmus
- ☒ D) Left field visual neglect

7 . Which of the following is part of the posterior circulation of the brain?

- A) Choroidal artery
- ☒ B) Vertebrobasilar artery
- C) Internal carotid artery
- D) Posterior communicating artery

8 . The most common cause of embolic stroke is

- ☒ A) atrial fibrillation.
- B) valvular thrombi.
- C) myocardial infarction.
- D) congestive heart failure.

9 . At 3 months after a stroke, what percentage of stroke survivors need long-term care?

- A) 10%
- ☒ B) 20%
- C) 40%
- D) 60%

10 . The average age at the time of ischemic stroke is

- A) 65 years in men and 70 years in women.
- B) 70 years in both men and women.
- ☒ C) 71 years in men and 75 years in women.
- D) 80 years in men and 81 years in women.

11 . According to statistics presented by the American Heart Association (AHA), which of the following populations has the highest prevalence for stroke?

- ☒ A) Black
- B) White
- C) Hispanic or Latino
- D) Non-Hispanic black

12 . Which of the following has the most evidence as a risk factor for ischemic stroke?

- ☒ A) Hypertension

- B) Hypercoagulability
- C) Metabolic syndrome
- D) Sleep-disordered breathing

13 . According to the 2017 guideline, how often should an individual with a blood pressure of 124/85 mm Hg be screened for hypertension?

- A) Every month
- ☒ B) Every 3 to 6 months
- C) Every 2 years
- D) Every 3 years

14 . What percentage of individuals with acute ischemic stroke receive thrombolytic therapy when they arrive at an emergency department within 3 hours after the onset of symptoms?

- ☒ A) 2% to 4%
- B) 8% to 10%
- C) 20% to 30%
- D) 50% to 70%

15 . Which of the following statements regarding predicting stroke risk is TRUE?

- ☒ A) Validated tools are available to assess the risk of stroke.
- B) The ABCD assessment includes points for laboratory results.
- C) Risk assessment tools have been shown to improve primary prevention.
- D) Interactivity among independent risk factors can affect risk prediction.

16 . Which of the following is NOT recommended as part of the initial evaluation (in the emergency department) of an individual with suspected stroke?

- ☒ A) Urine culture
- B) Oxygen saturation
- C) Determination of electrolyte levels
- D) Computed tomography of the brain

17 . Which of the following clinical signs suggests subarachnoid hemorrhage rather than ischemic stroke?

- A) Ptosis or miosis
- ☒ B) Severe headache
- C) Fever and cardiac murmur
- D) Elevated erythrocyte sedimentation rate

18 . Which of the following statements regarding stroke centers is TRUE?

- A) A stroke system of care improves acute and post-acute care but has no effect on EMS.
- B) There is no formal certification process for designating an institution as a comprehensive stroke center.
- C) Most states have policies mandating direct routing of individuals with suspected stroke to a primary stroke center.
- ☒ D) Individuals with stroke are more likely to receive thrombolytic therapy at a primary or comprehensive stroke center.

19 . The most common serious medical complication of rt-PA is

- A) angioedema.
- B) anaphylaxis.
- C) myocardial rupture.
- ☒ D) secondary brain hemorrhage.

20 . Which of the following settings is associated with the best rehabilitation care for patients with ischemic stroke?

- A) Patient's home
- ☒ B) Inpatient stroke unit
- C) Long-term care facility
- D) Outpatient therapy clinic

21 . Which of the following statements regarding pressure ulcers is TRUE?

- A) Pain is a hallmark characteristic of a severe pressure ulcer.
- ☒ B) Lower body mass index is a risk factor for pressure ulcer.
- C) Patients should be monitored every other day for skin breakdown.
- D) Most pressure ulcers are associated with superficial tissue injury only.

22 . The diagnostic study of choice for deep vein thrombosis is

- A) D-dimer test.
- B) echocardiography.
- C) Doppler ultrasound.
- ☒ D) Well's prediction model.

23 . Which of the following statements regarding assessment of patients with stroke is TRUE?

- A) Psychosocial support is not useful for fecal incontinence.
- ☒ B) Pain is most commonly caused by sensorimotor pathway damage.
- C) Cognitive impairment is associated with post-stroke urinary dysfunction.
- D) The STRATIFY tool is effective in predicting the risk of a fall in stroke survivors.

24 . Chronic pain after stroke most commonly involves a

- A) hip.
- B) hand.
- ☒ C) shoulder.
- D) lower extremity.

25 . The cognitive function that shows the most improvement by 6 months after stroke is

- A) language.
- B) calculation.
- ☒ C) visual memory.
- D) abstract reasoning.

26 . A stroke survivor who interprets figurative speech literally has

- A) dysarthria.
- B) receptive aphasia.
- C) apraxia of speech.
- ☒ D) expressive aphasia.

27 . Which of the following statements regarding psychologic issues in stroke patients is TRUE?

- ☒ A) Symptoms of post-stroke depression are obvious.
- B) Depression occurs in 15% of patients after stroke.
- C) Generalized anxiety disorder often coexists with post-stroke depression.
- D) Post-stroke depression does not respond well to selective serotonin reuptake inhibitors.

28 . Increasing safety during activities of daily living is a major goal of which type of exercise?

- A) Aerobic
- B) Neuromuscular
- C) Strength training
- ☒ D) Flexibility/stretching

29 . The risk for recurrent stroke is highest during the first

- A) 3 months.
- B) 6 months.
- ☒ C) 12 months.
- D) 18 months.

30 . Which of the following hypertensive agents most significantly reduces the risk of recurrent ischemic stroke?

- A) Beta blocker alone
- B) Angiotensin receptor blocker (ARB) alone
- C) Angiotensin converting enzyme (ACE) inhibitor alone
- ☒ D) Diuretic alone or combined with an ACE inhibitor