

040-444^{Q&As}

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QUESTION 1

Which of the following issues would you include in discharge education instructions for a client with congestive heart failure to avoid potential emergency situations related to this condition at home?

- A. Record body weight daily, and report weight gains to a physician.
- B. Note signs and symptoms (e.g., dyspnea, intolerance to activities of daily living), and report them to a physician.
- C. Do not palpate the pulse during daily activities or periods of lightheadedness, because an irregular pulse is normal and occurs at various times during the day.
- D. Both A and B.

Correct Answer: D

QUESTION 2

Transitional care exercise and rehabilitation programs are NOT appropriate for

- A. Clients with functionally limiting chronic disease.
- B. Clients with comorbid disease states.
- C. Asymptomatic clients with a functional capacity of 10 MET.
- D. Clients at 1 week after CABG surgery.

Correct Answer: C

QUESTION 3

All of the following are helpful suggestions for an athlete trying to gain weight EXCEPT

- A. Increase portion sizes at meals.
- B. Eat more high-calorie foods (e.g., candy bars, soft drinks).
- C. Eat one extra meal per day.
- D. Snack on energy- and nutrient-dense foods (e.g., fig bars, nuts and dried fruit).

Correct Answer: B

QUESTION 4

A client is walking on a treadmill at 3.4 mph and a 5% grade. What is her $\dot{V}O_2$ in relative terms?

- A. 9.11 mL · kg⁻¹ · min⁻¹

- B. 11.9mL . kg-1 . min-1
- C. 24mL . kg-1 . min-1
- D. 20.81mL . kg-1 . min-1

Correct Answer: D

QUESTION 5

A common measure to assist in the evaluation of body fat distribution is

- A. Height/weight charts.
- B. Total body weight.
- C. WHR.
- D. Total body water.

Correct Answer: C

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