MULTIPLE CHOICE

1. What is the reason why more and more people will require care because of disabilities?
   a. Chronic diseases and improved health care services
   b. Congenital birth defects and increased premature births
   c. Aging people in society and increased life expectancy
   d. Traumatic injuries and improved lifesaving technology

ANS: C
The increased life expectancy and increased number of elderly people in society are primarily responsible for the increased number of people requiring care. Although chronic diseases are also being treated better, thereby extending life expectancy, there are still many flaws in the health care system that limit the services that people can receive. Improved lifesaving technology with traumatic injuries and increased premature births has also increased the number of people requiring care, but this is not the primary reason.

DIF: Cognitive Level: Knowledge 
REF: p. 660

2. What is the primary difficulty for which people older than age 18 require rehabilitation services?
   a. Activities of daily living, such as bathing or going to the toilet
   b. Functional activities, such as walking or climbing stairs
   c. Instrumental activities, such as preparing meals or paying bills
   d. Use of assistive aids, such as walkers, canes, or wheelchairs

ANS: B
More than 17% of the population reports difficulty with specific functional activities such as walking three or more blocks or climbing stairs. Six percent or fewer complain of difficulty with activities of daily living, instrumental activities, or use of assistive aids.

DIF: Cognitive Level: Knowledge 
REF: p. 660

3. What is the primary goal of rehabilitation?
   a. To avoid the problem created by a disability
   b. To improve quality of life
c. To treat the underlying cause

d. To control the symptoms of the disability

ANS: B
Rehabilitation is a process aimed at enabling people to reach and maintain their optimal physical, sensory, intellectual, psychological, and social functional level. Thus, the central focus is the quality of life.

DIF: Cognitive Level: Comprehension REF: p. 660

4. When was the idea conceived that functional rehabilitation was more than just treating injuries?
   a. After a famous medical conference held in New York in 1955
   b. During the Korean War, when so many married men were drafted and hurt
   c. During the Vietnam War, when so many young men were injured
   d. During Dr. Howard Rusk’s treatment of World War II convalescents

ANS: D
Dr. Howard Rusk, director of the Army Air Corps Convalescent and Rehabilitation Services during World War II, developed the philosophy and concept of rehabilitation medicine. The war thus produced an interest in functional rehabilitation in addition to care of the actual injuries.

DIF: Cognitive Level: Knowledge REF: p. 661

5. Which of the following is emphasized as part of the holistic approach to rehabilitation by the Association of Rehabilitation Nurses?
   a. Client independence
   b. Development of new abilities to replace those previously lost
   c. Financial reimbursement to continue rehabilitation care
   d. Minimizing pain and effort required

ANS: A
All nurses must focus on the primary goal of maximizing client independence. Developing new abilities is habilitation, not rehabilitation.

DIF: Cognitive Level: Knowledge REF: p. 661

6. A client has started a rehabilitation program after a stroke. What is the primary purpose of this program?
   a. Learn about community resources.
   b. Find a dependable caregiver.
   c. Promote successful interactions with family and neighbors.
   d. Maximize the client’s independence.
The goal of the rehabilitation process is to support a holistic approach that, with the collaboration of the team, will maximize client independence.

ANS: D
DIF: Cognitive Level: Application REF: p. 661

7. A young woman, as a result of her mother’s medication use during pregnancy, was born without arms. She used her feet to eat, engage in grooming, and correspond via computer. How might a nurse summarize this example?
   a. A true success story in rehabilitation
   b. Demonstrating great persistence
   c. Evidence of the human spirit
   d. Habilitation by the young woman

ANS: D
Although such a skill certainly demonstrates persistence and evidence of the human spirit to overcome obstacles, the professional term is *habilitation*. Habilitation is the development of new abilities, not recovery of former abilities.

DIF: Cognitive Level: Application REF: p. 661

8. Whether a physical problem interferes with successful functioning in life primarily depends on the
   a. Environment.
   b. Nature of the disability.
   c. Other problems faced by the person with the disability.
   d. Attitude of the person with the disability.

ANS: A
Although all these factors certainly play a part, the critical factor in determining the extent of an individual’s handicap is the environment. Disabilities can be handicapping in one situation but not in another. A hunter with poor eyesight could starve to death, whereas an urban dweller with access to glasses or contact lenses would notice little difference in life.

DIF: Cognitive Level: Knowledge REF: p. 662

9. A client who has a physical disability has moved into a new community. Which of the following factors will determine how well the client will function in this community? a. Attitude of the community
   b. Extent of the disability
   c. Number of other problems the person has
The person’s social skills

ANS: A
Although all these factors certainly play a part, the psychosocial component is very powerful, and so the attitudes of the able-bodied community members largely determine how successfully a person with a disability can become integrated into the community.

DIF: Cognitive Level: Application REF: p. 662

10. A 69-year-old woman entered a nursing home because she was no longer able to care for herself and her home. At this time, she was not eligible for Medicaid. What is the probable reason why she does not qualify for Medicaid?
   a. Neither she nor her husband ever paid into Social Security.
   b. She has too many financial assets.
   c. She is too young.
   d. She was too proud to accept Medicaid support.

ANS: B
Medicaid will pay only when an individual’s financial assets have been almost depleted.

DIF: Cognitive Level: Application REF: p. 662

11. A 32-year-old man applied for admission to a nursing home because he was no longer able to care for himself at his home. Without knowing any more about his problems, why is he probably seeking admission?
   a. Arthritis or an orthopedic impairment
   b. Paralysis, including speech impairment
   c. Senility or Alzheimer disease
   d. Spinal cord injuries or severe multiple sclerosis

ANS: D
Young people in their 20s and 30s who have spinal cord injuries, severe multiple sclerosis, acquired immune deficiency syndrome, or amyotrophic lateral sclerosis often seek admission to a nursing home because there are no other alternatives available to them in the community.

DIF: Cognitive Level: Application REF: p. 672

12. A 73-year-old man admitted that he was permanently disabled. What is the most probable cause of his disability?
   a. Arthritis
   b. Head injury
   c. Homelessness
   d. Alzheimer disease
Two of the leading causes of disabilities are arthritis and orthopedic impairments, which inhibit a person’s ability to work and function independently. Arthritis is the leading cause of disability.

ANS: A

13. Which type of legislation provided assistance to workers who were unemployed because of work-related injuries?
   a. Disabilities laws
   b. Community living legislation
   c. Vocational rehabilitation acts
   d. Workers’ compensation laws

ANS: D

The first major legislative initiative that helped people with disabilities was the workers’ compensation laws; they provided financial support for workers unemployed because of work-related injuries. Disabilities laws provide protection from discrimination for people who are disabled. Community living legislation attempts to help disabled persons stay in the community and access support services as needed. Vocational rehabilitation acts authorized vocational rehabilitation services for those who are disabled.

ANS: D

14. What does workers’ compensation legislation in all states require from the employer?
   a. To allow an employee to return to his or her position regardless of how long the employee was not at work because of illness or disability
   b. To assume the cost of occupational disabilities only if the employer was in some way at fault
   c. To assume the cost of occupational disabilities regardless of whose fault the injury was
   d. To carry health insurance for their employees that will pay for injuries that occurred at work

ANS: C

Workers’ compensation laws require employers to assume the cost of occupational disabilities without regard to any fault involved, thereby sparing employers civil lawsuits involving negligence.

ANS: C

15. Which piece of legislation increased problems for some disabled persons?
   a. Balanced Budget Act
b. Community Living Legislation  
c. Family and Medical Leave Act  
d. Technology-Related Assistance for Individuals with Disabilities Act  

ANS: A  
The Balanced Budget Act narrowed the definition of “home-bound” so that people were no longer eligible for home care under Medicare if they were able to leave home for any reason other than medical services. The restriction was unfortunate because people should be encouraged to remain as active as possible within their physical limitations.  

DIF: Cognitive Level: Comprehension  
REF: p. 667  

16. A nurse is assessing the community reintegration needs of a client who has had a spinal cord injury. Which of the following questions is most appropriate for the nurse to answer?  
a. Do the local pharmacies provide home delivery of medications?  
b. What are the client’s current health problems?  
c. What therapies will the client need in the home?  
d. Does the client have a stable support network?  

ANS: D  
Support of friends and family is important for the client to have successful reintegration into the community. Home delivery of medications, current health status, and need for ongoing therapies must all be assessed, but without a support network, these things are not significant.  

DIF: Cognitive Level: Application  
REF: p. 667  

17. Which of the following statements regarding disabled employees and employers is accurate?  
a. Employers really do not care about whether the employee is disabled.  
b. Research has not yet determined whether workers with disabilities are off work more or less than the typical employee.  
c. Workers with disabilities are absent more than are able-bodied workers.  
d. Workers with disabilities are absent no more, and often less, than are able-bodied workers.  

ANS: D  
Some people with disabilities may be more susceptible to disability-related illnesses, but this possibility does not justify discrimination in hiring. The belief that people with disabilities are not good employees because they are unreliable, dependent, frequently absent from the job because of illness, and too expensive to employ because of their health care costs is inaccurate.  

DIF: Cognitive Level: Comprehension  
REF: pp. 667-668
18. An employer has recently hired a person with a disability who will require special accommodations. What will a typical “reasonable accommodation” cost an employer? 
   a. Between $1 and $600  
   b. Between $601 and $1200  
   c. Between $1200 and $1800  
   d. Over $1801  

ANS: A  
Accommodation is usually not expensive; it is often as simple as a rearrangement of equipment. Thus the smallest figure is the most probable. The examples in the main textbook were all much lower in cost.  

DIF: Cognitive Level: Application  
REF: p. 668

19. Which of the following interventions best describes the primary responsibility of a rehabilitation nurse?  
   a. Assessing client and family needs  
   b. Being the educator of the client and family  
   c. Obtaining necessary resources for the client and family  
   d. Implementing a detailed plan of care  

ANS: B  
The rehabilitation nurse is primarily an educator, so that the client and family can make appropriate decisions and make appropriate interventions as to needs, planning, giving care, and obtaining resources.  

DIF: Cognitive Level: Analysis  
REF: pp. 668-669

20. A middle-aged adult had a stroke, which resulted in left-sided paralysis. His wife was doing her best as she learned to care for him but found it difficult. He had always been the “strong one.” Besides his physical problems, what is probably causing the most suffering for him?  
   a. Frustration in not being able to speak correctly  
   b. Grief and loss  
   c. Having to be cared for by his wife  
   d. The limitations in what he is physically able to do  

ANS: B  
Because the injury has just occurred, the husband is probably grieving, which includes confronting all the other problems listed.  

DIF: Cognitive Level: Application  
REF: pp. 669-670
21. A wife was doing her best to care for her husband, who had a stroke that produced left-sided paralysis. Which of the following needs would the nurse expect the wife to express?
   a. Desiring assistance in the home because her responsibilities had expanded
   b. Desiring information on how to better care for her husband
   c. Feeling overwhelmed and drained, both physically and emotionally
   d. Feeling frustrated that she has to deal with all this

ANS: C
Although the wife does need information and assistance, she will express feelings of being overwhelmed, both physically and emotionally, as she attempts to adjust to her new responsibilities. Caregivers desire emotional support and understanding surrounding their newly acquired responsibilities. The nurse must give both the client and the family the opportunity to grieve, acknowledge their losses, and foster realistic expectations for the future.

DIF: Cognitive Level: Application 
REF: p. 669

MULTIPLE RESPONSE

1. A nurse is working with a client who has physical disabilities. Which of the following behaviors by the nurse would be most helpful? (Select all that apply.)
   a. Appreciating what a role model of endurance a disabled person is
   b. Assuming that the disabled person will meet the same standards as everyone else
   c. Expecting less of the disabled person
   d. Excusing unusual behavior in light of the disability
   e. Providing extra privileges to the disabled person
   f. Restructuring the environment so the disabled person can continue employment

ANS: B, F
Incorrect beliefs, such as the disabled person’s inability to maintain jobs, attend school, or function as a sexual being, may severely inhibit the rehabilitation process. Excessive sympathy, such as providing extra privileges, failing to hold the disabled person responsible, or attributing “good” qualities to someone because he or she is disabled, can be just as inhibiting. Restructuring the environment so the person can function is helpful, as is expecting the person to meet employment or school standards.

DIF: Cognitive Level: Application 
REF: pp. 669-670

2. Which of the following statements regarding persons with disabilities is accurate? (Select all that apply.)
   a. Adults are more likely to have mental or developmental impairments than are children.
   b. Veterans who are disabled are eligible for job placement through vocational rehabilitation programs.
   c. Children typically become disabled after auto accidents.
   d. The rate of disability increases with age.
e. More men than women become disabled.
f. Those with hearing difficulties are more likely to be employed than those with visual difficulties.

ANS: D, F

Children are more likely to have mental or developmental impairments than are adults. The VetSuccess program helps veterans with disabilities acquired during their military service to “provide for, find, and keep suitable jobs.” Some veterans may be so disabled that they cannot work. Children are surviving congenital and traumatic illness or injury that results in disability. Disability rates increase with age. Because women live longer than men, more women become disabled than men.

DIF: Cognitive Level: Comprehension    REF: p. 673

3. What does the Rehabilitation Act of 1973 require? (Select all that apply.)
   a. Agencies must develop an individualized written care plan for each client.
   b. All buildings that benefit from federal funds must be free of physical barriers.
   c. Employers must make their site accessible to all disabled employees, regardless of cost.
   d. Children are entitled to free public education in the least restrictive setting.
   e. Preference must be given to disabled job applicants if they are otherwise qualified for the position.
   f. Employers must include in their employment notices the fact that preference will be given to handicapped applicants.

ANS: A, B, D

The Rehabilitation Act of 1973 required rehabilitation agencies to develop an individual written care plan for each client. It also required standards for compliance to overcome architectural, transportation, and communication barriers; entitled children to free, appropriate public education in the least restrictive setting; ensured that qualified people with disabilities may not be denied or discriminated against in education or employment; and required all new facilities built with federal funds be barrier free. Current sites do not have to become totally barrier free if the cost is unreasonable. Although federal agencies are required to develop an affirmative action program, this program is not required in the private sector.

DIF: Cognitive Level: Comprehension    REF: p. 674

4. What were some of the characteristics of the Americans with Disabilities Act of 1990? (Select all that apply.)
   a. Its intention was to integrate disabled persons within the community.
   b. It required all employers to hire disabled persons if they are qualified.
   c. It required food service workers to be sent home with full pay if they are infected with a disease that can be transmitted through contact with food.
   d. It extended civil rights protection to people with handicaps and chronic illnesses.
   e. It required public transportation systems to accommodate people in wheelchairs.
f. It required telephone companies to provide special services for users with speech or hearing impairments.

ANS: A, D, E, F

The Americans with Disabilities Act provides protection from discrimination and extends civil rights to such people. Public transportation must accommodate people in wheelchairs, all telephone companies are required to provide special services to people with speech or hearing impairments, all businesses with 15 or more employees must disregard handicaps when hiring, and food service workers with infectious diseases that can be spread through food must be reassigned to areas where they will not be preparing or serving food. The Act’s intention was to, as much as possible, integrate the disabled within the community.

DIF: Cognitive Level: Comprehension REF: p. 674

5. Which of the following interventions by a rehabilitation nurse would be appropriate in assisting clients to cope with a disability? (Select all that apply.)
   a. Building on clients’ assets
   b. Encouraging hope
   c. Encouraging clients to focus on the positive consequences of their disability
   d. Helping identify social supports
   e. Helping client and family cope with or modify the environment
   f. Identifying the many opportunities to ask other people for assistance

ANS: A, B, D, E

The rehabilitation nurse can engage in many actions such as encouraging hope, adapting the environment, identifying social supports, and building on clients’ assets. The client should be allowed to talk about his or her disability and not have to try to be an example of nobility by expressing only positive outcomes. Clients must be given an opportunity to acknowledge their loss and express grief. Although clients can be taught how to compensate for limitations, asking others for help is not always the best approach.

DIF: Cognitive Level: Analysis REF: p. 674