Brain and Spinal Cord Injuries

1) A traumatic brain injury
   a) Causes pressure on the brain.
   b) Is preceded by a TIA.
   c) Decreases pressure on the brain.
   d) Is usually caused by atherosclerosis.

2) The most common type of brain injury is:
   a) Stroke.
   b) Infection.
   c) TIA.
   d) Cancer.

3) The correct definition of a stroke is:
   a) A temporary interruption of blood flow to the brain that does not cause damage.
   b) An infection of the brain or spinal cord.
   c) A sudden disruption of blood supply to the brain that can cause permanent damage.
   d) A disruption of blood supply to the brain caused by a cardiac arrhythmia.

4) The two types of stroke are:
   a) Transient and ischemic.
   b) Hemorrhagic and ischemic.
   c) Infectious and hemorrhagic.
   d) Temporary and permanent.

5) Stroke can cause serious brain damage because
   a) It decreases heart rate and elevates blood pressure.
   b) The brain needs less oxygen than other parts of the body.
   c) It decreases body temperature.
   d) The brain cannot tolerate lack of oxygen for very long.

6) Risk factors for stroke include:
   a) Age 30 or younger, alcohol abuse, female gender.
   b) Chronic lung disease, diabetes, hypertension.
   c) Caucasian background, female gender, hypertension.
   d) Age 65 or older, ethnic background, and atrial fibrillation.

7) Which of these arrhythmias is a risk factor for stroke?
   a) Atrial fibrillation.
   b) Sinus bradycardia.
   c) Premature ventricular contractions.
   d) Second degree heart block
8) A stroke causes brain damage by
   a) Lowering blood pressure to a dangerous level.
   b) Increasing the amounts of oxygen and nutrients needed by the brain.
   c) Disrupting blood flow and oxygen delivery to the brain.
   d) Dramatically increasing blood sugar.

9) Which of the following are typical signs of a stroke?
   a) Weakness, inability to speak, severe headache.
   b) Chest pain, difficulty breathing, sweating.
   c) Severe abdominal pain, nausea, vomiting.
   d) Severe pain and weakness in the upper extremities only.

10) The acronym FAST stands for:
    a) Fear, agitation, stress, and time.
    b) Face, arms, speech, and time.
    c) Face, aphasia, solution, time.
    d) Factor, appearance, stress, and time.

11) The most important aspect of stroke care is:
    a) Immediate evaluation by a surgeon.
    b) Immediate administration of thrombolytics.
    c) Prompt evaluation by a physical therapist.
    d) Prompt medical attention.

12) Ischemic strokes are *primarily* treated with
    a) Thrombolytics.
    b) Diuretics.
    c) Steroids.
    d) Analgesics.

13) A hemorrhagic stroke should *not* be treated with
    a) Anti-hypertensives.
    b) Thrombolytics.
    c) Steroids.
    d) Anti-depressants.

14) Which of the following are common complications of stroke and spinal cord injury?
    a) Hypertension and cardiac arrhythmias.
    b) Urinary retention and ischemic bowel.
    c) Aspiration and depression.
    d) TIA and hypotension.
15) Which of the following are common complications of stroke and spinal cord injury?
   a) Urinary and fecal incontinence.
   b) Kidney stones and pulmonary embolism.
   c) Deep vein thrombosis and sleep apnea.
   d) Liver damage and hypertension.

16) The signs and symptoms of a spinal cord injury are
   a) Similar to those of a stroke but they are less severe.
   b) Very different from those of a stroke and less severe.
   c) Very different from those of a stroke and they are less severe.
   d) Are similar to those of a stroke and they are more severe.

17) The disability caused by a spinal cord injury is determined by:
   a) The location of the injury.
   b) The age of the victim.
   c) The blood supply to the area of injury.
   d) The patient’s blood pressure and heart rate at the time of the injury.

18) People who have suffered a spinal cord injury often have disabilities that
   a) Are permanent.
   b) Resolve within 72 hours.
   c) Respond well to treatment.
   d) Affect women more than men.

19) A TIA differs from a stroke because:
   a) Blood supply is not spontaneously restored and permanent brain damage is likely.
   b) The risk factors of a TIA and a stroke are very different.
   c) Blood supply is spontaneously restored and permanent brain damage doesn’t occur.
   d) TIAs are primarily caused by cancer or an infection.

20) A TIA is considered to be
   a) More serious than a stroke.
   b) A warning sign of a future stroke.
   c) An indication that the patient is unlikely to have a stroke.
   d) Treatable with thrombolitics.