1. How frequently are immobile patients in ICU manually turned, according to research?
   a. every 2 hours
   b. every 3 hours
   c. slightly more than every 5 hours
   d. every 8 hours

2. A 2007 study that studied progressive mobility in ICU patients and related adverse effects found the occurrence was:
   a. <1 percent
   b. 5 percent
   c. >10 percent
   d. 20 percent

3. The critical time when ventilator-associated pneumonia occurs in intubated patients is:
   a. 8 hours post intubation
   b. 24-48 hours post intubation
   c. 3-5 days post intubation
d. 1 week post intubation

4. All of the following are cardiac complications resulting from immobility EXCEPT:
   a. plasma volume is decreased by 8-10 percent
   b. cardiac output is decreased
   c. fluid shifts result in decreased baroreceptor sensitivity
d. atrial arrhythmias occur

5. The primary factor involved in skin breakdown in immobilized patients is:
   a. reduced perfusion
   b. moisture
   c. poor nutrition
d. friction

6. Patients in ICU sleep how many hours during a 24-hour period?
   a. 2 hours
   b. 4 hours
c. 8 hours
d. >10 hours

7. All of the following are contraindications to early mobilization in ICU patients EXCEPT:
   a. unstable fractures
   b. patient is on intra-aortic balloon
c. signs and symptoms of cardiac ischemia
d. patient is receiving pain medication

8. The current practice for mobilizing critically ill patients in ICU begins:
   a. upon admission to ICU
   b. the first day post admission
c. when the patient has been weaned from the ventilator
d. when the patient is hemodynamically stable and respiratory parameters are stable

9. The key to early mobilization of critically ill patients is:
   a. a nursing priority
   b. to complete a physical assessment as quickly as possible
c. to collaborate with the interdisciplinary team upon admission and begin the treatment plan
d. dependent on the patient’s age and neurological status

10. How many patients, when discharged from ICU, can’t walk independently?
   a. 10 percent
   b. 25 percent
c. 50 percent
d. 75 percent

Evaluation

1. I can identify the pathophysiologic sequela of patient immobility.
   a. strongly agree
   b. agree
   c. neutral
d. disagree
e. strongly disagree

2. I can list barriers and challenges to early patient mobility and ambulation.
   a. strongly agree
   b. agree
   c. neutral
d. disagree
e. strongly disagree

3. I can discuss the goals of early ambulation.
   a. strongly agree
   b. agree
   c. neutral
d. disagree
e. strongly disagree

4. The objectives relate to the overall goal of the article.
   a. strongly agree
   b. agree
   c. neutral
d. disagree
e. strongly disagree

5. The article is well-written and logically organized, and defines terms adequately.
   a. strongly agree
   b. agree
   c. neutral
d. disagree
e. strongly disagree

Safe Mobility for ICU Patients

Registration/Answer Form #394

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2. A B C D
3. A B C D
4. A B C D
5. A B C D
6. A B C D
7. A B C D
8. A B C D
9. A B C D
10. A B C D

EVALUATION
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2. A B C D E
3. A B C D E
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