

**PLEASE CIRCLE THE CORRECT ANSWER**

- 1) What parts of care are a daily need for people with traumatic spinal cord injuries?
  - a) Urinary catheterization
  - b) Skin checks/assessment
  - c) Bowel programs/digital stimulation
  - d) All of the above
  
- 2) Autonomic dysreflexia (AD) is an uncontrolled episode of increased systolic blood pressure of \_\_\_\_\_ that is often accompanied by bradycardia
  - a) 20 mmHg or more
  - b) 40 mmHg or more
  - c) 60 mmHg or more
  - d) 10 mmHg or less
  
- 3) Autonomic dysreflexia is seen in anyone who has an injury at what level of the spine?
  - a) T6 and above
  - b) C5 and C6
  - c) T6 and below
  - d) Cervical injuries only
  
- 4) The three main causes of autonomic dysreflexia are called the "3 P's." These stand for what:
  - a) Pee, poop, pain
  - b) Pee, puncture wounds, pain
  - c) Percussion, palpation, pain
  - d) Poop, pressure, position
  
- 5) The best way to relieve symptoms of autonomic dysreflexia is to:
  - a) Quickly remove the noxious stimuli
  - b) Give nifedipine or other blood pressure medication
  - c) Ask the patient what their needs are and what works for the fastest relief at home
  - d) Assume the issue is bladder related and disregard the patient's insight
  
- 6) Can a patient with spinal cord injury get hypothermia even in the summer?
  - a) Yes, their body temperature will often adjust to the environment they are in so this can be a concern on cool nights or air-conditioned buildings
  - b) No, their body temperatures will self regulate
  
- 7) Which areas of the body need to be assessed for yeast growth that can cause a wound?
  - a) Bony prominences
  - b) Breasts, underarms, groin, and genitals
  - c) Hips and knees
  - d) Arms and elbows

RURAL MEDICINE MEETS ADAPTED CAMP

POST TEST AND EVALUATION

- 8) Work in rural medicine requires teamwork that is:
- a) Hands-on
  - b) Collaborative
  - c) Safe and Effective
  - d) All of the above
- 9) The most important aspect of care for patients with disabilities:
- a) Ability to listen and learn
  - b) Ability to think quickly
  - c) Ability to work without guidance
  - d) Textbook knowledge
- 10) Camp medicine requires:
- a) Preparation and quality of care
  - b) Time management
  - c) Thorough background knowledge
  - d) Reliance on medical equipment for assessments

PLEASE COMPLETE THE FOLLOWING FORM COMPLETELY

(Please PRINT clearly)

NAME			
ADDRESS			
CITY			
STATE		ZIP CODE	
PHONE			
EMAIL ADDRESS (required to receive CE certificate)			
If you do not have an email please enclose a SASE to receive certificate.			

	ANA-ILLINOIS MEMBER \$8.00	ANA-ILLINOIS ID#
	NON MEMBER \$15.00	

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POST TEST AND EVALUATION

Evaluation

Strongly Agree (5)

Strongly Disagree (1)

5

4

3

2

1

***To what extent did completing this self-study allow you to achieve the outcome below: Use the scale above to respond.***

*After reading the article, I have increased knowledge of the preparation necessary to care and treat camp participants with spinal cord injuries.*

How many minutes did it take you to read and complete this program? \_\_\_\_\_

Suggestions for improvement? Future topics? \_\_\_\_\_

ILLINOIS NURSES FOUNDATION

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