



Musculoskeletal and Mobility

Total points 9/33

How do the structures of the human body work together to provide support and assist in movement?

1/1

The skeleton provides a structural framework This is moved by the muscles that contract or extend and in order to function, cross at least one joint and are attached to the articulating bones

The muscles provide a structural framework and are moved by bones to which they are attached by ligaments

The skeleton provides a structural framework; this is moved by ligaments that stretch and contract

The muscles provide a structural framework, moving by contracting or extending, crossing at least one joint and attached to the articulating bones

What is abduction?

0/1

Any motion of the limbs or other body parts that pulls away from the midline of the body

The bending of a joint so as to bring together the parts it connects

The straightening of a joint

The movement of a body part toward the body's midline

Correct answer

Any motion of the limbs or other body parts that pulls away from the midline of the body

What does 'muscle atrophy' mean?

0/1

Increase in muscle mass



Loss of muscle mass
A change in the shape of muscles
Disease of the muscle

Correct answer

Loss of muscle mass

What are the most common effects of inactivity?

0/1

Pulmonary embolism, urinary tract infection and fear of people
Deep arterial thrombosis, respiratory infection, fear of movement, loss of consciousness, deconditioning of cardiovascular system leading to an increased risk of angina

Loss of weight, frustration and deep vein thrombosis
Social isolation, loss of independence, exacerbation of symptoms, rapid loss of strength in leg muscles, deconditioning of cardiovascular system leading to increased risk of chest infection, and pulmonary embolism

Correct answer

Social isolation, loss of independence, exacerbation of symptoms, rapid loss of strength in leg muscles, deconditioning of cardiovascular system leading to increased risk of chest infection, and pulmonary embolism

Which of the following describes the proper use of Zimmer frame?

0/1

To sit, instruct the patient to back up until the legs touches the chair, then use hands to feel the seat behind him

Position the walker about one step ahead and make sure that all four legs of the walker are on the ground
To stand up, the patient should push self up using the strength of elbows and grasp the walker's handgrips
All of the above

Correct answer

Position the walker about one step ahead and make sure that all four legs of the walker are on the ground



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Which is not part of the instructions for appropriate use of Zimmer frame?

1/1

Walk towards the frame stepping one foot in front of the other

If one leg is affected more than the other, step with this leg first

The patient can pull self up when using the frame

Never use the frame to go up and down stairs It is not possible to walk up the stairs it may be necessary to go up and down on your bottom

Proper technique to use walker or Zimmer frame

1/1

move 10 feet, take small steps

move 10 feet, take large wide steps

move 12 feet

transform weight to walker and walk

What a patient should not do when using Zimmer frame?

0/1

It can be used outside

Don't carry any other thing with walker

Push walker forward when using

Slide walker forward

Correct answer

Don't carry any other thing with walker

What should be taught to a client about use of Zimmer frame

0/1

Move affected leg first

Move unaffected leg

Move both legs together



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Correct answer

Move affected leg first

The nurse is giving the client with a left cast crutch walking instructions using the three point gait. The client is allowed touchdown of the affected leg. The nurse tells the client to advance the:

1/1

Left leg and right crutch then right leg and left crutch
Crutches and then both legs simultaneously
Crutches and the right leg then advance the left leg
Crutches and the left leg then advance the right leg

Nurse is teaching patient about crutch walking which is incorrect?

1/1

Take long strides

Take small strides
Instruct to put weight on hands

The client advanced his left crutch first followed by the right foot, then the right crutch followed by the left foot. What type of gait is the client using?

0/1

Swing to gait
Three point gait

Four point gait
Swing through gait

Correct answer

Four point gait

The most advanced gait used in crutch walking is:

0/1

Four point gait



Three point gait

Swing to gait

Swing through gait

Correct answer

Swing through gait

The nurse should consider performing preparatory exercises on which muscle to prevent flexion or buckling during crutch walking?

0/1

Shoulder depressor muscles

Forearm extensor muscles

Wrist extensor muscles

Finger and thumb flexor muscles

Correct answer

Forearm extensor muscles

The nurse is measuring the crutch using the patient's height. How many inches should the nurse subtract from the patient's height to obtain the approximate measurement?

0/1

10 inches

16 inches

9 inches

5 inches

Correct answer

16 inches

In going up the stairs with crutches, the nurse should instruct the patient to:

0/1



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Advance the stronger leg first up to the step then advance the crutches and the weaker extremity

Advance the crutches to the step then the weaker leg is advanced after The stronger leg then follows

Advance both crutches and lift both feet and swing forward landing next to crutches

Place both crutches in the hand on the side of the affected extremity

Correct answer

Advance the stronger leg first up to the step then advance the crutches and the weaker extremity

The patient can be selected with a crutch gait depending on the following apart from:

0/1

Patient's physical condition

Arm and truck strength

Body balance

Coping mechanism

Correct answer

Coping mechanism

When using crutches, what part of the body should absorb the patient's weight?

0/1

Armpits

Hands

Back

Shoulders

Correct answer

Hands



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A nurse is caring for a patient with canes. After providing instruction on proper cane use, the patient is asked to repeat the instructions given. Which of the following patient statement needs further instruction?

0/1

'The hand opposite to the affected extremity holds the cane to widen the base of support and to reduce stress on the affected limb'

'As the cane is advanced, the affected leg is also moved forward at the same time'

'When the unaffected extremity begins the swing phase, the client should bear down on the cane'

To go up the stairs, place the cane and affected extremity down on the step
Then step down the unaffected extremity'

Correct answer

To go up the stairs, place the cane and affected extremity down on the step
Then step down the unaffected extremity'

To promote stability for a patient using walkers, the nurse should instruct the patient to place his hands at:

0/1

The sides of the walker

The hips

The hand grips

The tips

Correct answer

The hand grips

A client is ambulating with a walker. The nurse corrects the walking pattern of the patient if he does which of the following?

0/1

The patient walks first and then lifts the walker

The walker is held on the hand grips for stability



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The patient's body weight is supported by the hands when advancing his weaker leg
All of these

Correct answer

The patient walks first and then lifts the walker

The nurse should adjust the walker at which level to promote safety and stability?

0/1

Knee

Hip

Chest

Armpit

Correct answer

Hip

The nurse is caring for an immobile client. The nurse is promoting interventions to prevent foot drop from occurring. Which of the following is least likely a cause of foot drop?

1/1

Bed rest

Lack of exercise

Incorrect bed positioning

Bedding weight that forces the toes into plantar flexion

What is the clinical benefit of active ankle movements?

0/1

To assist with circulation

To lower the risk of a DVT

To maintain joint range



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All of the above

Correct answer

All of the above

Compartment syndrome develops with increased pressure within a group of muscles that causes a decrease in blood supply to the affected muscles. All of the following are characteristics of acute compartment syndrome, except?

0/1

Not a medical emergency

Happens suddenly, usually after a fracture or severe tissue injury

Happens usually after repetitive-motion exercise and pain is not relieved by rest

Will need to be urgently diagnosed and treated to prevent permanent muscle damage

Correct answer

Not a medical emergency

What serious condition is a possibility for patients positioned in the Lloyd Davies position during surgery?

1/1

Stroke

Cardiac arrest

Compartment syndrome

There are no drawbacks to the Lloyd Davies position

Which is not true about compartment syndrome?

1/1

Compartment syndrome is a life-threatening complication of the Lloyd Davis position and occurs when perfusion falls below tissue pressure in a closed anatomical space



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Compartment syndrome is a life-threatening complication of the Lloyd Davis position that can lead to necrosis, functional impairment, possible renal failure and death, if left untreated

Compartment syndrome is a life-threatening complication of the Lloyd Davis position that develops through a combination of prolonged hypovolaemia and lack of perfusion of muscle within a tight osseofascial compartment

Compartment syndrome is a life-threatening complication of the Lloyd Davis position and the use of compression stockings and intermittent compression devices should be approached with caution

What is not true about compartment syndrome?

0/1

Is a painful and potentially serious condition caused by bleeding or swelling within an enclosed bundle of muscles

It occurs when pressure within a compartment increases and affects the function of the muscle and tissues

Is defined by a critical pressure increase within a confined compartmental space, causing a decline in the perfusion pressure to the compartment tissue
Compartment syndrome most commonly occurs in compartments in the leg or thigh

Correct answer

Compartment syndrome most commonly occurs in compartments in the leg or thigh

Patient is post op repair of tibia and fibula, possible signs of compartment syndrome include:

0/1

Numbness and tingling

Cool dusky toes

Pain

Toes swelling



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All of the above

Correct answer

All of the above

Patient has tibia fibula fracture. Which one of the following is not a symptom of compartment syndrome

0/1

Pain not subsiding even after giving epidural analgesia

Nausea and vomiting

Tingling and numbness of the lower limb

Cold extremities

Correct answer

Nausea and vomiting

What would you do if a patient with diabetes and peripheral neuropathy requires assistance cutting his toe nails?

0/1

Document clearly the reason for not cutting his toe nails and refer him to a chiropodist

Document clearly the reason for not cutting his nails and ask the ward sister to do it

Have a go and if you run into trouble, stop and refer to the chiropodist

Speak to the patient's GP to ask for referral to the chiropodist, but make a start while the patient is in hospital

Correct answer

Document clearly the reason for not cutting his toe nails and refer him to a chiropodist

The most commonly injured carpal bone is:

1/1

the scaphoid bone



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the triquetral bone
the pisiform bone
the hamate bone

Carpal tunnel syndrome is caused by compression of which nerve:

0/1

Median nerve

Axillary nerve

Ulnar nerve

Radial nerve

Correct answer

Median nerve