Sample Test

1. Once the swallow has gone from voluntary to involuntary control:
   A. The remainder of the swallow is primarily controlled reflexively
   B. The risk of aspiration is diminished
   C. Cricopharyngeal tone increases until the bolus passes through the UES
   D. The hyoid and thyrohyoid will approximate

2. The hyoglossus is primarily active during which function of the swallow?
   A. Lip closure
   B. Tongue base retraction
   C. Pharyngeal constriction
   D. UES opening

3. A patient 2 weeks post-extubation presents with signs of penetration during the swallow. Which of the following is a likely key impairment?
   A. Weakness of hyolaryngeal excursion muscles
   B. Stiffness of the upper esophageal sphincter
   C. Weakness of velopharyngeal musculature
   D. Stiffness of hyolaryngeal protractors

4. NMES is indicated for:
   A. Decreasing pain
   B. Muscle strengthening
   C. Wound healing
   D. Peripheral nerve lesions

5. Decreased UES opening is noted on an MBS of a patient. Which of the following interventions may promote UES opening?
   A. Shaker exercise
   B. Head turn
   C. Chin tuck
   D. Double swallow

6. Which of the following best characterizes ALS?
   A. Primarily upper motor neuron involvement
   B. Primarily lower motor neuron involvement
   C. Mixed upper and lower motor neuron involvement
   D. Primarily peripheral nerve involvement

7. Which of the following physiological rationales is most responsible for promoting muscle strength and reverse atrophy during NMES therapy?
   A. Promote decreased sensory input and feedback to the patient
   B. Promote reduction of adipose tissue in the anterior neck musculature
   C. Promote Type I fiber recruitment and produce an asynchronous contraction
   D. Promote Type II fiber recruitment and produce a synchronous contraction

8. All of the following are components of evidence-based practice, except for:
   A. Clinical expertise
   B. Personal opinion or bias
   C. Patient values and preferences
   D. Best research evidence

9. The "biting" sensation caused by poor electrode contact can be explained by:
   A. Increasing current amplitude
   B. Increasing current density
   C. Increasing voltage
   D. Increasing current frequency

10. When using electrotherapy, resistance is measured in:
    A. MilliVolts (mV)
    B. Milliampere (mA)
    C. Ohms (Ω)
    D. Hertz (Hz)

11. According to I=V/R, when resistance increases and voltage stays the same, intensity will:
    A. Increase
    B. Decrease
    C. Stay the same
    D. Match the resistance

12. Which anatomical electrode placement is indicated in a patient presenting with a primary impairment of tongue weakness?
    A. Between hyoid bone and mandible
    B. Between TMJ and corner of the mouth
    C. Over the thyrohyoid musculature
    D. Over the anterior belly of the digastrics

13. Which of the following electrode placements is most likely to provide optimal recruitment of the orbicularis oris muscle?
    A. Placement over the buccal branch of the facial nerve
    B. Placement over the mandibular branch of the facial nerve
    C. Placement over the cephalic branch of the facial nerve
    D. Placement over the buccal branch of the facial nerve

14. The clinician is delivering NMES for the treatment of dysphagia using 25MA of current. All of the following are likely to responses except:
    A. The patient will experience a maximum level contraction.
    B. The patient will likely experience a submaximal contraction.
    C. The patient will not be able to superimpose a functional swallow
    D. The patient will report discomfort

15. Based on FDA clearance, which of the following is considered an off-label application for NMES for dysphagia?
    A. An application to muscles required for pharyngeal contraction
    B. An application to muscles required for hyolaryngeal excursion
    C. An application to stimulate tongue base retraction
    D. An application to elicit stronger vocal quality

Answer Key
1A, 2B, 3A, 4B, 5A, 6A, 7D, 8B, 9B, 10C, 11B, 12D, 13D, 14B, 15D

Practice tests provide examples of the type of items that you can expect to find on an examination; they are not intended to be study guides or to replace other forms of test preparation.