



# Sample Test

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.

- Once the swallow has gone from voluntary to involuntary control:
  - The remainder of the swallow is primarily controlled reflexively
  - The risk of aspiration is diminished
  - Cricopharyngeal tone increases until the bolus passes through the UES
  - The hyoid and thyrohyoid will approximate
- The hyoglossus is primarily active during which function of the swallow?
  - Lip closure
  - Tongue base retraction
  - Pharyngeal constriction
  - UES opening
- A patient 2 weeks post-extubation presents with signs of penetration during the swallow. Which of the following is a likely key impairment?
  - Weakness of hyolaryngeal excursion muscles
  - Stiffness of the upper esophageal sphincter
  - Weakness of velopharyngeal musculature
  - Stiffness of hyolaryngeal protractors
- NMES is indicated for:
  - Decreasing pain
  - Muscle strengthening
  - Wound healing
  - Peripheral nerve lesions
- Decreased UES opening is noted on an MBS of a patient. Which of the following interventions may promote UES opening?
  - Shaker exercise
  - Head turn
  - Chin tuck
  - Double swallow
- Which of the following best characterizes ALS?
  - Primarily upper motor neuron involvement
  - Primarily lower motor neuron involvement
  - Mixed upper and lower motor neuron involvement
  - Primarily peripheral nerve involvement
- Which of the following physiological rationales is most responsible for promoting muscle strength and reverse atrophy during NMES therapy?
  - Promote decreased of sensory input and feedback to the patient
  - Promote reduction of adipose tissue in the anterior neck musculature
  - Promote Type I fiber recruitment and produce an asynchronous contraction
  - Promote Type II fiber recruitment and produce a synchronous contraction
- All of the following are components of evidence-based practice, *except* for:
  - Clinical expertise
  - Personal opinion or bias
  - Patient values and preferences
  - Best research evidence
- The "biting" sensation caused by poor electrode contact can be explained by:
  - Increasing current amplitude
  - Increasing current density
  - Increasing voltage
  - Increasing current frequency
- When using electrotherapy, resistance is measured in:
  - MilliVolts (mV)
  - Milliamperes (mA)
  - Ohms ( $\Omega$ )
  - Hertz (Hz)
- According to  $I=V/R$ , when resistance increases and voltage stays the same, intensity will:
  - Increase
  - Decrease
  - Stay the same
  - Match the resistance
- Which anatomical electrode placement is indicated in a patient presenting with a primary impairment of tongue weakness?
  - Between hyoid bone and mandible
  - Between TMJ and corner of the mouth
  - Over the thyrohyoid musculature
  - Over the anterior belly of the digastrics
- Which of the following electrode placements is most likely to provide optimal recruitment of the orbicularis oris muscle?
  - Placement over the ocular branch of the facial nerve
  - Placement over the mandibular branch of the facial nerve
  - Placement over the cephalic branch of the facial nerve
  - Placement over the buccal branch of the facial nerve
- The clinician is delivering NMES for the treatment of dysphagia using 25MA of current. All of the following are likely to responses except:
  - The patient will experience a maximum level contraction.
  - The patient will likely experience a submaximal contraction.
  - The patient will not be able to superimpose a functional swallow
  - The patient will report discomfort
- Based on FDA clearance, which of the following is considered an off-label application for NMES for dysphagia?
  - An application to muscles required for pharyngeal contraction
  - An application to muscles required for hyolaryngeal excursion
  - An application to stimulate tongue base retraction
  - An application to elicit stronger vocal quality

Answer Key

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