



## Continuing Education Questionnaire

**Topic:** COVID-19: Neurocognitive & Psychological Effects

**Date:** October 30, 2020

**Write Your Name:** \_\_\_\_\_

Once this form is completed, please submit to [institute@neurorestorative.com](mailto:institute@neurorestorative.com)

1. COVID-19 causes a variety of symptoms. Which one does not belong?
  - a. Neurological symptoms
  - b. Cardiac symptoms
  - c. Kidney symptoms
  - d. Inability to read
  
2. The pandemic of 2020 in the United States has caused disruption in most things in life. For healthcare workers, they have particular vulnerability to medical, neurological, and psychological symptoms due to their exposure. The following condition has been found to occur in up to 73.4% of healthcare workers with symptoms persisting for up to 3 years in 10-40% of those sampled.
  - a. Anxiety
  - b. Depression
  - c. Post-traumatic stress
  - d. Parkinson's Disease
  
3. Personal Protective Equipment or PPE is used to prevent the spread of COVID-19 and reduce risk when in the community. Which of the below is NOT a fact?
  - a. Masks are unnecessary to reduce the risk of spread
  - b. Wearing a mask reduces the risk of spread by 80%
  - c. Even with a mask, exposure can occur
  - d. The incubation period (regardless of PPE used) for COVID-19 is 5-9 days, but the CDC has indicated the symptoms can be experienced as early as 2 days after exposure up to 12 days after.



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4. Statistics help us to understand basic spread of a virus such as COVID-19. Which statistic is true for the World Wide estimates for fatalities?
- a. Total population fatality rate is 1%
  - b. Total population fatality rate is 2-3%
  - c. Total population fatality rate is 5-6%
  - d. Total population fatality rate is 8-10%
5. Statistics for the United States are different then the world population. The United States population accounts for 4.25% of the world population. Which is false?
- a. The United States confirmed cases accounts for 22% of all confirmed cases worldwide
  - b. The United States confirmed cases accounts for 12% of all confirmed cases worldwide
  - c. The United States confirmed deaths accounts for 21% of all deaths worldwide
  - d. The Worldwide confirmed fatality rates estimates is 2-3% of the total population
6. Which COVID-19 symptoms do not belong:
- a. Fever or chills
  - b. Shortness of breath
  - c. Fatigue
  - d. Itchy ears
  - e. Loss of taste and smell
7. Which of the following are emergency warning signs of COVID that require immediate attention?
- a. Trouble breathing
  - b. Persistent pain or pressure in the chest
  - c. New confusion
  - d. Inability to stay awake
  - e. All of the above



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8. Which of the following are neurological conditions that have been associated with COVID-19?
- a. Brain hemorrhage
  - b. Ataxia
  - c. Leukemia
  - d. Loss of taste (ageusia)
9. Which of the following are unlikely neurological symptom that have been associated with COVID-19?
- a. Dizziness
  - b. Headaches
  - c. Impaired consciousness
  - d. Rash
10. Neuropsychological problems are beginning to be understood now that this virus has been around long enough to see the effects. The following are neuropsychological impairments that have been noted with COVID-19, except for...
- a. Attention and concentration impairment
  - b. Impairment with alertness and arousal
  - c. Memory impairment(s)
  - d. Bereavement
11. Neuropathological studies have revealed that there are changes that occur within the brain and spinal cord. Which of the following are changes observed in the brain?
- a. Brain tissue changes including inflammation that leads to neuronal death
  - b. Neurochemistry changes including activation of helper or support cells to neurons when injured
  - c. Skull bone fractures
  - d. Stroke(s)



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12. The association between the neurological effects of COVID-19 and traumatic brain injury is all of the following except:
- a. Both lead to chronic impairment or residual impairment
  - b. Both can lead to social isolation
  - c. Both cause dementia
  - d. Both can have a long recovery
13. Psychological effects are concerning with this virus because it leads to multiple potential problems. Which of the following is not a psychological concern?
- a. Suicide or suicidal ideation
  - b. Depression
  - c. Anxiety
  - d. Post-traumatic stress
  - d. Trichotillomania
14. Coping is essential when enduring a pandemic. Using cognitive behavior strategies may be effective in helping to reduce the problems associated with negative changes in mood. A method using the Cognitive Triad includes which of the following:
- a. Thoughts
  - b. Effort
  - c. Feelings
  - d. Behaviors
15. The following are additional techniques discussed to potentially help to alleviate the stresses associated with a pandemic. Which does NOT belong?
- a. Deep breathing
  - b. Deep breathing with guided imagery
  - c. Exercise
  - d. Completion of a daily living skills assessment