



# Continuing Education Questionnaire

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## **“Executive Cognitive Functions: Strategies to Facilitate Community Participation and Life Satisfaction Following Severe Traumatic Brain Injury (TBI)”**

1. In the presentation, client centered assessment is described as an important step in the process of improving executive cognitive deficits. Important aspects of that process include:

- A. Finding out what is most important to the family.**
- B. Determining what is important to the client and what how satisfied they are with performing these tasks.**
- C. Establishing treatment objectives based on information obtained from the medical record.**
- D. None of the above options are correct**

2. George is a 25-year-old male who sustained a severe traumatic brain injury in a motor vehicle accident nearly two years ago during his senior year of college. During the early stages of his functional assessment in a residential rehabilitation program, George becomes increasingly oppositional, frustrated, and verbally aggressive. The evaluating therapist notices that seems much more likely to occur during challenging tasks or when George receives feedback about performance or behavior. Once the challenging assessment task is terminated, George appears to quickly become pleasant and eagerly socializes with staff. Based on the information from the presentation, explanations for this behavior may include:

- A. Adults following TBI are generally ill prepared for needed feedback when lacking awareness of deficits and after being accustomed to pre-injury independence.**
- B. George appears to be demonstrating full awareness of deficits and has a high self-esteem. His behaviors towards the therapist are a reflection of the fact that the therapist fails to see that he is ready to return to his former role as a student.**
- C. The therapist is simply a poor match for George's needs.**
- D. None of the above are correct.**

3. Which of the following statements are true regarding the assessment of executive cognitive functions following TBI in natural or community settings?

- A. Given the limitations of neuropsychological tests, naturalistic assessment of executive abilities is an important component of the evaluation process**
- B. Because the focus of naturalistic observation is on activities of daily living, the analysis has more immediate relevance for treatment goals and treatment planning.**
- C. Actual performance of activities can facilitate awareness of deficits, a necessary component of the post-TBI rehabilitation process.**
- D. All of the above are correct**



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4. Characteristics of patients with poor executive functions include:

- A. Social inappropriateness
- B. Impulsive behaviors
- C. Difficulty seeing multiple solutions to a problem
- D. All of the above are correct
- E. A and C only

5. "Drives" associated with the limbic system include:

- A. Hunger
- B. Self-awareness
- C. Goal setting
- D. All of the above
- E. A and C only

6. Advantages of therapy groups include:

- A. They are cost effective
- B. They provide feedback related to social interactions
- C. They promote appropriate behaviors
- D. They provide the therapist with information on how the client is likely to interact in the larger society
- E. All of the above are correct

7. Persons with executive functions impairments often have difficulty establishing and maintaining new friendships.

- True
- False

8. During the community re-entry assessment process with a 30 year-old mother of three who is three years post severe TBI, a therapist asks the client to rate her ability to perform various tasks. The therapist then asks a family member, very familiar with the client's recovery and current functioning, to rate her performance on similar functional tasks, including coping, socialization, home management, and general behavior. The executive cognitive deficit most likely being targeted in this type of assessment activity is:

- A. Problem Solving
- B. Mental Flexibility
- C. Self-Awareness of deficits
- D. Initiation



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9. Goal setting, as it pertains to executive dysfunction following TBI, can be considered both a clinical aspect of the rehabilitation process and a specific deficit area associated with impaired executive functions. During a client's functional assessment, the therapist attempts to get her engaged in the rehabilitation process and establish client centered treatment goals. Important areas to consider during this aspect of the assessment process include:

- A. Telling the client what her problems are what she needs to work on in therapy.**
- B. Asking the client about activities that are important to her and getting perceptions about how well she functions in the areas that she identifies as wanting or needing to do.**
- C. Telling the client that you've reviewed her medical record and spoke with her family and that you will be establishing your treatment plan based on that.**
- D. None of the above are correct**

10. Self-reported life satisfaction is an important element of quality of life and rehabilitation outcome. Which of the following statements are true regarding life satisfaction and rehabilitation following TBI?

- A. Despite making clinical gains, self-reported life satisfaction may decrease (at least temporarily) as one gains awareness into impairments and functional limitations.**
- B. Marital status and, in particular, family satisfaction is unrelated to life satisfaction post TBI.**
- C. According to the study by Wheeler (2012), client life satisfaction decreased at both three months and one-year follow-up despite significant increases in home integration, social integration, and productive activity during that period during community based rehabilitation.**
- D. None of the above are correct.**