



# Continuing Education Questionnaire

**Write Your Name:**

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## “How to Impact Initiation in Brain Injury Recovery”

1. Which of the following is true for the frontal lobes?
  - A. Approximately 30% of the brain mass is the frontal lobe
  - B. The frontal lobes regulate and manage the entire brain system
  - C. The frontal lobes can be broken down into smaller components that help to understand the many tasks this system manages
  - D. All of the above
  - E. None of the above
2. The frontal lobes help to manage the following...
  - A. Social regulation
  - B. Awareness of self and deficit(s)
  - C. Initiation
  - D. All of the above
  - E. None of the above
3. The frontal lobes manage language and cognition (thinking). Other cognitive functions that are regulated in this system include...
  - A. Attention
  - B. Moderate to complex processing
  - C. Memory integration
  - D. Visual-perceptual skills
  - E. Items A and B
  - F. Items C and D
  - G. Items A, B, C
  - H. None of the above
4. In brain injury, the frontal lobes can be impacted causing significant impairment in the following:
  - A. Self-directed behaviors
  - B. Problem solving
  - C. Emotional control
  - D. All of the above
  - E. A and C only
  - F. B and C only



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5. Executive Functions refers to the integrative cognitive processes that determine goal-directed and purposeful behavior. Which is true?

- A. Executive functions are not part of the frontal lobes
- B. Executive functions are part of the frontal lobes
- C. Executive functions allow for the orderly execution of daily functions
- D. A only
- E. B and C only

6. Executive function deficits are most evident in the following situations after injury...

- A. In familiar surroundings with familiar people
- B. In unfamiliar surroundings with unfamiliar people
- C. In novel situations
- D. In complex situations
- E. B only
- F. A, C, D only

7. Research completed in 2016 revealed there is a neurobehavioral syndrome. Which is not included in this syndrome?

- A. Irritability, Agitation, and Aggression
- B. Impaired Awareness
- C. Impaired Initiation
- D. Impaired Memory

8. When considering Initiation and Inhibition, which is not true?

- A. Inhibition is the stopping of an activity, behavior, thought, or mood
- B. Initiation is the starting of an activity, behavior, thought, or mood
- C. Initiation can be evaluated when completing simple tasks
- D. Inhibition is part of the planning phase

9. Cognitive hierarchy does not include which of the following?

- A. Initiation and Inhibition
- B. Sensory information
- C. Memory
- D. Language comprehension and expression
- E. Study Skills

10. In the current research of Lewis & Horn (2017), Initiation accounts for the following percentage of outcome in post-hospital care?

- A. 41%
- B. 32%
- C. 9%
- D. 6%



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11. The following is a basic strategy when working with executive dysfunction.
- A. Identify the task, implement, plan, compare results, evaluate outcome**
  - B. Identify the task, plan, implement, compare results of expected to actual, evaluate outcome**
  - C. Plan, implement, compare results of expected to actual, evaluate outcome**
12. When completing rehabilitation efforts for executive dysfunction and initiation impairments, the level of injury has an impact on the strategies used. Which of the following is NOT true?
- A. In mild injuries, greater focus can be placed on internalized strategies but external strategies are also important**
  - B. In moderate injuries, the focus is equal emphasis for internalized and externalized strategies**
  - C. In severe injuries, greater focus can be placed on externalized strategies but internalized strategies can be used as a person shows more recovery**
  - D. It does not matter if you use internalized or externalized strategies, executive deficits do not improve**
13. Which is true regarding medication use and initiation impairments?
- A. Medications are not helpful**
  - B. Medications might be helpful**
  - C. Medications have shown to be effective, especially if dopamine regulation is the goal**
  - D. Only mood stabilizers have been shown to be effective**
14. Initiation impairment can be from many sources including resistance to intervention or treatment. Which is false?
- A. Psychological resistance is related to “not wanting to do it**
  - B. Cognitive resistance is related to being cognitively overwhelmed by the task at hand**
  - C. Resistance can be a sign that the person is not ready to progress to the next level of difficulty**
  - D. Resistance should be ignored because it implies laziness in the person being treated**