1. What percentage of older hospitalized patients lose some degree of function during a hospital stay?
   A. 10%.
   B. 25%.
   C. 50%.
   D. 75%.

2. Patients who are hospitalized lose _____ of spontaneous physical activity.
   A. 10%.
   B. 30%.
   C. 50%.
   D. 75%.

3. Which of the following statements is FALSE?
   A. Muscle breakdown occurs as early as several hours from the onset of immobility or disuse, independent of any injury or illness.
   B. Muscle injury and loss primarily occur when a patient acquires critical illness polyneuropathy.
   C. ICU patients can lose up to 50% of muscle mass in 2 weeks.
   D. Inactivity, age, and inflammation are each important elements of muscle loss in older ICU patients.

4. Research on early mobilization of ICU patients has:
   A. been active and ongoing for the past 20 years.
   B. included a wide variety of types of patients.
   C. primarily included patients who have been mechanically ventilated.
   D. included a uniform definition of activity.

5. “Progressive mobility” or “early mobilization” refers to:
   A. clinical care activities used to promote mobility in a stepwise fashion.
   B. interventions as basic as sitting on the side of the bed.
   C. activities proven to be feasible in ventilated and sedated patients.
   D. all of the above.
6. Studies have shown that early mobility in the ICU can lead to:
   A. shorter hospital stays, quicker progress to active physical therapy, and fewer readmissions.
   B. patients getting out of bed earlier but with higher risk of falls.
   C. increases in muscle testing and hand-grip strength.
   D. increased use of sedation.

7. The study of activity in the ICU has primarily quantified level of activity by:
   A. reporting distance walked.
   B. describing the type of activity (e.g., walking, sitting).
   C. reporting number of therapy consultations.
   D. all of the above.

8. The technology that has been used to promote activity in ICU patients includes:
   A. positional activity devices, bedside ergometers, and continuous lateral rotation therapy.
   B. specially designed equipment to combine walking assistance and equipment management.
   C. equipment that has been minimally studied and not widely used.
   D. all of the above.

9. Examples of more subjective measures of activity include all of the following EXCEPT:
   A. reports on activity level by nursing, other staff, and patients.
   B. chart review documenting activity by type or occurrence.
   C. activity counts of duration, frequency, and intensity of movement.
   D. observational reports of types of activities.

10. Factors that influence the level of progressive activity promoted in any ICU include:
    A. staffing issues, time constraints, and default activity orders.
    B. patients’ severity of illness and level of sedation.
    C. individual unit culture around mobility and shorter lengths of stay.
    D. all of the above.