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Question: 1

The primary difference between work conditioning and work hardening is:

- A. work hardening is more intensive and multidisciplinary.
- B. work conditioning is of shorter duration.
- C. work hardening is done prior to work conditioning.
- D. work conditioning involves more work simulation.

Answer: A

Explanation:

Work hardening is more intensive and multidisciplinary than work conditioning and is usually done after work conditioning and for shorter periods of time, such as for 2-3 weeks, but may be conducted up to 8 hours daily with simulated or real work activities. Some work hardening may be done at the job site. Work hardening typically comprises equal parts cardiovascular training, injury-specific therapy and tasks, and work activities. Work conditioning focuses on physical therapy to increase strength and restore physical capacity to carry out work and may include work simulations.

Question: 2

A score of 16 on the Addiction Research Foundation's Clinical Institute Withdrawal Assessment of Alcohol Scale, Revised, indicates:

- A. severe withdrawal.
- B. moderate withdrawal.
- C. mild withdrawal.
- D. no withdrawal.

Answer: A

Explanation:

A score over 15 on the Addiction Research Foundation's Clinical Institute Withdrawal Assessment of Alcohol Scale, Revised, indicates severe withdrawal. Scores below 8 indicate mild withdrawal and 8 to 15, moderate withdrawal. The scale assesses nausea and vomiting, tremor, paroxysmal sweats, anxiety, agitation, tactile disturbances, auditory disturbances, visual disturbances, headaches, and orientation/clouding of sensorium. This assessment tool helps to determine which protocol of treatment to use for those experiencing alcohol withdrawal; withdrawal medications are usually needed for scores 10 and above.

Question: 3

Boundary ambiguity occurs in a family when:

- A. a client moves in and out of an inpatient facility.
- B. a client is physically present but not psychologically or mentally.
- C. a client acts inappropriately at times.
- D. a client is unsure of his or her role in the family.

Answer: B

Explanation:

Boundary ambiguity occurs when family perceives a client as physically present in the home or environment but mentally absent (or vice versa), often with little interaction. This can add to family stress and cause confusion because family members are not sure of the client's role in the family and have unclear expectations about how the client will interact or act. Boundary ambiguity is common with mental disabilities but may occur in other circumstances as well, such as when a member with a disability moves from the home environment to independent living.

Question: 4

The most common neurological complication of HIV/AIDS is:

- A. dementia.
- B. paralysis.
- C. peripheral neuropathy.
- D. tremors.

Answer: C

Explanation:

Peripheral neuropathy, most often distal sensory polyneuropathy (DSP), occurs in about 33% of those with HIV/AIDS and is the most common neurological complication resulting from the virus, treatment, or opportunistic infections. Clients typically experience numbness, burning, pain, or tingling in the hands and feet. A "stocking-glove" pattern affecting the hands and wrists may result in impaired fine motor skills. Clients are at increased risk of injury because of decreased sensation, and those with peripheral neuropathy affecting the feet are at increased risk of falls.

Question: 5

The primary focus of rehabilitation is to:

- A. restore function and role.
- B. compensate for disability.

- C. promote independence.
- D. prevent complications.

Answer: A

Explanation:

The primary focus of rehabilitation is to restore a client's function as much as possible and to restore the client's role in the family, in society, or in the workplace. This may involve the use of aids or assistive devices, functional training, retraining, psychological support to allow the client to accept changes, and involvement of family and friends to help maintain social contacts and a support system. Rehabilitation should begin immediately to help the client overcome biological, psychological, and social barriers to involvement in life and work activities.

Question: 6

When consulting with an employer about an employee with Asperger's syndrome who becomes very flustered and cannot function well in an open office when other staff members are talking, an appropriate first accommodation to recommend is:

- A. relocate client's desk away from others.
- B. allow the client to have a support animal to reduce stress.
- C. assign a mentor to help the client remain organized.
- D. provide noise-cancelling earphones to reduce auditory input.

Answer: D

Explanation:

Clients with Asperger's syndrome, a form of autism spectrum disorder, may be hypersensitive to sound and may benefit from sound-cancelling earphones or other methods to decrease auditory stimulation, such as sound absorption panels. In some cases, relocating the client may be necessary if other methods are unsuccessful. Support animals may be used to reduce nonspecific or generalized stress and anxiety. Those with Asperger's syndrome may have difficulty managing workplace stress, such as conflicts or deadlines, but identifying and alleviating the stressor may be more helpful. Mentors may help clients remain organized and stay on task.

Question: 7

A veteran who is disabled and has completed a vocational rehabilitation program because of a below-knee amputation, is hired as an apprentice for on-the-job training. The employer is eligible for:

- A. federal tax credit.
- B. reimbursement for the entire veteran's complete salary.
- C. reimbursement for 50% of the veteran's salary.
- D. disabled access credit

Answer: A

Explanation:

An employer who hires a veteran that is disabled for on-the-job training as an apprentice is eligible for a federal tax credit. Additionally, the Department of Veteran Affairs Veterans Benefits Administration's Vocational Rehabilitation and Employment (VR&E) Program will provide supplementary income to the level of journeyman. Reimbursement for up to 50% of the veteran's salary for up to 6 months is provided for those facing severe obstacles to employment as part of the Special Employment Incentive Program. Disabled access credit is intended as a tax credit for small businesses to comply with ADA requirements.

Question: 8

In business terminology, real capital is:

- A. money that is owed to the company.
- B. current assets, excluding inventories.
- C. physical goods, such as equipment, used to produce products.
- D. earnings.

Answer: C

Explanation:

Real capital includes the physical goods, such as equipment, used to produce products, while financial capital includes money available to purchase real capital. Accounts receivable is the money that is owed to the company by customers. Quick assets include all current assets (savings, buildings) that could be liquidated to meet obligations, excluding inventory. Earnings comprises the company's net income, which is the earnings the company has after deducting for business costs, such as depreciation, taxes, maintenance, and interest.

Question: 9

The supported employment model in which a small group of clients with disabilities are trained, work together, and are supervised in a work environment that includes other employees without disabilities is the:

- A. mobile work model.
- B. enclave model.
- C. small business model.
- D. individual placement model.

Answer: B

Explanation:

In the enclave model of supported employment a small group of clients with disabilities are

trained and supervised, working together in a work environment with employees without disabilities. In a dispersed enclave model, the group members work separately in different areas of the company. The dispersed model is most common in service industries. The mobile work model comprises a small group of people with disabilities who provide services in a self-contained business. In the individual placement model, a client is placed individually in employment. In the small business model, a company may employ a small number of people with disabilities in various positions.

Question: 10

In independent living services, the primary purpose of volunteer peer counselors is to:

- A. increase awareness of living options and provide support.
- B. provide advocacy for clients with disabilities.
- C. serve as role models in the community.
- D. provide education to clients with disabilities.

Answer: A

Explanation:

While volunteer peer counselors' roles vary from one independent living service center to another, generally their primary role is to increase awareness of living options by sharing their own experiences and to provide support and encouragement. Peer counselors need good problem-solving skills and must exhibit a caring attitude to gain the trust of clients. Peer counselors should be well-versed on the rights of individuals with disabilities and may serve actively as advocates. They also encourage self-advocacy by providing necessary information.

Question: 11

As part of the treatment plan, clients with bipolar disorder should have regularly scheduled laboratory tests for:

- A. anemia.
- B. fasting glucose.
- C. lipid levels.
- D. thyroid hormone levels.

Answer: D

Explanation:

Thyroid disorders are common in bipolar disorder, especially those associated with rapid cycling, and treatment with lithium may also result in decreased thyroid hormones. Clients with bipolar disorder should be scheduled for periodic testing because they may require thyroid supplementation. Clients with bipolar disorder have approximately twice the risk of developing autoimmune thyroiditis as persons without bipolar disorder. Decreasing levels of thyroid hormones, even if within low-normal range, may increase bipolar symptoms and render treatment

less effective.

Question: 12

The purpose of a Functional Capacity Evaluation (FCE) is to assess:

- A. risk for falls and injury.
- B. physical capabilities for work-related tasks.
- C. prognosis for recovery.
- D. fine motor skills.

Answer: B

Explanation:

A Functional Capacity Evaluation (FCE) is primarily used to assess physical capabilities for work-related tasks and may consist of a battery of tests rather than a single instrument. Results are usually related to the Dictionary of Occupational Titles' (DOT) classifications of work, which includes sedentary, light, medium, and heavy. The FCE may be completed to provide evidence to prospective employers of the client's ability to carry out the functions of a job and may also be used to qualify a person for disability insurance.

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