



Caring for Clients with Parkinson's Disease: Test

Name _____ Date _____ Score _____
(12 correct answers required)

Directions: Check the best answer or fill in the blanks.

1. If a client with Parkinson's freezes in place while trying to move, have him give _____ aloud to his body.
2. Singing, reading aloud, and speaking aloud are good _____ for the muscles of the mouth, face, and throat.
3. Parkinson's disease is the result of the death or impairment of brain cells that produce dopamine, which is a chemical that helps direct _____ activity.
4. What are the four main symptoms of Parkinson's disease? (worth 4 points)
 - a. _____ in hands, arms, legs, jaw, and face
 - b. _____ or stiffness of limbs and trunk
 - c. _____ of movement
 - d. Impaired _____ and coordination
5. Parkinson's disease does not affect the _____ or feeling parts of the brain.
6. Three things that are used to treat the symptoms of Parkinson's disease are: medications, surgery, and _____.
7. _____ and loss of appetite are problems for Parkinson's disease sufferers because the stomach and intestinal muscles slow down and are not working properly.
8. You can teach a client to use cues to stimulate his brain to keep a regular stride when he walks. Two ways to do this are: (1) teach the client to _____ while he walks, and (2) have the client listen to strongly rhythmic _____ in a headset. (worth 2 points)
9. It is useful for a client who has difficulty swallowing to think of the process as a series of small events. As you teach him to do one thing at a time, use this sequence:
 - a. Put food on the tongue
 - b. Close the lips
 - c. Chew the food (alternate chewing on one side of the mouth, then the other)
 - d. Lift the _____ up and back
 - e. Swallow
10. When a client with speech difficulties is trying to talk, you should not rush him or her, and should be patient and _____.
11. To encourage fluid intake and prevent constipation and dehydration, be sure the client can manage his drinking utensils. Sometimes using a _____ makes it easier to drink.
12. If a client becomes unable to move, or freezes, try having him take a step _____ or sideways, in an effort to stimulate a return of movement.

