

NIHSS STROKE CERTIFICATION TEST ANSWERS

[Download Complete File](#)

What is a passing score for the NIH Stroke Scale? The NIHSS certification test is not timed and may be repeated as many times as desired to obtain a passing score or to improve your score. A score of 93% or greater is required for successful completion to become NIH Stroke Scale certified and to receive the appropriate certificate.

How to pass NIHSS certification? Certification. National Institutes of Health Stroke Scale certification is completed online. Healthcare professionals must rate a test group of three patients applying the stroke scale in case-based scenarios. They must not rate more than six items in a test group incorrectly or they will fail the course.

How many patients are on the NIHSS exam? Three full certification sets of six patients each that allows you to score patients and submit your answers to an accrediting organization for certification.

What does a stroke score of 14 mean? Stroke severity may be stratified on the basis of NIHSS scores as follows: Very Severe: >25. Severe: 15 – 24. Mild to Moderately Severe: 5 – 14.

What is a bad NIHSS score? The NIHSS was considered as significant for a score of >7 associated with bad prognosis, increased risk of death, and severe disability, and for a score of 3.

What is the cut off score for NIHSS? Cut-Off Scores Very Severe: >25. Severe: 15 – 24. Mild to Moderately Severe: 5 – 14. Mild: 1 – 5.

How many questions is the NIHSS test? The NIHSS is composed of 11 items, each of which scores a specific ability between a 0 and 4. For each item, a score of 0 typically indicates normal function in that specific ability, while a higher score is indicative of some level of impairment.

How long does it take to complete NIHSS? The NIH stroke scale can be administered in less than 10 minutes in skilled hands. It provides excellent baseline for stroke treatment assessment and can be used for prognosis.

Can I get NIHSS certification online? You can get your NIHSS certification for free online. However, your employer may contract with a continuing medical education (CME) vendor for the certificate. If you must find a vendor on your own, there are many options, and some offer free certification. The NINDS lists two free accredited online programs⁶.

Does NIHSS expire? NIH Stroke Scale certification is good for one year after someone initially receives certification. After that initial renewal, recertification is needed every two years. The renewal process after that first year includes completing continuing education courses.

What is the fee for NIHSS? You'll need to create an account with the American Heart Association and pay the NIHSS registration fee. If you're an AHA member, the course is free, but if not, it's \$10. Those who are obtaining the NIHSS for the first time will enroll in Group A.

What is a level 7 stroke? Strokes of 0 to 3 on the scale are considered minor, 4 to 7 are considered mild, 8 to 15 are considered moderate, and strokes >15 are severe. Patients with scores >20 are less likely to benefit from any reperfusion treatment (9).

How is NIHSS calculated? The scale is made up of 11 different elements that evaluate specific ability. The score for each ability is a number between 0 and 4, 0 being normal functioning and 4 being completely impaired. The patient's NIHSS score is calculated by adding the number for each element of the scale; 42 is the highest score possible.

What is not tested in the NIHSS assessment? Remaining items receive the highest score except for 7 (ataxia). Ataxia receives a zero since it can't be tested.

How often should NIHSS be done? Obtain full NIHSS scores a minimum of every 2 hours for the first 24 hours during reperfusion; after that obtain full NIHSS scores at least every 4 hours, increasing the time between assessments as dictated by changes in a patient's status.

What is the NIHSS score for a mild stroke? The NIHSS score is defined as the sum of 15 individually evaluated elements, and ranges from 0 to 42. Stroke severity may be categorized as follows: no stroke symptoms, 0; minor stroke, 1–4; moderate stroke, 5–15; moderate to severe stroke, 16–20; and severe stroke, 21–42 [6, 7].

What NIHSS score is fall risk? Conclusion: Poststroke patients at risk of falls can be identified by an NIHSS score of ≥ 4 .

What does a NIHSS score of 2 mean? A score of 2, “severe or total sensory loss,” should only be given when a severe or total loss of sensation can be clearly demonstrated. Stuporous and aphasic patients will, therefore, probably score 1 or 0. The patient with brainstem stroke who has bilateral loss of sensation is scored 2.

How do you interpret NIHSS score? 1–4 = minor stroke. 5–15 = moderate stroke. 16–20 = moderate/severe stroke. 21–42 = severe stroke.

What is neglect in NIHSS? Extinction and Inattention (formerly Neglect): If the patient has a severe visual loss preventing visual double simultaneous stimulation, and the cutaneous stimuli are normal, the score is normal. If the patient has aphasia but does appear to attend to both sides, the score is normal.

What is considered a severe stroke? This includes strokes that affect parts of the brain that receive blood from small blood vessels, those involving large blood clots, those that cause massive bleeding in the brain, and strokes that affect the brainstem. Complications of a massive stroke can include paralysis, coma, and death.

What is the threshold for NIH Stroke Scale? A baseline NIHSS score greater than 16 indicates a strong probability of patient death, while a baseline NIHSS score less than 6 indicates a strong probability of a good recovery. On average, an increase of 1 point in a patient's NIHSS score decreases the likelihood of an excellent outcome by 17%.

What is a NIH stroke score of 18? 1–4 = minor stroke. 5–15 = moderate stroke. 15–20 = moderate/severe stroke. 21–42 = severe stroke.

What is a perfect NIH score? A: Reviewers assign a criterion score from 1 to 9, where 1 is best, to each core NIH review criterion (significance, investigator, innovation, approach, environment).

What is the grading scale for NIH? The NIH scoring system uses a 9-point rating scale from 1 = Exceptional to 9 = Poor for the overall impact/priority score as well as the individual review criteria. Ratings are provided only in whole numbers, not decimals.

Status Anxiety: Unraveling the Hidden Torment of Our Modern World

Status anxiety, a term coined by philosopher Alain de Botton, refers to the pervasive and often unconscious fear of losing social status or failing to achieve a desired level of recognition and admiration. This anxiety is deeply ingrained in our modern culture, driven by a constant comparison to others and an insatiable desire for validation.

Understanding the Roots of Status Anxiety

According to de Botton, status anxiety stems from our innate drive for survival and security. In prehistoric times, social status was crucial for securing resources and protection. Today, while our basic needs are met, the quest for status remains a powerful motivator, as we seek to feel valued, respected, and admired by those around us.

The Impact of Social Media on Status Anxiety

Social media platforms have amplified status anxiety by providing a constant stream of curated images and updates that foster comparison and a sense of inadequacy. The constant bombardment of idealized lifestyles and achievements can trigger feelings of envy, inadequacy, and a belief that we are not meeting societal expectations.

Addressing Status Anxiety

Overcoming status anxiety requires a conscious effort to challenge our assumptions and redefine our priorities. Here are some key questions to consider:

- **What does status truly mean to you?** Is it defined by material possessions, social connections, or professional success?
- **Is your pursuit of status driven by a genuine desire for fulfillment or by external validation?**
- **How much of your time and energy do you spend on maintaining your status?** Could this energy be better spent on activities that bring you genuine joy and meaning?

Finding a Path to Inner Contentment

Ultimately, overcoming status anxiety is not about abandoning all aspirations but rather about finding a balance between striving for excellence and accepting our limitations. By cultivating self-awareness, practicing gratitude, and focusing on our unique strengths, we can break free from the cycle of comparison and anxiety. The path to inner contentment lies in embracing our own worth, regardless of our external circumstances.

Underground Clinical Vignettes Anatomy: A Classic Case for USMLE Step 1 Review

Question: A 20-year-old male presents with sudden onset of severe right upper quadrant pain. A physical exam reveals tenderness over the gallbladder. What is the most likely anatomical abnormality?

Answer: Common bile duct stone

The common bile duct (CBD) is a structure that connects the liver and gallbladder to the duodenum. When a stone (choledocholithiasis) obstructs the flow of bile through the CBD, it can cause pain in the right upper quadrant.

Question: A 60-year-old female with a history of breast cancer presents with progressive dyspnea and cough. A chest X-ray reveals a large mass in the left mediastinum. What is the most likely anatomical structure involved?

Answer: Phrenic nerve

The phrenic nerve innervates the diaphragm and originates from the cervical spinal cord. A mass in the left mediastinum can compress the phrenic nerve, leading to diaphragmatic paralysis and dyspnea.

Question: A 25-year-old male presents with a lump in his neck. An MRI reveals a cystic mass in the posterior mediastinum. What is the most likely anatomical structure involved?

Answer: Thymic cyst

The thymus is a lymphoid organ located in the anterior mediastinum. Thymic cysts are rare developmental abnormalities that can occur when the thymic tissue becomes trapped during embryonic development.

Question: A 50-year-old female presents with progressive difficulty walking. A neurological exam reveals weakness and decreased reflexes in her lower extremities. What is the most likely anatomical abnormality?

Answer: Lumbar spinal stenosis

Lumbar spinal stenosis is a condition in which the spinal canal in the lower back narrows, compressing the spinal cord and nerve roots. This can lead to symptoms such as weakness, numbness, and difficulty walking.

Question: A 30-year-old male presents with a sudden onset of headache and vomiting. A CT scan reveals a hemorrhage in the left middle cerebral artery territory. What is the most likely anatomical structure involved?

Answer: Sylvian fissure

The Sylvian fissure is a groove on the lateral surface of the cerebrum that separates the frontal and parietal lobes. The middle cerebral artery supplies the Sylvian fissure and its branches, and a hemorrhage in this territory can cause symptoms such as headache and vomiting.

What type of muscle fibers does aerobic training chiefly work? Slow twitch muscle fibers are predominantly used during aerobic exercise, such as long-distance running. These fibers contract slowly and have a very high aerobic capacity. As a result, they produce ATP through aerobic glycolysis. These fibers are often referred to as type I.

What are some of the physical benefits to be derived from aerobics?

Why is running or jogging a good aerobic exercise? Yes, running definitely counts as cardio exercise. "Not only does running use large muscle groups continuously and rhythmically, but it also makes our heart work harder and requires us to use more oxygen to sustain it," says McNamara.

What was the most popular form of aerobic exercise in the early years of aerobics? Explanation: In the early years of aerobics, the most popular form of aerobic exercise was dance aerobics. Dance aerobics is a high energy, fun workout that employs rhythmic dance movements which are often choreographed to music.

Which muscle fiber is aerobic? Type I muscle fibers get most of their energy (ATP) from aerobic respiration, meaning they need oxygen to function. The oxygen makes the muscle fibers look red, which is why slow-twitch fibers are sometimes called red fibers.

What muscle is aerobic activity? Aerobic exercise is a physical activity that uses your body's large muscle groups, is rhythmic and repetitive. It increases your heart rate and how much oxygen your body uses. Examples of aerobic exercises include walking, cycling and swimming.

What is the best aerobic exercise? Aerobic Exercise How much: Ideally, at least 30 minutes a day, at least five days a week. Examples: Brisk walking, running, swimming, cycling, playing tennis and jumping rope. Heart-pumping aerobic exercise is the kind that doctors have in mind when they recommend at least 150 minutes per week of moderate activity.

What is the 10 example of aerobic? Vigorous intensity: Jogging, running, hiking, bicycling (more than 10 miles per hour), swimming laps, jumping rope, aerobics, weight lifting, stair climbing, shoveling snow.

Which aerobic exercise is best for belly fat?

What is a good distance to run everyday? What is a good distance to run every day for experienced runners? Five to seven miles is what many experienced runners opt for daily to meet various goals such as muscle gain. However, if they are training for a race, they may increase the distance, depending on the type of race.

Does exercise widen arteries? Aerobic exercise, often called cardio, is excellent for arterial health. When your heart pumps faster during aerobic exercise, it pushes more blood through the arteries. This keeps the arteries wider and more flexible, reducing blood pressure and making arteries less likely to collect plaque.

How many minutes in a day should I run to lose weight? Running 30 minutes a day will help you lose weight, so long as the runs are intense. Rather than focusing on distance, running faster or doing sprint intervals will be more effective. By increasing your speed you'll burn more calories and save time. Repeated daily, you'll burn enough calories to lose weight.

What do you call someone who does aerobics? ENQUIRE TODAY. An aerobics instructor is responsible for choreographing exercise moves, as well as leading classes, that are focused on aerobic exercise.

What was the 80s aerobics called? Jazzercise was actually invented in the late 1960s by Judi Sheppard Missett, a dance instructor who realized most of her adult students didn't care about learning to dance, they were just trying to get some exercise. In the early 1980s, Sheppard Missett was teaching Jazzercise in Carlsbad, California.

How many days a week should you do aerobics? The more you exercise, the more calories you'll burn. If you're trying to lose weight, you should aim for doing cardio at least five days per week for a total of at least 250 minutes (4 hours, 10 minutes) each week. Contrary to what many believe, you can do aerobic exercise seven days per week.

What type of muscle fiber uses aerobic energy? Type 1: Slow oxidative (SO) fibers contract relatively slowly and use aerobic respiration (oxygen and glucose) to produce ATP. They produce low power contractions over long periods and are slow

to fatigue.

Which type of muscle fibers are engaged in aerobic exercise? If your intensity gets too high, like with high-intensity interval training or weightlifting to your maximum, your fast-twitch fibers will take over. "Slow-twitch muscle fiber exercises are aerobic exercises," says Lawton. "These activities are great for your cardiovascular health.

What is Type 2b muscle fiber training? "Type 2b is used for very short-duration, high-intensity bursts of power, such as maximal and near-maximal lifts and short sprints." Your body uses type 1 muscle fibers, aka "slow-twitch" muscle fibers, during prolonged, steady-state exercises that require endurance (e.g., a 10k run or a long, leisurely bike ride).

What muscle fibers are used for anaerobic power activities? Fast-twitch B fibers, on the other hand, are very sensitive to fatigue and are used for short anaerobic, high force production activities, such as sprinting, hurdling, jumping, and putting the shot. These fibers are also capable of producing more power than ST fibers.

[status anxiety alain de botton, underground clinical vignettes anatomy classic clinical cases for usmlc step 1 review, physical education 22 crossword aerobics answers](#)

uncorked the novices guide to wine multivariable calculus solutions manual rogawski
download ford capri mk1 manual free of godkar of pathology parenting toward the
kingdom orthodox principles of childrearing beginning behavioral research a
conceptual primer 5th edition teleflex morse controls manual angket minat baca
mahasiswa 450 from paddington a miss marple mystery mystery masters project
management for beginners a step by step guide on how to acquire excellent project
management skills and make successful decisions at work project books project
management for dummies waukesha apg1000 operation and maintenance manual
globalisation democracy and terrorism eric j hobsbawm fdny crisis counseling
innovative responses to 911 firefighters families and communities manual reparatie
malaguti f12 matrix socolor guide fizica clasa a 7 a problema rezolvata 9 formule

online student solutions manual for devore farnum dois applied statistics for engineers
and scientists 3rd isuzu kb 280 turbo service manual john deere 320d service
manual la storia delle mie tette psycho pop jd edwards one world manual training
young distance runners 3rd edition industrial maintenance nocti study guide
essential math kindergarten level a business communication process and product
5th canadian edition idi amin dada hitler in africa quadrinhos do zefiro
campbell biology 9th edition test bank chapter 2 challenges faced by
teachers when teaching english in mathematical methods in the
physical sciences solutions manual mercury mountaineer 2003 workshop repair
service manual complete informative ford i/y repair 9734 9734 9734 9734
9734 unconscionable contracts in the music industry the need for new legal relationships
hayward multiport valve manual passionate prayer a quiet time experience eight weeks
of guided devotions inspirational readings prayer starters and journal ideas
questions for reflection english file upper intermediate test letourneau
loader manuals lowrance hds manual mariadb cookbook author daniel bartholomew may
2014 sample 9th grade expository essay free progressive sightsinging longman active
study dictionary of english nokia c300 service manual herp bergette tekstbok 2016
sw watch z viper 5301 install manual the school sen handbooks school home page mac
manual setec 101 lab manual bomag 65 service manual whirlpool gold gh5 shg
manual railway question paper group quantum mechanics lecture notes odu solution
of advanced dynamics d souza civil engineering lab manual engineering geology
material manual 1994 honda foreman 4x4 biotechnological approaches for
pest management and ecological sustainability 1 pipedrafting and design
third edition igniting a revolution voices in defense of the earth holt mcdougal geometry
solutions manual many body theory exposed propagator description of quantum
mechanics in many body systems 2nd edition piaggioli liberty service manual