

## **What is the anatomical position**

- A. Standing with arms raised above the head.
- B. The body laying flat on its back.
- C. Sitting with legs crossed.
- D. The standard reference position in which the body is standing upright, facing forward, with arms at the sides and palms facing forward.

## **What is the difference between supine and prone positions**

- A. Supine is sitting down, prone is lying on side
- B. Supine is standing up, prone is sitting down
- C. Supine is kneeling, prone is crouching
- D. Supine is lying on back, prone is lying on stomach

## **What is the purpose of the Trendelenburg position**

- A. To facilitate digestion
- B. To promote lung expansion
- C. To improve venous return to the heart
- D. To decrease blood pressure

## **In which position is a person lying on their back with their head lower than their feet**

- A. Supine
- B. Fowler
- C. Trendelenburg
- D. Prone

## **What is the best position for a patient experiencing difficulty breathing**

- A. Sitting upright
- B. Standing upside down
- C. Lying flat
- D. On their stomach

**What is the lithotomy position commonly used for**

- A. Dental work
- B. Physical therapy
- C. Gynecological procedures
- D. Eye exams

**In which position is a person lying on their side with their upper knee flexed and their**

- A. Sitting position
- B. Prone position
- C. Supine position
- D. Side-lying position

**What is the difference between the Trendelenburg and Modified Trendelenburg positions**

- A. The Trendelenburg position involves lying flat on the back, while the Modified Trendelenburg position involves lying on the side.
- B. The Trendelenburg position involves the entire body tilted with the head lower than the feet, while the Modified Trendelenburg position involves only the legs elevated with the head remaining flat.
- C. The Trendelenburg position involves the head elevated with the feet lower, while the Modified Trendelenburg position involves the body tilted with the feet higher than the head.
- D. The Trendelenburg position is used for respiratory distress, while the Modified Trendelenburg position is used for circulation issues.

**What is the purpose of the Fowler's position**

- A. To improve circulation
- B. To prevent bedsores
- C. To reduce swelling
- D. To promote lung expansion and breathing

**In which position is a person lying on their stomach with their head turned to one side?**

- A. Lateral position
- B. Prone position
- C. Supine position
- D. Fowler's position

**What is the purpose of the Sims' position?**

- A. To cook meals
- B. To plan events
- C. To oversee operations
- D. To fix plumbing issues

**What is the difference between lateral recumbent and lateral decubitus positions?**

- A. They are the same position
- B. One is used for surgery, the other is used for sleeping
- C. One is standing, the other is lying down
- D. One is for left side, the other is for right side

**In which position is a person lying on their side with their legs flexed and their knees bent?**

- A. Sitting position
- B. Prone position
- C. Fetal position

- D. Supine position

**What is the best position for a patient undergoing a pelvic exam**

- A. Standing position
- B. Lithotomy position
- C. Supine position
- D. Prone position

**What is the purpose of the reverse Trendelenburg position**

- A. To promote lung expansion
- B. To increase intracranial pressure
- C. To improve venous return to the heart
- D. To decrease blood flow to the head

**In which position is a person lying on their back with their legs elevated higher than**

- A. Trendelenburg
- B. Prone
- C. Supine
- D. Fowler

**What is the difference between dorsal recumbent and lithotomy positions**

- A. Dorsal recumbent is for chest exams, lithotomy is for abdominal exams
- B. Dorsal recumbent has legs raised, lithotomy does not
- C. There is no difference
- D. Lithotomy position has legs raised and bent, dorsal recumbent does not

**What is the purpose of the high Fowler's position**

- A. To reduce swelling in the legs
- B. To prevent pressure ulcers
- C. To improve breathing and promote lung expansion
- D. To promote digestion

**In which position is a person lying on their side with their legs straight and their upper**

- A. Sitting position
- B. Prone position
- C. Lateral position
- D. Supine position

**What is the best position for a patient with orthostatic hypotension**

- A. Standing upright
- B. Sitting with legs crossed
- C. Lying flat on back
- D. Elevate legs above heart level

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