HRV Meaning and Measurements

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Test Introduction

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10 Questions (10 Points) **Question Bank:** 4,642 Questions

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Question 1

Generic Parent » HRVB Tutor 1 pt

Which are the most important oscillators that produce HRV?

✓ **A.** baroreflex, heart rate, and blood pressure

B. blood pressure, chemoreceptors, and osmoreceptors

C. baroreflex, mechanoreceptors, and osmoreceptors

D. baroreflex, blood pressure, and chemoreceptors

Question Type:	*Multiple Choice*
Randomize Answers:	*Yes*
Date Added:	*Tue 18th Jun 2019*
Last Modified:	*N/A*
QID#:	*17,080,877*

Correctly answered feedback

The baroreflex, blood pressure, and heart rate are the primary oscillators that produce HRV.

Incorrectly answered feedback

The baroreflex, blood pressure, and heart rate are the primary oscillators that produce HRV.

Question 2

Generic Parent » Anatomy and Physiology 1 pt

Which HRV frequency band is most influenced by breathing at normal rates?

- ✔ **A.** high frequency
- **B.** low frequency
- **C.** very low frequency
- **D.** ultra low frequency

Question Type:	*Multiple Choice*
Randomize Answers:	*No*
Date Added:	*Wed 19th Jun 2019*
Last Modified:	*N/A*
QID#:	*17,091,906*

Question 3

Generic Parent » Instrumentation 1 pt

Which HRV index calculates the average difference between the highest and lowest heart rates during each respiratory cycle?

- **A.** SDNN
- ✔ **B.** HR Max - HR Min
- **C.** RMSSD
- **D.** LF power

Question Type:	*Multiple Choice*
Randomize Answers:	*Yes*
Date Added:	*Thu 20th Jun 2019*
Last Modified:	*N/A*
QID#:	*17,096,216*

Correctly answered feedback

HR Max - HR Min calculates the average difference between the highest and lowest heart rates during each respiratory cycle.

Incorrectly answered feedback

HR Max - HR Min calculates the average difference between the highest and lowest heart rates during each respiratory cycle.

Question 4

Generic Parent » HRVB Tutor 1 pt

How do 24-hour measurements of HRV differ from brief recordings?

- ✔ **A.** HRV variance is greater
- ✔ **B.** cycles longer than 5 hours contribute to HRV variance
- ✔ **C.** circadian rhythms contribute to HRV variance

Question Type:	*Multiple Response*
Randomize Answers:	*Yes*
Grade style:	*Full points if all answers are correct*
Date Added:	*Thu 20th Jun 2019*
Last Modified:	*N/A*
QID#:	*17,098,519*

Correctly answered feedback

Twenty-four hour measurements differ from brief recordings because HRV variance is greater, they include cycles longer than 5 hours, and reflect circadian fluctuations.

Incorrectly answered feedback

Twenty-four hour measurements differ from brief recordings because HRV variance is greater, they include cycles longer than 5 hours, and reflect circadian fluctuations.

Answers | Edit | Duplicate | Used In | Reorder Remove From Test

Question 5

Generic Parent » HRVB Tutor 1 pt

What do time domain measurements of HRV describe?

- ✔ **A.** the amount of variability in interbeat interval measurements
- **B.** the absolute amount of signal power in each spectral band
- **C.** the relative amount of signal power in each spectral band
- **D.** the average heart rate

Question Type:	*Multiple Choice*
Randomize Answers:	*Yes*
Date Added:	*Thu 20th Jun 2019*
Last Modified:	*N/A*
QID#:	*17,098,546*

Correctly answered feedback

Time domain measurements of HRV describe the amount of variability in interbeat interval measurements.

Incorrectly answered feedback

Time domain measurements of HRV describe the amount of variability in interbeat interval measurements.

Answers | Edit | Duplicate | Used In | Reorder Remove From Test

Question 6

Generic Parent » HRVB Tutor 1 pt

You must record HRV for at least 2 minutes to measure the

- ✔ **A.** low-frequency (LF) band.
- **B.** ultra-low-frequency (ULF) band.
- **C.** very-low-frequency (VLF) band.
- **D.** high-frequency (HF) band.

Question Type:	*Multiple Choice*
Randomize Answers:	*Yes*
Date Added:	*Thu 20th Jun 2019*
Last Modified:	*N/A*
QID#:	*17,098,571*

Correctly answered feedback

You must record HRV for at least 2 minutes to measure the low-frequency (LF) band.

Incorrectly answered feedback

You must record HRV for at least 2 minutes to measure the low-frequency (LF) band.

Answers | Edit | Duplicate | Used In | Reorder Remove From Test

Question 7

Generic Parent » Adjunctive Techniques 1 pt

Which is a contextual factor for interpreting HRV measurements?

- ✔ **A.** monitoring period length
- ✔ **B.** presence or absence of feedback
- ✔ **C.** position

Question Type:	*Multiple Response*
Randomize Answers:	*Yes*
Grade style:	*Full points if all answers are correct*
Date Added:	*Thu 20th Jun 2019*
Last Modified:	*N/A*
QID#:	*17,098,679*

Correctly answered feedback

Monitoring period length, position, and the presence or absence of feedback provide a context for interpreting HRV measurements.

Incorrectly answered feedback

Monitoring period length, position, and the presence or absence of feedback provide a context for interpreting HRV measurements.

Answers | Edit | Duplicate | Used In | Reorder Remove From Test

Question 8

Generic Parent » Adjunctive Techniques 1 pt

Which client characteristics affect HRV measurements?

- ✔ **A.** age
- ✔ **B.** health
- ✔ **C.** medication

Question Type:	*Multiple Response*
Randomize Answers:	*Yes*
Grade style:	*Full points if all answers are correct*
Date Added:	*Thu 20th Jun 2019*
Last Modified:	*N/A*
QID#:	*17,098,683*

Correctly answered feedback

Age, health, and medication are client characteristics that affect HRV measurements.

Incorrectly answered feedback

Age, health, and medication are client characteristics that affect HRV measurements.

Answers | Edit | Duplicate | Used In | Reorder Remove From Test

Question 9

Generic Parent » HRVB Tutor 1 pt

Which index is the average difference between the highest and lowest heart rates during each respiratory cycle?

- ✔ **A.** HR Max - HR Min
- **B.** pNN50
- **C.** RMSSD
- **D.** SDNN

Question Type:	*Multiple Choice*
Randomize Answers:	*Yes*
Date Added:	*Thu 20th Jun 2019*
Last Modified:	*N/A*
QID#:	*17,098,541*

Correctly answered feedback

HR Max - HR Min is the average difference between the highest and lowest heart rates during each respiratory cycle.

Incorrectly answered feedback

HR Max - HR Min is the average difference between the highest and lowest heart rates during each respiratory cycle.

Answers | Edit | Duplicate | Used In | Reorder Remove From Test

Question 10

Generic Parent » Instrumentation 1 pt

Which ECG frequency band ranges from 0.005-.05 Hz and may represent parasympathetic withdrawal?

✔ **A.** very low frequency

B. low frequency

C. high frequency

D. ultra low frequency

Question Type:	*Multiple Choice*
Randomize Answers:	*Yes*
Date Added:	*Thu 20th Jun 2019*
Last Modified:	*N/A*
QID#:	*17,097,475*

Correctly answered feedback

The very low frequency band ranges from 0.005-.05 Hz and may represent parasympathetic withdrawal.

Incorrectly answered feedback

The very low frequency band ranges from 0.005-.05 Hz and may represent parasympathetic withdrawal.

Answers | Edit | Duplicate | Used In | Reorder Remove From Test