Pulmonary Rehab
Pulmonary Knowledge Quiz

Name ___________________________________________ Date ______________________

Multiple Choice Questions: Please choose only one answer for questions 1-13

1. **Beneficial effects of inhalers include:**
   a. Decreased exercise capacity and fever
   b. Increased shortness of breath and fatigue
   c. Reduced inflammation of the airways and suppressed secretion of mucus

2. **Signs of infection include:**
   a. Decreased appetite and increased energy levels
   b. Increased shortness of breath and increased mucus production
   c. Decreased coughing and chills

3. **Which of the following is known as “good” cholesterol?**
   a. LDL
   b. HDL
   c. Triglycerides
   d. Total cholesterol

4. **According to the latest national guidelines, normal or optimal blood pressure is defined as:**
   a. Anything less than 90 diastolic (bottom number)
   b. Less than 120 systolic (top number) AND less than 80 diastolic (bottom number)
   c. 120-130 systolic (top number) over 80-90 diastolic (bottom number)
   d. Anything over 90 systolic (top number) and 60 diastolic (bottom number)

5. **Hypertension may be controlled by the use of medication, but it can also be improved by:**
   a. Weight loss
   b. Exercise
   c. Low sodium (salt) diet
   d. All of the above

6. **What is a desirable total cholesterol level?**
   a. 200-239
   b. Less than 200
   c. Greater than 240
   d. None of the above

7. **Signs of stress include:**
   a. Feeling happy and joyful
   b. Intense chest pains radiating down your left arm
   c. Insomnia, feeling helpless, and neck & shoulder “tightness”
   d. All of the above

8. **Coping mechanisms for stress include:**
   a. Exercise and looking for the good instead of the bad in situations
   b. Lashing out at others
   c. Keeping things “bottled” up inside
9. Research has shown that people who exercise, ___ days a week are far less likely to suffer sudden cardiac death.
   a. 2
   b. 3
   c. 5
   d. None of the above

10. In order to achieve a long-lasting weight loss, how quickly should you lose weight?
   a. As quickly as possible
   b. No more than one pound per day
   c. ½ to 2 pounds per week
   d. 3-4 pounds per week

11. When shortness of breath occurs, what two excellent breathing methods should you practice?
   a. Pursed-lip and abdominal breathing
   b. Pursed lip and valsalva maneuver breathing
   c. Clinched fist and abdominal breathing

12. What is the most important thing to keep in mind with daily activities?
   a. Pacing yourself by really listening to how your body feels and what it is telling you
   b. Push yourself until you cannot go any longer
   c. Take it easy and let somebody else do them for you

13. Ways to remember to take your medication(s) include:
   a. Just leave it to chance and hope you remember to take your medication(s)
   b. Take it at the same time every day and leave notes to remind yourself
   c. It doesn’t matter when you take your medication(s) as long as you just attempt to take them in a regular manner

True / False Questions: Circle “T” for true or “F” for false next to each statement for questions 11-19

T F 14. All fat should be completely eliminated from the diet.

T F 15. Living or working closely with a smoker increases a nonsmoker’s risk of heart disease by 30%.

T F 16. Eating 100 calories more than you need to every day will result in weight gain of ten pounds per year.

T F 17. Your body produces cholesterol on its own.

T F 18. You should wait about 1-2 minutes between “puffs” before using another inhaler.

T F 19. Two benefits of exercise include improved efficiency of the heart and increases in strength.

T F 20. An adequate warm-up for exercise is vitally important because it slowly increases the body temperature and increases the blood flow to the muscles.