

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

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9. Research has shown that people who exercise, ___ days a week are far less likely to suffer sudden cardiac death.
- 2
 - 3
 - 5
 - None of the above
10. In order to achieve a long-lasting weight loss, how quickly should you lose weight?
- As quickly as possible
 - No more than one pound per day
 - ½ to 2 pounds per week
 - 3-4 pounds per week
11. When shortness of breath occurs, what two excellent breathing methods should you practice?
- Pursed-lip and abdominal breathing
 - Pursed lip and valsalva maneuver breathing
 - Clinched fist and abdominal breathing
12. What is the most important thing to keep in mind with daily activities?
- Pacing yourself by really listening to how your body feels and what it is telling you
 - Push yourself until you cannot go any longer
 - Take it easy and let somebody else do them for you
13. Ways to remember to take your medication(s) include:
- Just leave it to chance and hope you remember to take your medication(s)
 - Take it at the same time every day and leave notes to remind yourself
 - 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