

Pulmonary Rehabilitation Program

PULMONARY REHAB QUIZ

Name: _____

Pre Post

Date: _____

Please circle the best answer for each question. There is only one response for each question.

1. **Should you use an inhaled bronchodilator before exercising?**
 - A. No, because it will make you more shaky.
 - B. No, because it won't make a difference.
 - C. Yes, it will make you feel stronger.
 - D. Yes, it may help prevent you from getting short of breath.

2. **COPD, Emphysema, Asthma, Chronic Bronchitis and Bronchiectasis are all obstructive diseases.** True or False

3. **If eating causes you to be short of breath, what can you do?**
 - A. Eat smaller meals more frequently
 - B. Chew food more quickly
 - C. Remove your oxygen while eating
 - D. Drink two glasses of fluid during each meal

4. **Which of the following activities is/are recommended to improve the health of your heart and lungs?**
 - A. Bowling
 - B. Golf
 - C. Walking
 - D. All of the above

5. **You should exercise at least:**
 - A. Five times a week for 30 minutes
 - B. Twice a week for 10 minutes
 - C. Once a week for 15 minutes
 - D. Seven days a week for one hour

6. **If you miss a dose of your respiratory medication/inhalers you should take twice as much at the next scheduled time.** True or False

7. **Emergency preparedness includes which of the following?**
 - A. Making a plan ahead of time with family, neighbors and friends
 - B. Copies of medications, insurance, physician and emergency services contact information
 - C. Food, water, batteries, shelter and supplies to last at least 3 days.
 - D. All of the above

8. **Pursed lip breathing is:**
 - A. Impossible without a purse
 - B. Helpful to recover from shortness of breath during exertive activity by exhaling through partially closed lips
 - C. When I squeeze my diaphragm on exhalation to further empty my lungs
 - D. Not necessary with weight lifting

9. **I should call my MD if:**
 - A. My mucous is green and I'm coughing a lot more than usual
 - B. I have chest pain
 - C. My breathing feels tight and my inhalers aren't helping
 - D. I have a fever and have no energy
 - E. All of the above

10. Muscles of respiration include?

- A. Gluteus maximis
- B. Biceps and triceps
- C. Diaphragm and intercostals
- D. Quadriceps

11. Sit-ups will help you get rid of a fat belly.

True or False

12. Warm up and cool down are parts of my exercise routine I can skip.

True or False

13. Hand washing is one of the most important things I can do to prevent transmission of germs.

True or False

14. Oxygen does not need a physician's prescription.

True or False

15. A spacer or aerochamber helps better deliver inhaled medications.

True or False

16. If preparing for upcoming travel it's important to:

- A. Ask my physician if it's a good idea to travel to my planned destination
- B. check my destination for appropriate medical support in case I might have an exacerbation of my lung condition while I'm there
- C. Check the altitude to see if I might be in a place with less oxygen in the air
- D. All of the above

17. Stress relates to:

- A. Only those without health issues
- B. Only people in the hospital
- C. Feeling cool, calm and collected
- D. Any outside force that affects me on the inside

18. Outdoor elements that I can avoid by staying inside include:

- A. Smoke from wildfires
- B. Days with high pollen counts or poor air quality score
- C. Days with high or low temperature extremes
- D. A, B and C.

19. Pulmonary fibrosis is a lung disease that:

- A. Restricts your ability to blow out (exhale)
- B. Restricts your ability to breathe in (inhale)
- C. Causes you to cough and produce excessive mucous
- D. Has little effect on physical activity

20. A benefit of steroids for a person with lung disease is:

- A. Steroids thicken mucous.
- B. Steroids decrease airway swelling.
- C. Steroids fight infections.
- D. Steroids increase airway spasms.