

**CARDIOPULMONARY REHAB
CARDIAC PRE-TEST/POST TEST**

NAME: _____ Follow-up
Lipid Profile ___ Yes _____ Date

DATE: _____ If not,
schedule with primary care physician.

1) Age , gender, family history and certain personal habits are risk factors that increase your chance of having heart problems.

TRUE FALSE

DON'T KNOW

2) Once you have had an angioplasty (PTCA/STENT) or open heart surgery you will never have heart problems again.

TRUE FALSE

DON'T KNOW

3) Chest pain is the pain or discomfort you feel when your heart muscle is temporarily deprived of oxygen rich blood.

TRUE FALSE

DON'T KNOW

4) Chest pain can occur at any time but is most common after meals, during physical activities, when you are exposed to cold weather, or when you are emotionally upset.

TRUE FALSE

DON'T KNOW

5) The function of the coronary arteries is to supply the heart with oxygen rich blood.

TRUE FALSE

DON'T KNOW

6) If you experience chest pain/angina, the first thing you should do is to stop what you are doing and rest.

TRUE FALSE

DON'T KNOW

7) Warming up before and cooling down after exercise is always necessary.

TRUE FALSE

DON'T KNOW

- 8) Exercise can increase your healthy (HDL) cholesterol level.
- TRUE FALSE
- DON'T KNOW
- 9) Exercise should be continued after rehab on a regular basis.
- TRUE FALSE
- DON'T KNOW
- 10) We would expect your blood pressure to go up during your exercise session.
- TRUE FALSE
- DON'T KNOW
- 11) Cholesterol lowering drugs can take the place of a low fat diet and regular aerobic exercise program.
- TRUE FALSE
- DON'T KNOW
- 12) Low fat is defined as 3 grams of less of fat per serving.
- TRUE FALSE
- DON'T KNOW
- 13) To keep your cholesterol intake at 200mg or less you should not consume more than six to nine ounces of (uncooked) meat, poultry or fish per day and two egg yolks per week.
- TRUE FALSE
- DON'T KNOW
- 14) Low density lipoprotein (LDL) is a measurement of the bad (lousy) cholesterol.
- TRUE FALSE
- DON'T KNOW
- 15) There is only one way to relax.
- TRUE FALSE
- DON'T KNOW
- 16) Anger will cause the release of chemicals / hormones that can increase cholesterol, increase blood pressure and increase blood glucose.
- TRUE FALSE
- DON'T KNOW

17) Taking deep breaths can help reduce muscle tension and anxiety.

DON'T KNOW

TRUE

FALSE

18) Smoking causes lung disease and has no effect on the heart.

DON'T KNOW

TRUE

FALSE

19) Secondhand smoke is not harmful.

DON'T KNOW

TRUE

FALSE

20) The goal of cardiac rehab is to assist the participant in making lifestyle modifications to reduce their cardiac risk factors.

DON'T KNOW

TRUE

FALSE