Pre:						Name: _						
Post:	t: Date:											
	CARDIOPULMONARY REHAB PULMONARY SELF TEST											
1.	Drinki a.	Drinking fluids is the best agent to thin mucus: a. True b. False c. Don't know										
2.	Pursed lip breathing technique is: a. breathing in for a count of 2, breathing out for a count of 4 b. breathing in for a count of 4, breathing out for a count of 2 c. breathing in for a count of 2, breathing out for a count of 2 d. breathing in, holding the breath for a count of 2, and breathing out											
3.	The pua. b. c.	b. breathe in carbon dioxide and breathe out oxygen										
4.	Benefi a. b. c.	improve efficiency of oxygen used by muscles										
5.	To avo	avoid increased shortness of breath during meals you should: skip meal eat one large meal a day eat 4-6 small meals a day eat 3 meals a day										
6.	When a. b. c. d.	increase medication do nothing										
7.		the diaphragm is the most important muscle in the respiratory system and does most the work of breathing.										
	a.	True		b.	False		c.	Don't know				
8.	After rehab exercise should be continued on a regular basis to maintain or improve physical fitness.											
	a.	True		b	. False		c.	Don't know				
9. Warming up before and cooling down after exercise is always necessary.								ys necessary.				
	a.	True		b.	False		c.	Don't know				

10.	Smoking is the number one cause of chronic bronchitis and emphysema.									
	a.	True	b.	False	c.	Don't know				
11.	Planning ahead is an important step in conserving energy:									
	a.	True	b.	False	c.	Don't know				
12.	Second-hand smoke will not affect people with respiratory disease.									
	a.	True	b.	False	c.	Don't know				
13.	The boa. b. c. d.	best way to control anxious feelings during an episode of shortness of breath is to: breathe fast into a paper bag lay down in a flat position perform pursed lip breathing bend over a chair								
14.		· · · · · · · · · · · · · · · · · · ·								
15.	If usin a. b. c.	using both of the following inhalers, which should be taken first? An inhaled bronchodilator (example: Albuterol) An inhaled steroid (example: Flovent) Don't know								
16.	It is important to wait at least 1-5 minutes between inhaler puffs.									
	a.	True	b.	False	c.	Don't know				
17.	When using oxygen, it is necessary to use caution around open flames.									
	a.	True	b.	False	c.	Don't know				
18.	Chron a.	ic stress may lead to de True	_	sion. . False	c.	Don't know				
19.	We would expect your blood pressure to go up during your exercise session.									
	a.	True	b.	False	c.	Don't know				
20.	Respiratory equipment must be cleaned regularly to maintain proper function and prevent possible infection.									
	a. Tı	rue	b. F	False	c. I	Oon't know				