

Pulmonary Rehab Part One Post-Test

- 1) The goals of pulmonary rehabilitation include which of the following?
 - a) Reduction of symptoms
 - b) Optimization of functional status
 - c) Reduction of health care costs
 - d) All of the above

- 2) Which of the following is a REQUIRED component of a pulmonary rehabilitation program?
 - a) Physician-prescribed exercise
 - b) Arterial blood gas analysis
 - c) Bronchodilator therapy
 - d) Psychotherapy

- 3) Conditions that are commonly managed by pulmonary rehabilitation include which of the following?
 - a) Pneumonia
 - b) Pulmonary embolism
 - c) Bronchiectasis
 - d) Seasonal asthma

- 4) The methods for measurement of activities of daily living (ADL) include which of the following?
 - a) Exercise testing
 - b) Spirometry
 - c) Questionnaires
 - d) Metabolic testing

- 5) When developing and delivering instruction for patients undergoing pulmonary rehabilitation, one must take under consideration that _____.
 - a) hypoxemia impairs cognitive memory
 - b) patients vary with respect to entry-level skills
 - c) patients vary with respect to preferred learning styles
 - d) All of the above

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- 6) _____ warns individuals of risk that ventilation may be inadequate.
- a) Wheezing
 - b) Dyspnea
 - c) Diaphoresis
 - d) Vertigo
- 7) Metaboreceptors for dyspnea are located in which anatomic structure?
- a) Skeletal muscle
 - b) The central nervous system
 - c) The chest wall
 - d) Facial muscle
- 8) Which of the following is a MULTIDIMENSIONAL instrument for measurement of dyspnea?
- a) Modified Borg scale
 - b) Modified medical research council (MMRC) dyspnea scale
 - c) Visual analog dyspnea scale
 - d) Baseline/transitional dyspnea index
- 9) Reducing the sense of effort and improving ventilatory muscle function may be accomplished by which strategy?
- a) Supplemental oxygen therapy
 - b) Central nervous system medications
 - c) Pursed-lip breathing
 - d) Inhaled opiates
- 10) Which intervention is considered CRITICAL to dyspnea management?
- a) Biofeedback
 - b) Music therapy
 - c) Social support
 - d) Exercise training