

## Pulmonary Rehab Part Two Post-Test

- 1) The recommended duration of a pulmonary rehabilitation program is \_\_\_\_\_.
  - a) 2-6 weeks
  - b) 6-12 weeks
  - c) 12-16 weeks
  - d) 16-20 weeks
  
- 2) Evidence from research does NOT support aerosol delivery of which agents for COPD patients?
  - a) Acetylcysteine, Pulmozyme
  - b) Albuterol, ipratropium
  - c) Tiotropium, indacaterol
  - d) Salmeterol, fluticasone
  
- 3) Long term oxygen therapy (LTOT) is defined as the use of supplemental oxygen for \_\_\_\_ hours per day.
  - a) > 4
  - b) > 8
  - c) > 12
  - d) > 15
  
- 4) The advantages of transtracheal oxygen therapy include which of the following?
  - a) They are more aesthetically desirable.
  - b) They permit a more active lifestyle.
  - c) They require a lesser flow rate, so conserve O<sub>2</sub>.
  - d) All of the above
  
- 5) Measures of ventilatory muscle ENDURANCE include which of the following?
  - a) Maximal inspiratory pressure
  - b) Negative inspiratory force
  - c) Maximal voluntary ventilation
  - d) Peak inspiratory flow rate

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- 6) The preferred device for inspiratory muscle training is the \_\_\_\_\_.
- a) threshold resistor
  - b) flow restrictors
  - c) incentive spirometer
  - d) positive expiratory pressure manifold
- 7) Patients with which of the following conditions are unlikely to benefit from general exercise training?
- a) COPD
  - b) Restrictive lung disease
  - c) Asthma
  - d) Cystic fibrosis
- 8) Which of the following is an outcome assessment measure for the overall management of the clinical component of a pulmonary rehabilitation program?
- a) Oxygen saturation
  - b) BODE index
  - c) Body mass index
  - d) FEV<sub>1</sub>
- 9) Reasons for non-adherence to components of pulmonary rehabilitation programs include which of the following?
- a) Forgetting
  - b) Inadequate communications from physicians/other caregivers
  - c) Medication side effects
  - d) All of the above

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10) Discussing end-of-life issues with pulmonary rehabilitation patients is important, because the median survival following an acute exacerbation of COPD is \_\_\_\_\_.

- a) 6 months
- b) 1 year
- c) 2 years
- d) 5 years