

Pulmonary Rehab Knowledge Test

Name _____	Date: _____	Pre	Post	True	False	Not sure
1. The diaphragm is a muscle that does most of the work of breathing.				<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
2. Emphysema is a disease that primarily affects air sacs (alveoli).				<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
3. "Pursed-lip breathing" helps prevent small airways from collapsing.				<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
4. People with chronic lung disease can abruptly stop taking a steroid medication such as Prednisone at any time without ill effects.				<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
5. Changing the flow rate on oxygen equipment can be dangerous for a person with chronic lung disease.				<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
6. For a person with chronic lung disease, eating six small meals a day rather than three large meals can help to reduce shortness of breath during and after meals.				<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
7. For a person with chronic lung disease, foods that are high in protein such as fish, are an important part of a diet.				<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
8. Drinking water has no effect on the mucus in the lungs.				<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
9. A person with chronic lung disease should rinse out his/her mouth after using an inhaled steroid.				<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
10. When climbing stairs, a person with chronic lung disease should hold his or her breath briefly while taking a step.				<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
11. For people with chronic lung disease, the most efficient method of completing a task is to work quickly in short bursts.				<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
12. A person with restrictive lung disease cannot get enough air into their lungs in order to get it out.				<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
13. People with chronic lung disease should exhale during an activity.				<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
14. During diaphragmatic breathing, it is important for a person with chronic lung disease to pull in the abdomen during inhalation.				<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
15. It is important for a person with chronic lung disease to keep the shoulder muscles relaxed to decrease the amount of oxygen used for breathing.				<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
16. If someone with chronic lung disease is taking antibiotics, it is fine for that person to stop taking the medicine when he or she feels better.				<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>