

Pre: _____

Name: _____

Post: _____

Date: _____

**CARDIOPULMONARY REHAB
PULMONARY SELF TEST**

1. 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 purpose of the lungs is to:
a. pump blood to the body
b. breathe in carbon dioxide and breathe out oxygen
c. breathe in oxygen and breathe out carbon dioxide

4. Benefits of upper and lower body exercise is to:
a. make lungs stronger
b. improve efficiency of oxygen used by muscles
c. make coughing more effective

5. To avoid increased shortness of breath during meals you should:
a. skip meal
b. eat one large meal a day
c. eat 4-6 small meals a day
d. eat 3 meals a day

6. When mucus changes color and/or fever occurs in a person with COPD they should:
a. take 2 aspirins and go to bed
b. increase medication
c. do nothing
d. call doctor

7. The diaphragm is the most important muscle in the respiratory system and does most of 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.

a. True b. False c. Don't know

