



# CARDIAC EDUCATION QUIZ

DATE:

## RESPIRATORY HISTORY

Please check the statement that best fits your daily level of shortness of breath.

- \_\_\_\_\_ 0 No trouble with shortness of breath except with strenuous exercise such as running or carrying 25 lbs. while walking up hill.
- \_\_\_\_\_ 1 You feel short of breath while walking on a flat level of ground in a hurry or walking up a slight hill.
- \_\_\_\_\_ 2 You walk slower than others of the same age or have to stop to catch your breath while walking on level ground because of shortness of breath.
- \_\_\_\_\_ 3 You have to stop to catch your breath after walking a short distance (less than 100 yards, less than the length of a football field) or after walking for just a few minutes on level ground.
- \_\_\_\_\_ 4 You are too breathless to leave the house or are too breathless to dress and fix meals.

## RISK FACTOR REDUCTION

### 1. Risk factors that can be controlled include:

- Smoking
- Hypertension (High Blood Pressure)
- High Cholesterol
- All of the above

### 2. Which of the following helps avoid hypertension (high blood pressure)?

- Smoke low tar cigarettes only
- Eat a low fat, low sodium diet
- Avoid taking all medications
- Maintain a fast-paced, stressful lifestyle

### 3. Which blood pressure falls within the DESIRABLE range?

- Blood pressure less than 120/80
- Blood pressure greater than 120/80
- Blood pressure greater than 140/90
- All of the above

My usual blood pressure is \_\_\_\_\_

## BENEFITS OF EXERCISE

### 4. Which of the following are benefits of exercise?

- Exercise decreases the heart's need for oxygen so it can work more efficiently
- Exercise stimulates the natural process by which tiny new blood vessels are created to bypass clogged or diseased blood vessels
- Exercise lowers blood pressure
- All of the above

Patient Identification

**5. Target Heart Rate means:**

- a. My blood pressure is too high
- b. My resting heart rate is too low
- c. My heart rate when I exercise
- d. All of the above

My target heart rate range is \_\_\_\_\_

**STRESS REDUCTION AND RELAXATION**

**6. General symptoms of stress include:**

- a. Too much or too little sleep
- b. Irritability or impatience
- c. Migraine or tension headaches
- d. All of the above

**7. Stress affects the heart by:**

- a. Causing the heart to beat faster
- b. Causing the blood vessels to constrict, leading to decreased blood flow
- c. Causing sustained presence of stress hormones in the body, keeping it in a state of tension
- d. All of the above

My favorite way to manage stress is \_\_\_\_\_

**CARDIAC MEDICATIONS**

**8. Which of the following will help someone remember to take prescribed medications?**

- a. Take it at the same time every day
- b. Keep a medication chart
- c. Take it along with meals if advised or other daily activities, like brushing your teeth
- d. All of the above

**9. Which of the following will help someone to use their medications properly?**

- a. Know why you are taking your medication, how and when you're supposed to take it
- b. If you have difficulty paying for your medications, ask your physician or pharmacist if alternatives are available
- c. If you have concerns about the effectiveness or side effects of your medication, talk to your physician
- d. All of the above

**SEX AFTER A HEART DIAGNOSIS**

**10. Rules for resuming sex after a heart attack include:**

- a. Watch for cardiac symptoms (chest pain, excessive fatigue, nausea, shortness of breath)
- b. The ability to climb two flights of stairs without symptoms is equal to the energy required for sexual activity
- c. Avoid sexual activity for two to three hours after eating or after consuming alcohol
- d. All of the above

Patient Identification