



PULMONARY EDUCATION QUIZ

DATE:

LEARNING TO BREATHE BETTER

1. **The most important muscle to move air in and out of the lungs is the?**
 - a. Neck muscle
 - b. Upper chest muscle
 - c. Diaphragm
 - d. Rib

2. **Which of the following General Tips are important to remember?**
 - a. Don't hold your breath when you are physically active
 - b. Exhale on exertion
 - c. Pace yourself, balance exercise and rest
 - d. All of the above are important

PULMONARY MEDICATIONS AND HYGIENE

3. **When using Aerosol Inhalers:**

- a. Use a spacer to ensure you will get the full effect from each puff of medication
- b. Exhale completely, then make a good seal with your lips around the mouthpiece of the spacer
- c. Inhale slowly and deeply
- d. Rinse mouth after inhalers, especially after steroids
- e. All of the above are true

I use a spacer (aerochamber) when taking Aerosol Inhalers. YES NO

4. **To thin secretions and help your body to remove mucous:**

- a. Drink plenty of fluids unless your doctor tells you to limit fluid intake
- b. Notify your doctor if mucous becomes thick, yellow or green
- c. Exercise regularly
- d. All of the above are true

5. **Which of the following statements is true about Bronchodilators?**

- a. They cause swelling, hoarseness and/or fatigue
- b. You should feel better in 3-4 days
- c. They work by relaxing muscles around bronchial tubes
- d. Liquid, compressed air, cylinders

Bronchodilators I am taking include _____

Patient Identification

BREATHING TECHNIQUES

6. Pursed –lip Breathing technique is helpful because:

- a. It relieves shortness of breath
- b. It helps you to slow expiration
- c. It helps you remove trapped air from the lungs
- d. All of the above are true

ENERGY CONSERVATION AND WORK SIMPLIFICATION

7. When you PACE YOURSELF with activity, you:

- a. Work at a steady, moderate pace
- b. Plan frequent, short rest breaks rather than one long break
- c. Rest before becoming fatigued
- d. All of the above

STRESS REDUCTION/ STRESS MANAGEMENT

8. To avoid feeling stressed and anxious:

- a. Use controlled breathing techniques
- b. Use positive imagery: imagine a safe, calm place
- c. Don't over-schedule; ask for help and use support systems
- d. All of the above

My favorite method of stress management is _____

HEALTHY CHOICES FOR MANAGING PULMONARY ILLNESS

9. Signs and symptoms of lung infections include:

- a. Fever
- b. Increased shortness of breath
- c. Increased sputum and coughing
- d. Chest pain
- e. All of the above

EXERCISE FOR PULMONARY PATIENTS

10. Benefits of exercise include:

- a. Increased physical capacity resulting in increased endurance
- b. Greater independence in daily activities
- c. Improved oxygen utilization
- d. All of the above

Patient Identification