

1. What is the major muscle of breathing?
 - a. Intercostal muscle
 - b. Abdominal muscle
 - c. Diaphragm
 - d. Gluteal muscle
2. Oxygen is exchanged for _____ between the very thin walls of the Alveoli and the thin walls of the Capillaries.
 - a. Nitrogen
 - b. Fresh air
 - c. Carbon dioxide
 - d. Hemoglobin
3. It is possible to have chronic bronchitis, asthma, and emphysema all at the same time.

TRUE or FALSE
4. A regular exercise program is beneficial to which pulmonary disease?
 - a. Asthma
 - b. Emphysema
 - c. Chronis bronchitis
 - d. Pulmonary fibrosis
 - e. All of the above
5. Second-hand smoke is just as harmful as smoking a cigarette.

TRUE or FALSE
6. Smoking causes:
 - a. Emphysema
 - b. Chronic bronchitis
 - c. Heart disease
 - d. Cancer
 - e. All of the above
7. List two things you can do to decrease the risk of getting a thrush infection in your mouth when taking inhaled steroids:
 - a. Rinse your mouth and use a spacer or holding chamber.
 - b. Stand on your head and hold your breath for 20 seconds.
 - c. Take your bronchodilator before and after.
 - d. Eat cookies and milk.
8. The most common, simple and effective expectorant is:
 - a. Milk
 - b. Tomato juice
 - c. Granny's "special" juice
 - d. Water
 - e. Soda
9. Oxygen is a prescribed medication.

TRUE or FALSE
10. Changing the flow rate on oxygen equipment can be dangerous for someone with chronic lung disease.

TRUE or FALSE
11. Pursed lip breathing combined with diaphragmatic breathing helps manage your lung condition by:
 - a. Slowing down your breathing
 - b. Keeping your airways open
 - c. Releasing trapped air
 - d. Temporarily increasing the oxygen level in your blood
 - e. All of the above
12. Symptoms of infections include:
 - a. Change in normal color of sputum
 - b. Tight feeling in the chest
 - c. Loss of appetite
 - d. All of the above



BACK

13. Relaxation exercises are useful in breaking the stress-panic cycle.
 TRUE or FALSE
14. What is the principle nutrient needed to maintain your immune system and to build and repair your body?
a. Carbohydrates c. Protein
b. Fats d. Sugar
15. Eating smaller portions of food throughout the day can help reduce the shortness of breath caused by a too-full stomach.
 TRUE or FALSE
16. To keep lungs clear you can use controlled coughing.
 TRUE or FALSE
17. Using energy conservation techniques such as frequent rest intervals, use of bronchodilators and passive positions, can enhance physical intimacy.
 TRUE or FALSE
18. Check two energy saving techniques you can use during household tasks.
 Sit to dress & undress Stop and rest as needed
 Sit on bench to shower Rest after meals
 Do one thing at a time Purse lip breathe
 Exhale with effort & exertion
 Keep most used things at waist height
 Use wheeled cart to move household items around
19. Oxygen should **never** be used in the shower.
 TRUE or FALSE
20. A regular exercise program will **NOT**:
a. Change your lungs structure
b. Increase your strength
c. Improve cardiac function
d. Increase your endurance
21. Travel is not possible if you use oxygen:
 TRUE or FALSE
22. Washing your hands often & keeping them away from your face can help keep you well.
 TRUE or FALSE
23. Check two oxygen **DON'Ts**:
 Don't smoke
 Don't use while cooking with gas
 Don't use around aerosol sprays
 Don't use vapor rubs, petroleum jelly, or oil-based hand lotion
24. Check two oxygen **DOs**:
 Keep sources of flame at least 5 feet away
 Keep the oxygen unit at least 5 feet away from sources of heat
 Turn off oxygen unit when not in use
 Have a fire extinguisher nearby
25. Wearing oxygen when bathing helps decrease shortness of breath.
 TRUE or FALSE

PATIENT IDENTIFICATION: