

PRINTED TEST

NAME \_\_\_\_\_ 2021 DATE \_\_\_\_\_

Smith Seminars

Pulmonary and Cardiac Rehabilitation

1. \_\_\_\_ Rehabilitation:
  - A) is a multidimensional continuum of services directed to persons with cardiac and/or pulmonary disease and their families
  - B) has an interdisciplinary team of specialists
  - C) has the goal of achieving and maintaining the individual's maximum level of independence and functioning in the community
  - D) All of the above
  
2. \_\_\_\_ Pulmonary rehabilitation aims to:
  - A) reduce symptoms and improve the QOL for patients with chronic respiratory disease
  - B) decrease participation in physical and social activities
  - C) A & B
  - D) None of the above
  
3. \_\_\_\_ Successful cessation programs usually employ such tools as:
  - A) Patient education, establishment of a quit date, and follow-up support
  - B) Relapse prevention and advice for healthy lifestyle changes
  - C) Social support systems and adjuncts to treatment (medications)
  - D) All of the above
  
4. \_\_\_\_ Factors about Oxygen Therapy in Pulmonary Rehabilitation include:
  - A) Studies showed that long-term oxygen therapy decreases survival 2-fold or more in hypoxemic patients with COPD.
  - B) Hypoxemia is defined as PaO<sub>2</sub> of less than 85 mm Hg or as oxygen saturation of less than 98%.
  - C) Oxygen reduces mortality rates in patients with advanced COPD because of the favorable effects on pulmonary hemodynamics.
  - D) None of the above
  
5. \_\_\_\_ Inhaled beta 2-agonist bronchodilators:
  - A) activate specific B<sub>2</sub>-adrenergic receptors on the surface of smooth muscle cells
  - B) raises levels of intracellular cyclic adenosine monophosphate (AMP) and increases smooth muscle relaxation
  - C) A & B
  - D) None of the above
  
6. \_\_\_\_ Strength training is a rational component of exercise training during pulmonary rehabilitation because:
  - A) low-intensity leg and arm muscle conditioning has led to increased ventilatory equivalent for oxygen and carbon dioxide.
  - B) peripheral muscle weakness contributes to exercise limitation in patients with lung disease
  - C) A & B
  - D) None of the above

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7. \_\_\_\_\_ Comprehensive pulmonary rehabilitation programs may include:
- A) exercise training, education, psychosocial/behavioral intervention, and outcome assessment
  - B) interventions provided by a multidisciplinary team that often includes physicians, nurses, respiratory therapists, physical therapists, occupational therapists, psychologists, and social workers.
  - C) A & B
  - D) None of the above
8. \_\_\_\_\_ Cardiac rehabilitation programs may include:
- A) very close surveillance of patients with significant cardiac arrhythmias during their exercise
  - B) concomitant rhythm monitoring with telemetry, Holter or event monitoring
  - C) in cases of serious arrhythmias, therapy remains controversial and the safety of exercise is unclear; such uncertainties complicate the decision-making process
  - D) All of the above
9. \_\_\_\_\_ Cardiac rehabilitation services are contraindicated in patients with:
- A) severe residual angina, uncompensated heart failure, uncontrolled arrhythmias
  - B) severe ischemia, LV dysfunction, arrhythmia during exercise testing
  - C) poorly controlled hypertension, hypertensive or any hypotensive systolic blood pressure response to exercise
  - D) All of the above
10. \_\_\_\_\_ Cardiac rehabilitation services phases include:
- A) Phase 1 - Initiated after the patient leaves the hospital
  - B) Phase 2 - A supervised ambulatory outpatient program spanning 3-6 months
  - C) Phase 3 - A maintenance phase for less than a year
  - D) None of the above

# Evaluation Form

Course Sponsor: Smith Seminars (CRCE Sponsor)

Title of Activity: Pulmonary and Cardiac Rehabilitation

Title of Module: Pulmonary and Cardiac Rehabilitation

Learner's achievement of each objective. Rate each on a scale of 1=low 5=high. (Circle One)

## Objective 1

Identify the goals, indications, and program components of rehabilitation for the pulmonary and cardiac patients.

Recognize the benefits, risks, and safety issues of the rehabilitation programs.

List the members of the team, the components of exercise training, outcome measures, and monitoring patients in rehabilitation programs.

Identify factors that are important to improve patient adherence to the rehabilitation programs.

1 2 3 4 5

## Purpose/Goal of this activity

Attendee will be aware of the current information and will be able to meet the required continuing education. Relationship of objectives to overall Purpose/Goal of activity.

1 2 3 4 5

If conflict of interest, off-label use, commercial support, or in-kind support were evident in the education component of this program, were you notified? (Circle One)

N/A — not applicable for any of the above

Yes

No

Comments:

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Content was presented without bias of any commercial product or drug. (Circle One)

Yes

No

Comments:

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Will the information you gained from this program change your practice? (Circle One)

Yes

No

Comments:

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Additional comments or suggestions

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### Submission Instructions

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Submission Method #2 – Fax to us at 972-759-9791

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