

Cardiac Knowledge Test

Name _____ Date _____

DIRECTIONS: Please answer the following questions. Circle the letter of the best answer on this sheet. Your answers will help you gain the most from a cardiac rehabilitation program.

1. Coronary artery disease is a disease in which:

- a. The coronary arteries die and are unable to supply the heart with blood and oxygen.
- b. The coronary arteries, which supply the heart muscle with blood and oxygen, become narrowed as a result of atherosclerotic plaque buildup.
- c. The heart muscle is unable to remove adequate amounts of oxygen from the blood flowing through the heart's chambers.
- d. All of the above.

2. Coronary artery disease results in:

- a. An inadequate supply of carbon dioxide to the heart muscle.
- b. An inadequate amount of carbohydrates to the heart muscle.
- c. An inadequate supply of oxygen to the valves of the heart.
- d. An inadequate supply of oxygen to the heart muscle.

3. A heart attack generally occurs when the heart muscle is deprived of an adequate oxygen supply for longer than:

- a. 24 hours.
- b. 1 hour.
- c. 30 minutes.
- d. 6 hours

4. Fatal heart rhythm disturbances may occur if the heart muscle is deprived of an adequate oxygen supply for:

- a. Even a few minutes.
- b. More than 20 minutes.
- c. More than 30 minutes.
- d. The heart does not need oxygen.

5. During exercise the heart muscle's oxygen requirements:

- a. Remain the same as always.
- b. Decrease in direct proportion to the intensity of effort.
- c. Increase in direct proportion to the intensity of effort.
- d. None of the above.

6. After a heart attack, the damaged area of heart muscle:

- a. Heals by the process of scar tissue formation and never regains its elastic function again.
- b. Heals by the process of blood-clot formation and is soon capable of functioning normally.
- c. Heals by the process of blood-clot formation and never regains its function again.
- d. Heals by the process of osmosis.

7. How long does the process by which the heart muscle heals after a heart attack usually take before it is completed?

- a. 1 to 3 weeks.
- b. 6 to 8 weeks.
- c. 16 to 18 weeks.
- d. 24 to 48 weeks.

8. If you are participating in an exercise program and there is a change in your condition, another heart attack or major cardiac procedure, new symptoms, or a change in your medications you must:

- a. Continue with your program as usual.
- b. Take it easy for a few weeks and then continue with your program where you left off.
- c. Under no circumstances undertake another workout until you have consulted your doctor.
- d. Ask a friend to advise you on your condition.

9. Smoking increases the risk of heart disease because:

- a. The nicotine in inhaled smoke causes blood vessels to decrease in size.
- b. The smoke from cigarettes slows the heart rate.
- c. Cigarette smoking has no effect on your heart, only your lungs.
- d. Cigarettes are less harmful after your first heart attack.

10. To get the most out of Cardiac Rehabilitation, you should attend your exercise sessions:

- a. Only on days when you have a lot of free time.
- b. 3 days per week.
- c. Once per week.
- d. Every other week.

11. Which of the following risk factors can you change?

- a. Family history, sex.
- b. Age, national origin.
- c. Cholesterol level, smoking cigarettes.
- d. None of the above.

12. For how long should you count your pulse when calculating your heart rate during exercise?

- a. 30 seconds.
- b. 20 seconds.
- c. 10 seconds.
- d. 40 seconds.

13. If you experience mild chest discomfort during exercise, you should:

- a. Slow down immediately and stop if it does not subside within 2 to 3 minutes.
- b. Continue exercising at the same intensity and slow down only if the discomfort worsens.
- c. Slow down immediately and stop if it does not subside within 10 to 15 minutes.
- d. Keep exercising and work through the symptoms.

14. If you are exercising without supervision and chest discomfort persists for more than 2 to 3 minutes after stopping exercise, you should:

- a. Lie down until the discomfort subsides.
- b. Continue with your workout.
- c. Take a nitroglycerin tablet.
- d. Call 911.

15. If chest discomfort is not relieved by 3 nitroglycerin tablets, taken within 5 minutes apart, you should:

- a. Lie down until the discomfort subsides.
- b. Take another nitroglycerin tablet and wait another 5 minutes to see what happens.
- c. Dial 911 or contact the emergency medical system immediately.
- d. Wait until the morning and see how you feel.

16. The majority of exercise-related cardiac complications occur:

- a. During the middle of a workout.
- b. The day after a workout.
- c. Either at the beginning or at the end of a workout.
- d. Before the workout begins.

17. An adequate warm-up is of vital importance to persons with coronary artery disease because it:

- a. Increases their body temperature and reduces their risk of developing infection.
- b. Makes their workout last longer and therefore increases their energy expenditure.
- c. Provides their circulation sufficient time to adjust to the increased oxygen requirements of the heart muscle.
- d. Increases the chances of having a heart attack.

18. What is the best way for persons with coronary artery disease to cool down after exercise?

- a. Take a cold shower.
- b. Stop exercising and lay flat on their back.
- c. Gradually slow down in order to allow their heart rate to return to near resting values.
- d. Sit in a chair and watch TV.

19. To avoid dehydration when working out on hot and humid days, you should:

- a. Drink a cup of water every 5 minutes during exercise.
- b. Drink a cup of water every 20 minutes during exercise.
- c. Drink a cup of water every 60 minutes during exercise.
- d. Drink a cup of water every day when you exercise.

20. Four of the most important steps to prevent our body temperature from rising excessively during outdoor warm-weather workouts are:

- a. Take a cold shower before exercise; acclimatize adequately; drink water during exercise; wear a cap during exercise.
- b. Limit outdoor exercise on very hot days; acclimatize adequately; drink water during exercise; dress appropriately.
- c. Limit outdoor exercise on very hot days; acclimatize adequately; drink water during exercise; ask your doctor to prescribe a beta-blocker for you.
- d. Do not exercise.

21. Exercising while you have the flu is dangerous and you should therefore:

- a. Wait until your temperature has been normal for at least 24 hours and then return to your usual level of activity gradually over the course of a week or two.
- b. Wait until your temperature has been normal for at least 24 hours and then return to your usual level of activity gradually over the course of a day or two.
- c. Continue exercising, but at a lower level of intensity.
- d. The flu is minor compared to a heart attack, so keep exercising.

22. A key factor for cold-weather workouts is to:

- a. Wear thick clothing.
- b. Wear a good pair of shoes.
- c. Wear multiple layers of clothing.
- d. You cannot exercise in the cold.

23. To reduce their risk of being exposed to high concentrations of carbon monoxide, persons with coronary artery disease should:

- a. Exercise only late in the afternoon.
- b. Avoid working out along heavily traveled roadways at rush hour and try to stay at least 22 yards (66 feet) away from exhaust fumes.
- c. Avoid working out along heavily traveled roadways at rush hour and try to stay at least 5.5 yards (16.5 feet) away from exhaust fumes.
- d. Exercise indoors only.

24. When exercising at higher than normal altitudes, you should:

- a. Reduce the pace of your workout and take more frequent pulse counts.
- b. Reduce the pace of your workout and take less frequent pulse counts.
- c. Increase the pace of your workout and take more frequent pulse counts.
- d. Increase the pace of your workout and take less frequent pulse counts.

25. In order to get the best health-related benefits from exercise training with the least amount of risk, you should:

- a. Make use of high-intensity anaerobic exercise such as sprinting.
- b. Make use of moderate-intensity aerobic exercise such as brisk walking and jogging.
- c. Both a and b.
- d. None of the above.

26. Once you have been in a medically supervised cardiac rehabilitation program for more than 12 weeks and are cleared for unsupervised exercise, it is best to:

- a. Continue exercising under the direction of your physician at home, in a rehabilitation facility, or local health club.
- b. Continue exercising at a local health club because you no longer require direction from your physician and other cardiac rehabilitation health professionals.
- c. Continue exercising at home because you no longer require direction from your physician and other cardiac rehabilitation health professional.
- d. Stop exercising because you are fully recovered.

27. Persons with coronary artery disease should generally begin on a serious strength-training program only if they:

- a. Have been regular participants in a cardiac rehabilitation program for at least 12 weeks.
- b. Have an exercise capacity of at least 4 METs.
- c. Are not receiving therapy with beta-blockers.
- d. Anyone can lift weights without restriction.

28. Which of the following activities are most suitable for persons with coronary artery disease?

- a. Basketball, racquetball and water-skiing.
- b. Weight lifting, push-ups and sprinting.
- c. Walking, swimming and cycling.
- d. All of the above.

29. If you have chest pain while driving your car:

- a. Drive to the nearest hospital.
- b. Drive home.
- c. Stop and lie down.
- d. Stop, take a nitroglycerin tablet, signal for help.

30. Sexual relations for the heart attack patient:

- a. Are forbidden.
- b. Are O.K., after released by your physician.
- c. Are fine, there is no reason to discuss this with your physician.
- d. Are not necessary at your age.

31. High blood pressure sometimes can be lowered by eating foods:

- a. Low in fats and sodium.
- b. High in cholesterol.
- c. High in carbohydrates.
- d. High in vitamin D.

32. If you notice any reaction such as a rash, muscle cramps, or nausea/vomiting lasting more than one day that you feel may be from your medications, you should:

- a. Stops taking your medications until the next time you see your physician.
- b. Decrease the dose to see if that helps.
- c. Buy an over-the-counter medicine to help you feel better.
- d. Notify your physician before making any changes in your medications.

33. Which statement is true of nitroglycerin tablets:

- a. Nitroglycerin should be stored in tightly sealed light-resistant glass or metal bottle, away from temperature extremes, replaced 30 days after opening.
- b. Nitroglycerin can be wrapped in Kleenex in a purse or pocket, no need to replace old tablets.
- c. Nitroglycerin should be kept in the refrigerator where they will not melt, or need to be replaced.
- d. Nitroglycerin can be placed in a pill container with your other pills, replace after one year.

34. Angina pain can be felt in the:

- a. Back.
- b. Jaw.
- c. Chest.
- d. All of the above.

35. Of the following foods, which groups have the highest salt content?

- a. Fresh fruits and vegetables.
- b. Lunchmeats, processed cheeses, and canned soups.
- c. Mild, roast beef sandwich.
- d. Tossed salad with vinegar and oil dressing.

36. To lower this blood fat, you need to avoid sugary foods and maintain your ideal weight. This blood fat is:

- a. Hemoglobin.
- b. Albumin.
- c. Triglycerides.
- d. Creatinine.

37. Which one of the following has the highest source of cholesterol and should be avoided with a heart condition?

- a. Breads and pasta.
- b. Vegetables and fruits
- c. Egg yolks, bacon, and sausage.
- d. Angel food cake.

38. If you have heart disease and mild congestive heart failure you should not:

- a. Exercise outside in hot humid weather.
- b. Exercise outside if the temperature is between 40-70 degrees.
- c. Exercise when the humidity is less than 65 percent.
- d. Exercise in an air-conditioned room.

39. Which of the following are the signs of over-exertion:

- a. Extreme shortness of breath.
- b. Feeling dizzy
- c. Excessive fatigue.
- d. All of the above.

40. When building up endurance in a walking program, how fast should you increase the distance you walk?

- a. Walk with a friend and change distance as the friend does.
- b. Do not try to increase the distance, just increase the speed.
- c. Increase the distance very gradually each week.
- d. Double the distance walked each successive week.

