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 supply 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.