**CARDIORESPIRATORY REHABILITATION 2**

1. Which of the following is not a true effect in slow deep inspiration?
   1. Reunite collateral ventilation
   2. Enhances re-expansion of the lungs
   3. Improve gaseous exchange
   4. **Stimulate cough**
2. Which of the following is true about S1 heart sound?
   1. Is the sound made the mitral and tricuspid atrioventricular (AV) valves close.
   2. Is loudest at apex or left lower sternal boarder
   3. Is usually single; but maybe narrowing split at the left lower sternal boarder (LLSB)
   4. **All the above are correct**
3. Which of the following positions is not suitable for teaching breathing control?
   1. Relax sitting
   2. Relax standing
   3. Forward lean sitting
   4. **Supine lying**
4. When doing auscultation for heart sounds, the point of maximum impulse (PMI) is located at the;
   1. **5th intercostal space in the left mid-clavicular line**
   2. Right 2nd intercostal space just under and to the right of the sternal angle
   3. Left 4th intercostal space
   4. None of the above
5. Which of the following is the commonest physiologic defence mechanism that effectively clears the airway?
   1. Yawn
   2. **Huff**
   3. Forward expiratory techniques
   4. None of the above
6. Which term refers to respiratory rate of more than 25 breaths per minutes in adults?
   1. Apnoea
   2. Hyperventilation
   3. Hyperpnoea
   4. **Tachpnoea**
7. Which of the following is/are true relative to the definition, diagnosis and prevalence of hypertension?
   * 1. A BP cuff that is too small (i.e. encircle less than 80% of the upper arm) gives an erroneously low BP reading
     2. The upper normal BP value for a 7 year old is 135/85.
     3. The prevalence of hypertension rises with age.
8. Choices (i), (ii) and (iii) are correct
9. Choices (i), and (iii) are correct
10. **Only (iii) is correct**
11. None of the above is correct
12. You are performing a respiratory assessment on a patient for a chest physical therapy program. When reading the chart you are looking at the values of tests performed by the respiratory therapist. One of the particular values that you are interested in is the amount air that can be forcibly expired by the patient after maximum inspiration. Which of the following was the respiratory therapist evaluating?
    1. **Forces expiratory volume**
    2. Forced inspiratory volume
    3. Inspiratory capacity
    4. Tidal volume
13. You are treating a pediatric patient who has been diagnosed with the cystic fibrosis through a sweat test. Which of the following would you implement for an appropriate treatment program for this patient?
    1. Breathing exercises
    2. **Breathing exercises and postural drainage**
    3. The physician should order medication therapy
    4. Medication therapy
14. In implementing another cardiopulmonary - pulmonary program for a chest physical therapy patient, which of the following positions is most appropriate for the right middle lobe?
    1. Patient is sitting in the chair leaning forward approximately 200 to 300 resting on pillows.
    2. Patient is in prone position, rotated 1/2 turn upward, with the bed elevated 18 inches and chest tilted 200.
    3. Patient is prone with pillows under the stomach
    4. **Patient in left side lying position rotated backward 1/2 turn with the bed elevated 14 inches**
15. You have a cardiac patient, 3 days post operative referred to cardiac rehabilitation program. The physician refers the patient to physical therapy for you to implement a treatment program. Which of the following treatment programs would be appropriate for this patient?
    1. **Ambulating 200 meters in 5 minutes period with no changes in symptoms**
    2. Lower extremity ergometry X15 minutes
    3. Lower extremity ergometry X30 minutes
    4. Upper extremities ergometry X15 minutes
16. An adult patient undergoes open heart surgery at a prestigious heart hospital. the patient is being evaluated one day post- operation for possible placement in the acute in patient cardiac rehabilitation program. The patient blood pressure reading indicate hypertension. Which of the following reading would be considered indicative of hypertension?
    1. 120/80 mm/Hg
    2. Above 120/80 mm/Hg
    3. **Above 140/90** mm/Hg
    4. Under 120/90 mm/Hg
17. Which of the following effects would occur through aerobic exercise in cardio-pulmonary training program for a patient?
    1. Resting heart rate increase
    2. Cardiac output decreases
    3. Tidal volume decreases
    4. **Resting heart rate decreases**
18. You are analyzing a patient's cardiopulmonary - pulmonary status at the physical therapy department. You notice during chest physical therapy that percussions sound dull with wheezing and crackle upon auscultation. This clinical signs are most likely associated with which of the following pathologies?
    1. Atelectasis
    2. **Pulmonary edema**
    3. Pneumonia
    4. Pneumothorax
19. Respiratory quotient is equal to;
    1. O2 production/CO2 consumption
    2. O2 consumption/CO2 production
    3. **CO2 production/O2 consumption**
    4. CO2 consumption/O2 production