Cardiac Rehabilitation Patient Knowledge Test

Name ________________________________ ________________________________

This information will be covered in our cardiac education classes. This pre test is to determine knowledge base in cardiac risk factors and lifestyle recommendations before entering the Cardiac Rehabilitation program. This test will be repeated at the end of the program to assess teaching methods and education outcomes.

1. Coronary artery disease is a narrowing of blood vessels that supply blood and oxygen to the heart, resulting in inadequate supply of oxygen to the heart. T F

2. How many minutes of aerobic exercise are recommended PER DAY, most days of the week?
   a. 30
   b. 90
   c. 60

3. Which of the following risk factors can you change?
   a. Family history, sex
   b. Age, national origin
   c. Cholesterol level, smoking cigarettes

4. What should your LDL or “bad cholesterol” be, as recommended by the American Heart Association?
   a. Less than 50
   b. Less than 100
   c. Less than 200

5. Stress affects the heart by:
   a. Causing the heart to beat faster.
   b. Causing blood vessels to constrict, leading to decreased blood flow.
   c. Causing sustained presence of stress hormones in the body, keep it in a state of tension.
   d. All of the above.

If limited English proficient or hearing impaired, offer interpreter at no additional cost:
☐ Interpreter Accepted ________________________________ ☐ Interpreter Refused 

(Name/Number of Person/Services Chosen/Used)