

Message statement: pulmonary rehabilitation is a health program that helps patients with COPD.

1)What is pulmonary rehabilitation?

- a. A health program that helps you with your COPD
- b. A program that keeps you from getting old
- c. A program that cures diabetes



Message statement: pulmonary rehabilitation helps COPD patients by prescribing individualized physical activity program.

2) Pulmonary Rehabilitation helps you with your COPD by using

- a. Individualized exercise program
- b. 10-mile run
- c. Sun glasses



Message statement: participating in a pulmonary rehabilitation program decreases the risk of your COPD rapidly getting worse.

3) Participating in pulmonary rehab can:

- a. Improve your symptoms
- b. Reduce risk of your COPD quickly suddenly worse
- c. All in the list



Message statement: The purpose of the pulmonary rehabilitation program is to educate you about your disease to help you cope with and control your disease and also to improve the quality of your life.

4. What are the goals of a pulmonary rehabilitation program?

- a. To better control your disease
- b. To help you cope with COPD
- c. To improve your quality of life
- d. All in the list



Message statement: the most important part of the pulmonary rehabilitation program is physical activity.

1. The most important part of the pulmonary rehabilitation program is

- a. Physical activity
- b. Watching TV
- c. Browsing internet



Message statement: the pulmonary rehabilitation exercise program is personalized to your specific needs.

2. The exercises in pulmonary rehabilitation

- a. Are personalized to your needs
- b. Are the same for all patients
- c. Are meant to make your teeth stronger



Message statement: one of the most important parts of pulmonary rehabilitation are exercises to help your breathing.

3. An important part of pulmonary rehabilitation is
 - a. Exercises to help your breathing
 - b. Exercises to make your arms longer
 - c. Exercises to help your hearing



Message statement: pulmonary rehabilitation focuses on improving your physical fitness.

4. What is the focus of pulmonary rehabilitation exercises?

- a. To strengthen muscles used for breathing
- b. To increase physical activity
- c. All in the list



Message statement: pulmonary rehabilitation is effective for people of all ages.

1. How old do you have to be to benefit from pulmonary rehabilitation?

- a. 45 years old
- b. 70 years old
- c. Age does not matter



Message statement: pulmonary rehabilitation is helpful for all persons with any type of COPD.

2. Pulmonary rehabilitation is helpful for persons with what kind of COPD?

- a. Mild
- b. Severe
- c. Any kind



Message statement: pulmonary rehabilitation will help improve the quality of your life as well as your breathing.

3. In addition to helping you with your breathing pulmonary rehabilitation will also help improve your

- a. Quality of life
- b. Vision
- c. Hearing



Message treatment: pulmonary rehabilitation will make you more confident

4. An advantage of pulmonary rehabilitation is that it will make you feel more

- a. Confident
- b. Depressed
- c. Confused



Message statement: Telerehab will allow you to perform an exercise program without leaving your home.

1. Telerehab is good because it
 - a. Allows you to perform an exercise program without leaving your house
 - b. Monitors your exercise performance while you are at home
 - c. Allows you to receive consultations whenever you need it
 - d. All in the list



Message statement: You will be given a tablet, arm bike and vital sign monitor to perform telerehab.

2. Which of the following do you need to perform telerehab?
 - a. A tablet
 - b. A vital sign monitor
 - c. An arm bike
 - d. All in the list

****insert pic of our equipment****

Message statement: Mount Sinai telerehab program is completely free and does not require health insurance.

3. An advantage of this telerehab program is that
 - a. It is free
 - b. It has monthly fee
 - c. It requires insurance



Message statement: All of the equipment that you need for this pulmonary rehabilitation program will be provided for you at no cost.

4. Equipment for this pulmonary rehabilitation program
 - a. Is provided for you at no cost
 - b. You have to buy your own equipment
 - c. You have to buy your own computer

