

Asthma Quiz

Questionnaire

This questionnaire will tell you what you know about asthma and what you still need to learn.

Instructions:

- Most questions are based on individual pages of *One Minute Asthma: What You Need to Know*.
- Complete the questionnaire before reading *One Minute Asthma*. Place a check in the right hand column for each correct answer.
- Read *One Minute Asthma* and answer the questions that you missed. The page number for each answer (7th edition) is listed next to the question.
- If you like, take the questionnaire one week later to check your improvement.
- There may be other right answers to the questions below, but those listed in *One Minute Asthma* are the most important.

Results:

- Some people may only know the answer to 10 percent of these questions. Others will know much more.
- After completing the Asthma Quiz, continue to study until you know all of the answers.

Questionnaire		Points
You Can Control Asthma		
1: Name four main signs of excellent asthma control:	Page 7	(4)
1.		
2.		
3.		
4.		
Signs of Asthma Trouble		
2: Name four signs of asthma that you can see or hear:	Page 9	(4)
1.		
2.		
3.		
4.		
What is asthma?		
3: Asthma is often misdiagnosed as...	Page 10	(2)
1.		
2.		
What happens in the airways?		
4: Patients with asthma have airways that are overly sensitive or "hyper-responsive."	Page 11	(1)
<input type="checkbox"/> Yes		
<input type="checkbox"/> No		
5: Name the two main things that happen in the airways during an episode:	Page 11	(2)
1.		
2.		

Questionnaire		Points
Asthma Triggers		
6: Name at least two major triggers of asthma:	Page 12	(2)
1.		
2.		
3.		
4.		
5.		
7: Can effects of triggers last more than a week?	Page 13	(1)
<input type="checkbox"/> Yes		
<input type="checkbox"/> No		
Asthma Triggers		
8: Name at least two ways to reduce triggers:	Page 14	(2)
1.		
2.		
3.		
4.		
5.		
Asthma Triggers		
9: Name at least two situations in which a person with poorly controlled asthma may cough:	Page 18	(2)
1.		
2.		
3.		
4.		
5.		
Asthma Triggers		
10: Can sinus trouble trigger an asthma episode and interfere with its treatment?	Page 17	(1)
<input type="checkbox"/> Yes		
<input type="checkbox"/> No		
Asthma Medicines		
11: What does a controller medicine do?	Page 36	(1)
12: Name the most effective type of controller medicine:	Page 38	(1)
Asthma Medicines		
13: How do inhaled steroids (such as QVAR, Pulmicort, Aerobid, Flovent HFA and Azmacort) work?	Page 38	(1)
Asthma Medicines		
14: How do beta₂-agonists (such as Serevent, Advair, Foradil) work?	Page 39	(1)
Asthma Medicines		
15: How do leukotriene modifier medicines (such as, Singulair and Accolate) work?	Page 40	(1)

Questionnaire		Points
16: How does albuterol (such as Proventil HFA, Ventolin HFA, Xopenex, Maxair and Bricanyl) work?		
	Page 42	(1)
17: Name two side effects of albuterol:		
	Page 42	(2)
1.		
2.		
18: Purified albuterol (Xopenex) is a form of albuterol that is less likely to cause prolonged hyper-responsiveness of the airways.		Page 42 (1)
	<input type="checkbox"/> Yes	
	<input type="checkbox"/> No	
Tracking Your Asthma		
19: A peak flow meter measures the fastest speed at which you can blow air out of your lungs.		Page 21 (1)
	<input type="checkbox"/> Yes	
	<input type="checkbox"/> No	
20: Define the term symptom.		
	*see end	(1)
21: Define the term sign.		
	*see end	(1)
Using the Asthma Action Plan – Green Zone		
22: Should you take your regular controller medicines daily when you are in the green zone?		Page 32 (1)
	<input type="checkbox"/> Yes	
	<input type="checkbox"/> No	
Using the Asthma Action Plan – High Yellow Zone		
23: What three actions should you take in the High Yellow Zone?		Page 31 (3)
1.		
2.		
3.		
Delivering Inhaled Medicines		
24: Should you puff (prime) your inhaler (MDI) before use if you haven't used it for a week?		Page 46 (1)
	<input type="checkbox"/> Yes	
	<input type="checkbox"/> No	
25: While you are having an asthma episode, why should you wait one to three minutes between puffs of a quick relief medicine?		
	*see end	(1)
26: How can you tell how much medicine you have left in your canister:		
	Page 53	(1)
27: If you are using two inhalers (a quick relief medicine and an inhaled steroid) why should you take quick relief medicine first?		
	Page 46	(1)

Questionnaire		Points
28: Name at least two advantages of using an MDI with a holding chamber:		Page 48 (2)
1.		
2.		
3.		
4.		
5.		
29: Who can benefit from using a holding chamber with mask?		Page 50 (1)
30: When you use a compressor driven nebulizer, why should you take longer to breathe in than to breathe out?		*see end (1)
Severity of Asthma		
31: A patient with signs or symptoms more than two days a week has persistent asthma and should take a controller medicine every day.		*see end (1)
	<input type="checkbox"/> Yes	
	<input type="checkbox"/> No	

*Notes:

- Question 20: A symptom is a sensation, such as a tight chest.
- Question 21: A sign is an indicator that can be observed by others, such as a cough, a wheeze or sucking in of the chest skin.
- Question 25: So the first puff can dilate the airway allowing the second puff to go deeper.
- Question 30: Medicine only enters the lungs when you are breathing in.
- Question 31: Yes

After you have read *One Minute Asthma* and know the answers to all of these questions, you will have a good basic understanding of asthma. You can learn a lot more by reading additional sections of *One Minute Asthma* and also *Dr. Tom Plaut's Asthma Guide for People of All Ages*. You can find further information at www.pedipress.com and www.medlineplus.gov the information site of the National Institutes of Health.