



# LUNG HEALTH & AIRWAY CLEARANCE

Name: \_\_\_\_\_

Date: \_\_\_\_\_

**Note:** This is not a test. This assessment has been developed to help you become more knowledgeable about your CF, with the help of your CF care team.

This assessment is to be completed by a person who is 16 or older with cystic fibrosis (CF). For each question, please read all the answer choices carefully before choosing the one answer you think is best. If you don't know an answer, leave it blank and move on to the next question.

**\*1. Pulmonary function tests (PFTs) or spirometry are a fancy name for tests that:**

- a) Show how your lungs are working
- b) Only need to be done once in a while
- c) Depend on your effort in blowing
- d) Answers a and c

**2. Which of the following is true?**

- a) Forced expiratory volume in one second (FEV1) is the maximum amount of air that can be forcibly exhaled from the lungs in one second after taking the deepest breath possible
- b) Forced vital capacity (FVC) is the maximum amount of air that can be forcibly exhaled from the lungs after taking the deepest breath possible
- c) Both FEV1 and FVC are measured using spirometry
- d) All of the above

**\*3. Timing is everything. What is the right order to take the following treatments?**

- a) Airway clearance, inhaled antibiotics, and inhaled short-acting bronchodilators
- b) Inhaled short-acting bronchodilators, airway clearance, and inhaled antibiotics
- c) Inhaled antibiotics, inhaled short-acting bronchodilators, and airway clearance

**4. Environmental factors (secondhand smoke) can cause additional lung damage to CF patients.**

- a) True
- b) False

**\*5. All of the CF bacteria in your lungs will always be killed with IV antibiotics.**

- a) True
- b) False

**\*6. How can you decrease the number of lung infections you get?**

- a) Stay away from people who are sick
- b) Try to cough less
- c) Keep up with your airway clearance
- d) Answers a and c

**7. Regular exercise can result in:**

- a) stronger heart muscle
- b) Potential improvements in lung function
- c) Being in a better mood
- d) All of the above

**8. The following are symptoms of a pulmonary "exacerbation":**

- a) Increased cough
- b) Decreased lung function
- c) Increased appetite
- d) Answers a and b
- e) All of the above

For each question, please read all the answer choices carefully before choosing the one answer you think is best. If you don't know an answer, leave it blank and move on.

**9. Common CF lung infections include:**

- a) Methicillin-resistant *Staphylococcus aureus* (MRSA)
- b) *Pseudomonas aeruginosa*
- c) *Staphylococcus aureus* (Staph)
- d) *Burkholderia cepacia* (*B cepacia*)
- e) All of the above

**13. Inhaled antibiotics can:**

- a) Treat bacteria in the lungs
- b) Help remove mucus from the lungs
- c) Improve appetite
- d) Replace airway clearance

**\*10. Airway clearance:**

- a) Keeps your body from producing mucus
- b) Helps prevent lung infections
- c) Should be done only when you're sick
- d) Can be combined with any inhaled treatment

**14. Effective airway clearance treatments include:**

- a) Vibratory chest percussion therapy like The Vest or SmartVest
- b) Positive expiratory pressure (PEP) devices like Flutter or acapella
- c) Chest physical therapy (CPT)
- d) Active cycle of breathing technique
- e) All of the above

**\*11. Bronchodilators are used to:**

- a) Open your airways
- b) Reduce mucus
- c) Prevent cough
- d) Clear up a stuffy nose

**15. The most effective type of cough for airway clearance is:**

- a) Reflexive or involuntary cough
- b) Barking cough
- c) Huff cough
- d) Dry cough

**\*12. Inhaled medications like mucolytics and hypertonic saline:**

- a) Treat bacteria in the lungs
- b) Help remove mucus from the lungs
- c) Improve appetite
- d) Replace airway clearance

**16. You should do your airway clearance therapies more often when you:**

- a) Are feeling good
- b) Have an infection or exacerbation
- c) Have stomach aches
- d) None of the above