

Pulmonary Diseases

1. Explain the difference between an obstructive and a restrictive pulmonary disease. Give an example of each.
2. Why would someone with a pulmonary disease have polycythemia?
3. Which side of the heart is affected with a pulmonary disease and why?
4. What is a blue bloater and a pink puffer?
5. Which part of the lung is affected in emphysema?
6. Name some of the treatments for patients with COPD.
7. Name some of the triggers for asthma. Why does exercise often trigger an asthma attack?
8. Name some of the special precautions one should take when stress testing a person with exercise induced asthma. Once the test is over, is the danger of an asthma attack over?
9. What type of pulmonary disease (restrictive, obstructive, vascular, or hypoventilatory) is cystic fibrosis? What enzyme deficiency is the cause of this disease?
10. Does obesity affect pulmonary ventilation? Which 2 types of pulmonary diseases are increased with obesity?
11. Name some risk factors for pulmonary embolism.
12. What is Pickwickian Syndrome?
13. What special types of exercise might be employed for a patient with a pulmonary disease?
14. Why is exercise prescribed for patients with pulmonary disease?
15. At what critical PO₂ level or % O₂ saturation would you consider giving supplemental oxygen during exercise training?
16. What is CPAP?
17. Briefly describe a prescription for ventilatory muscle training.