

Lesson 5 Quiz

Keep track of your answers by clicking the bubbles next to your choice. At the end of the quiz, you will find an answer key so you can see how you did. Good luck!

1. Which of the following are key elements of your self-care plan?
 - a) **Good communication**
 - b) **Self-directed, at-home treatments for your joints and skin**
 - c) **Health journaling**
 - d) **Ongoing disease education**
 - e) **Developing and following healthy lifestyle practices**
 - f) **Prescription exercise, physical activity and sport for pleasure**
 - g) **All of the above**

2. Range-of-motion exercises help patients with psoriatic arthritis maintain mobility in affected joints.
True False

3. What is the difference between strengthening and aerobic exercises?
 - a) **Strengthening exercises are done with weights alone. Aerobic exercise involves the leg muscles.**
 - b) **Strengthening exercises help increase muscle strength. Aerobic exercises improve heart and lung function, improves strength and reduces inflammation and pain.**
 - c) **Strengthening exercises can be done indoor and less frequently compared to aerobic exercises, which can be done indoor and outdoor and more frequently.**
 - d) **There are no differences.**

4. When using ice and heat for pain relief, what should you remember?
 - a) Ice should be applied to hot swollen joints
 - b) Heat should be applied to stiff joints
 - c) It is important to have a protective barrier such as a thin cloth between your skin and the ice or heat pack
 - d) Heat should not be applied to warm or inflamed joints
 - e) All of the above

5. Which diet change(s) can be beneficial for people with psoriatic arthritis?
 - a) Vitamin D supplementation
 - b) Healthy sources of protein, such as milk, cheese, seeds and legumes such as lentils, and lean meats one or two times each week
 - c) Eating fewer calories than you burn, for overweight patients
 - d) High sugar and starchy foods
 - e) All except (d)

6. What is not an effective self-care technique for skin symptoms of psoriatic arthritis?
 - a) Wearing sunscreen and practicing other sun-safe behaviours
 - b) Avoiding dryness in your home by using a humidifier
 - c) Using strongly perfumed lotions and creams

7. What thing about your PsA can you not control:
 - a) Following your recommended exercise routine
 - b) Taking medication as directed by your physician
 - c) Which joints will be affected by your PsA
 - d) Seeking help when and how you need it

Answer Key

You can check your answers here. Each question is worth one point. **Record your score by filling out the box on the bottom right.**

1. g) All of the above
2. True
3. b) Strengthening exercises help...
4. e) All of the above
5. All except (d)
6. c) Using strongly performed...
7. c) Which joints will be affected...

Score
17