

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**
 - 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 RA 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 exercises involve the leg muscles.**
 - b) **Strengthening exercises help increase muscle strength. Aerobic exercises improve heart and lung function, improve strength and reduce 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. Which of the following foods should you make sure to include in your diet?
 - a) **French fries**
 - 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) **Fruits only**
 - d) **High sugar and starchy foods**

5. What aspect of your RA do 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 RA
 - d) Seeking help when and how you need it
6. What aspects of your health progress can you monitor in between visits and report to your rheumatologist during follow-up visits?
- a) An accurate record of prescription medication taking
 - b) Questions about changes or additions in your treatment goals/plan
 - c) Symptoms activity
 - d) Improvements or limitations in your daily activities
 - e) New concerns or fears you may have since your last appointment
 - f) All of the above

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 increase...
- 4. b) Healthy sources of...
- 5. c) Which joints will be...
- 6. f) All of the above

Score
/6