Post-Test Questions

True or false questions: Select one

1) Asthma is a curable disease
   [ ] True
   [ ] False

2) Even athletes without asthma can experience airway narrowing during vigorous exercise.*
   [ ] True
   [ ] False

3) Montana law permits some students to self-carry their own asthma medication.*
   [ ] True
   [ ] False

4) Asthma medications, especially inhaled corticosteroids, are generally safe at the doses prescribed.*
   [ ] True
   [ ] False

Multiple choice: Please select the best answer (or answers, where indicated).

5) Which of the following is NOT true regarding asthma?*
   [ ] It is a leading cause of school absenteeism.
   [ ] It cannot be cured.
   [ ] It is an allergic reaction.
   [ ] It can be distracting for both the student with asthma as well as his classmates.
6) Approximately what percentage of people with asthma may experience symptoms when they exercise?*

- [ ] 5%
- [ ] 20%
- [ ] 30%
- [ ] 90%

7) Choose 2 common early warning signs of an asthma attack:*

- [ ] Earache
- [ ] Upset stomach
- [ ] Wheezing
- [ ] Coughing

8) Select 3 things (triggers) that might commonly cause a student to have asthma symptoms.*

- [ ] Tobacco smoke
- [ ] Having a cold or the flu
- [ ] Playing on clay tennis courts
- [ ] Lots of pollen in the air
- [ ] Drinking too much water

9) What are the 2 main types of asthma medications?*

- [ ] Quick-relief or rescue medication
- [ ] Long-acting stimulant medication
- [ ] Controller medication
- [ ] Antihistamine medication

10) Of the two main types, which one type of medication should all students with asthma have stored at your school?*

- [ ] Quick-relief or rescue medication
- [ ] Antihistamine medication
- [ ] Controller medication
- [ ] Long-acting stimulant medication
11) What are 2 actions that a student can take to prevent exercise-induced asthma?*

- Pre-treat with quick-relief/rescue medications.
- Use quick-relief-rescue medications 15 minutes into activity.
- Engage in warm-up and cool-down activities.
- Only exercise when the air is warmer than 35°F.

12) Choose 2 things that you should do if a student starts showing asthma symptoms:*

- Give them an injection of epinephrine
- Monitor the child to make sure they improve
- Consult the child's asthma action plan for the appropriate step to take
- Have the child lay down

13) Which of the following is NOT true about exercise-induced asthma (EIA)?*

- Symptoms peak about 10-15 minutes after the exercise is completed.
- It can be worsened by smoky air.
- Sipping a warm drink beforehand can help reduce the severity of EIA.
- Doing warm-up exercises prior to the main activity can help reduce the severity of EIA.

14) Choose 2 signs that a student's asthma is getting worse and 911 should be called:*

- The student becomes very thirsty.
- The student's neck muscles are pulling in and her nostrils are flaring as she breathes.
- The student is reacting sluggishly.
- The inhaler medication administered has improved her symptoms.

15) Select 2 steps that you should take if you believe that a student is experiencing symptoms of anaphylaxis.*

- Call 911
- Administer epinephrine
- Direct the student to use his/her inhaler.
- Before doing anything, wait to see if the student gets better.
16) You're watching your guys on the field and see that Greg, who has asthma and was just running with the ball, is now hunched over and making high-pitched noises. You ask him what's wrong but he only shakes his head. What is most likely going on? What do you do?*

[ ] He is showing signs of anaphylaxis. You grab his EpiPen and inject the medication into his upper right thigh.

[ ] He is showing early signs of an asthma attack. You grab his inhaler and have him take 2 puffs.

[ ] He is showing late signs of an asthma attack. You grab his inhaler and have him take 2 puffs. Afterwards, you call his doctor to notify him of the situation.

[ ] He is showing late signs of an asthma attack. Already familiar with Greg's Asthma Action Plan, you tell your assistant to call 911 and Greg's doctor, then grab Greg's rescue inhaler and administer 2 puffs. By the time the ambulance arrives 10 minutes later, you have administered 2 more puffs of the medication.

17) You're coaching softball, and in the middle of practice, Lucy, a 10-year-old with asthma, comes to you and says that she is wheezing. You lean down to listen, and sure enough, you hear a slight wheeze. You agree that she should have her inhaler (she is allowed to carry her inhaler with her), but before she takes it, you notice that the puff counter on the canister reads "0." What should you do?*

[ ] Let her take a puff anyway. She'll get a placebo effect from just feeling like she's getting the medication.

[ ] Tell her that there are no more puffs and that she should just let you know if her wheezing gets worse, and send her back to second base.

[ ] Let her take 2 puffs from Brooke's inhaler, since they are the exact same medications.

[ ] Call Lucy's mother to let her know that Lucy needs a new inhaler right away.

18) It's a sunny December day, but the thermometer outside reads 33°F. Your kids are just starting to arrive for fall soccer practice. What should you have in mind regarding those with asthma?*

[ ] They may need to take their quick-relief medication 15-20 minutes before going outside.

[ ] They will need an alternate, inside activity, as kids with asthma shouldn't be out in the cold.

[ ] They should go outside with the rest of the children, but refrain from doing any physical activity so they don't aggravate their asthma.

[ ] They will need a hot drink right when they come inside.

19) Molly is a new 10th-grader at your school. She wants to try out for the field hockey team, but she has asthma and isn't sure if she's allowed to. What might you say to her?*

[ ]
"Well, we don't allow students with asthma to play any sports that involve running. You should try weightlifting."

"Do you have an asthma action plan? You may need to take your quick-relief medication about 15 minutes before starting to exercise, and be sure to do warm-ups before anything strenuous."

"If you have a completed medication self-carry and self-administration form, then you can try out."

I heard that your mom doesn't want you playing hockey this year, and I don't want her angry at me. Sorry.

Fill in the blank and short essay. Be aware that you may be asked to clarify your answer in order to obtain credit for the course, so it's best to be as specific and detailed as possible in your answers.

20) Sam, a seventh-grader on your baseball team, has a completed medication self-administration form on file at the school. He tells you that his cough is telling him that he needs his inhaler. You watch as he retrieves his inhaler from his desk, puts the mouthpiece between his lips, and presses down twice, quickly. He immediately takes the inhaler out of his mouth and says, "That should do it." Name 4 things that Sam did wrong when giving himself his inhaler medication. Assume that he is using closed-mouth technique.*

21) Name 4 resources that you can refer to in order to better manage your athletes' asthma.

22) In what ways do you, individually, or your school as a whole, address the needs of students with asthma? Include information about the building itself, staff, and policies. Be specific, and provide details.*
23) Using the information that you learned from this course, what can be done to improve the asthma-friendliness of your approach to coaching? What can you do differently, personally? What could your whole staff do together? How would you go about doing these things? Please be specific, and provide details.*

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<th>Please rate your agreement with the following statements based on your experience with this conference.</th>
<th>No</th>
<th>Not Sure</th>
<th>Somewhat</th>
<th>Yes</th>
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<td>I was satisfied with the overall program.</td>
<td>1</td>
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<tr>
<td>The information presented in this educational activity enhanced my current knowledge.</td>
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<td>The information presented in this educational activity provided new ideas or information I expect to use.</td>
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