

## Sample Self-Test

Self-Tests are included at the end of each section. They are an interactive feature of the DVD. Users are able to select answers using their mouse or DVD remote control. Selecting the correct answer will move the user to the next question. Selecting an incorrect answer will move the user back to the same question to try again until they are successful.

### Sample Question from Section 3: Stroke and Exercises

***If a participant displays symptoms such as chest pain, shortness of breath, or dizziness during exercise they should...***

**a)** Stop exercising & don't bother to tell anyone.

**Incorrect:** Stopping exercise is not enough, participants must also be sure to inform a physician of the episode to find out if anything is wrong.

*Return to the question and try again.*

**b)** Continue to exercise & hope it goes away.

**Incorrect:** These signs suggest that exercising may be dangerous for them, they **MUST** stop **IMMEDIATELY**.

*Return to the question and try again.*

**c)** Discontinue exercise slowly so that they cool down.

**Incorrect:** It is important that they stop **IMMEDIATELY**, not slowly. Also, if participants are experiencing any of the five signs of stroke, they should stop exercising **IMMEDIATELY** & call 9-1-1 (or the local emergency number). Remember stroke survivors are at a higher risk of having another stroke.

*Return to the question and try again.*

**d)** Stop exercising immediately & inform a physician.

**Correct:** If a patient displays any of these symptoms they should **IMMEDIATELY** stop exercising & inform their physician of these symptoms.

*Go to the next question.*