

Pulmonary Disease Navigator: Foundations, Implementation & Outcomes

SD Post-Test

1. What is the primary purpose of patient navigation?
 - A. To replace specialty providers in outpatient settings
 - B. To increase the number of services delivered during hospitalization
 - C. To help individual patients move through a fragmented healthcare system
 - D. To transfer responsibility for follow-up care to the patient

2. Which approach best reflects the biopsychosocial model discussed in the course?
 - A. Considering the patient's clinical condition, emotional well-being, and social circumstances
 - B. Selecting treatment based primarily on laboratory and diagnostic results
 - C. Separating medical treatment from financial and personal concerns
 - D. Focusing on the patient's immediate respiratory symptoms before addressing other needs

3. Why are respiratory therapists well-positioned to serve as pulmonary disease navigators?
 - A. They can independently diagnose and prescribe treatment in every state
 - B. Their primary training focuses on discharge planning and insurance approval
 - C. They typically manage all outpatient referrals for pulmonary patients
 - D. Their cardiopulmonary expertise supports assessment, education, treatment recommendations, and care coordination

4. Which responsibility is most appropriate for a disease-specific clinical navigator rather than a lay navigator?
 - A. Reminding a patient about an upcoming appointment
 - B. Evaluating clinical findings to recommend evidence-based disease management
 - C. Providing directions to an outpatient clinic
 - D. Helping a patient locate general community resources

5. A patient with COPD has insufficient peak inspiratory flow for the prescribed dry powder inhaler. What action best demonstrates pulmonary navigation?
 - A. Continuing the inhaler until the next hospitalization
 - B. Discontinuing maintenance therapy until pulmonary follow-up
 - C. Recommending a delivery device better suited to the patient's inspiratory ability
 - D. Increasing the frequency of the current inhaler without further assessment

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6. How can a pulmonary disease navigator most directly help reduce hospital length of stay?
- A. By limiting communication between the patient and multiple departments
 - B. By waiting until discharge orders are entered to begin planning
 - C. By directing every patient to the same post-acute care setting
 - D. By identifying high-risk patients early and addressing barriers that could delay discharge
7. Which group includes major outcomes that may be used to evaluate a pulmonary navigation program?
- A. Mortality, readmissions, length of stay, safety, and patient-centeredness
 - B. Department size, employee seniority, and number of staff meetings
 - C. Number of treatments administered, regardless of patient need
 - D. Total referrals made without considering whether patients received care
8. A patient with COPD is preparing for discharge. Which action best demonstrates an effective pulmonary navigation approach?
- A. Provide standard written instructions and defer remaining concerns to the outpatient provider
 - B. Confirm the patient can use and obtain the prescribed medications, address barriers, and coordinate timely follow-up
 - C. Focus only on the respiratory treatments administered during hospitalization
 - D. Wait until the patient misses an appointment before evaluating potential barriers
9. How can a pulmonary disease navigation program provide financial value without directly generating billable revenue?
- A. By increasing the number of services delivered during each admission
 - B. By replacing diagnostic testing with navigator assessments
 - C. By reducing preventable readmissions, discharge delays, medication errors, and other avoidable costs
 - D. By limiting the program to patients with private insurance
10. What should occur during the initial planning phase of a pulmonary disease navigation program?
- A. Begin enrolling patients before determining the program's purpose
 - B. Select outcome measures without consulting organizational leadership
 - C. Hire a lay navigator to help with paperwork
 - D. Conduct a gap analysis, define the program's scope, and secure leadership support