

QUIZ SHEET: Managing fatigue, cognitive dysfunction, and breathlessness

Name: _____ Membership Number: _____

1. Long Covid and fatigue issues are affecting both genders, but there is a higher prevalence in women.

☐ True

☐ False

2. Which are NOT post CoVid symptoms or considerations?

☐ Fatigue

☐ Vertigo Brain fog

☐ improved singing voice

3. Post covid young males have a greater prevalence of myocariac complications?

☐ True

☐ False

4. Long COVID is considered when symptoms persist for more than 12 months.

☐ True

☐ False

5. Which is not an element of cognition?

☐ a) meta cognition

☐ b] memory

☐ c] balance

☐ d] attention

☐ e] executive function

You can assist someone achieve better attention by :

☐ a] keep instructions simple

☐ b] keep all props in clear vision for people

☐ c] use cue cards or visual prompts

☐ d] minimise noise and other distractions