¡Vida! – Health Care Professional Educational Series – April 10, 2014   Location : ________________

Breathe Well-Feel Better!

1-L I am a (check all that apply)
   Cancer Survivor (specify type: ______________________)
   Relative or caregiver of cancer survivor
   Lay health worker/promoter
   Health care provider (specify): ______________________
   Other: __________________________________________

2-L I have health insurance. Yes No
   If yes, please list: __________________________________

3-MY age is ______ years.

4-MY gender is  Female  Male

5-MY zip code is __________________

6-MY ethnicity is
   Hispanic or Latino
   Non-Hispanic or Non-Latino

7-MY race is (check all that apply)
   White
   Black or African American
   Native American
   Asian/Pacific Islander
   Other (specify): __________________

8-MY current knowledge/experience with this topic
   None at all
   Very little
   Some
   A lot

9-After viewing this presentation I learned
   Nothing new
   A little bit
   Some
   A lot

10-This topic is relevant to my life or my practice
   Strongly agree
   Agree
   No opinion/not applicable
   Disagree
   Strongly disagree

11-The speaker was prepared and informative
   Strongly agree
   Agree
   No opinion/not applicable
   Disagree
   Strongly disagree

12-I would not have been able to attend a lecture on this topic
   if it had not been available via videoconference/online
   Strongly agree
   Agree
   No opinion/not applicable: I did attend in person
   Disagree
   Strongly disagree

13-Other topics I would like to see addressed include:

14-DID you feel there was any bias toward any particular
   product or company? Yes No

Additional comments/ suggestions:

PRESENTATION QUESTIONS

1. Long term stress:
   a. Is necessary for maximum productivity.
   b. Has both positive and negative consequences.
   c. Has primarily positive outcomes, but should be monitored.
   d. Is dangerous and should be reduced or eliminated.

2. The body’s stress response (sympathetic branch arousal):
   a. Activates only when we accurately perceive a threat of real danger.
   b. Activates only when we imagine a threat of danger.
   c. Can activate when we perceive real danger, imagine possible danger, or hyperventilate.

3. The body’s stress response (sympathetic branch arousal):
   a. Is not possible to regulate once it kicks in and must run its course.
   b. Can only be regulated by using medication for anxiety or high blood pressure.
   c. Can be regulated quickly by consciously switching to diaphragmatic breathing.

4. For this question, mark all six correct answers and ignore the two wrong answers. Diaphragmatic breathing (belly breathing):
   a. Required letting my belly be soft and “out there”.
   b. Will make me hyperventilate if I do it in a fast, powerful way.
   c. Quickly lowers heart rate and blood pressure, and can ease chronic pain.
   d. Quickly reduces stress and can stop a panic attack.
   e. Is the body’s natural breath, feels good, and happens naturally when I lie down on my back.
   f. Brings badly needed oxygen to my brain and each and every cell.
   g. Automatically triggers my body’s relaxation response.
   h. Is of undocumented value and not worth the effort to practice.

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