Learning about cardiac rehabilitation doesn’t have to be boring. Use this quiz to kick off your staff meeting or at a healthy morning or afternoon tea to engage your colleagues and increase their knowledge at the same time! Compete as individuals with a prize for the most right answers, or team up for some healthy competition.

**Fun heart trivia**
Get everyone warmed up with a quick-fire round of heart trivia.

1. Who sang the international hit, ‘Achy Breaky Heart’?
   a) Tim McGraw  
b) Shania Twain  
c) Billy Ray Cyrus  
   **Answer:** (c) Billy Ray Cyrus released the song in 1992.

2. Who penned a poem beginning “If I can stop one heart from breaking, I shall not live in vain”?
   a) Emily Dickinson  
b) Charlotte Bronte  
c) Jane Austen  
   **Answer:** (a) Emily Dickinson

3. Which of these films won an Academy Award for best picture?
   a) Places in the Heart  
b) Braveheart  
c) None of the above  
   **Answer:** (b) Braveheart won in 1995. Places in the Heart was nominated in 1992.

4. What colour is the famous ‘Heart of Eternity’ diamond?
   a) Yellow  
b) Red  
c) Blue  
   **Answer:** (c) Blue. It weighs in at 27.64 carats.

5. Which land mammal has the largest heart?
   a) Elephant  
b) Giraffe  
c) Rhinoceros  
   **Answer:** (b) Giraffe. It weighs approx. 11kg and pumps 60L of blood around their body every minute.

Continued over
Cardiac rehabilitation quiz
Having fun is the best way to learn. Find out who knows the most about cardiac rehabilitation.

1. How much does a heart attack cost?
   a) $10,000
   b) $20,000
   c) $30,000
   **Answer:** (c) The healthcare cost of a heart attack is around $30,000. That’s more than $1 billion every year in Australia. In contrast, a cardiac rehabilitation program costs around $885 per person to attend.

2. Who is responsible for referring patients to cardiac rehabilitation after a heart attack?
   a) Cardiologists
   b) General practitioners
   c) Other health professionals
   d) All of the above
   **Answer:** (d) All of the above. Only 38% of patients are referred to cardiac rehabilitation by hospital staff after their heart attack. It’s important for all health professionals to talk to their cardiac patients about how rehabilitation can help them return to living an active and satisfying life.

3. Which patients should be referred to cardiac rehabilitation?
   a) Anyone with heart or blood vessel disease
   b) People who have had a heart attack
   c) People who have had heart surgery
   **Answer:** (a) Anyone who has had a heart attack, heart surgery or coronary angioplasty, or have any other heart or blood vessel disease can benefit from an appropriate cardiac rehabilitation program.

4. Which health professionals are patients most likely to meet at cardiac rehabilitation?
   a) Cardiologists and cardiac nurses
   b) Physical activity therapists, physiotherapists and dietitians
   c) Psychologists and counsellors
   d) All of the above
   **Answer:** (d) All of the above. Cardiac rehabilitation looks different for everyone. Each patient is individually assessed and a team put together to deliver a personalised program.

5. How much less likely is someone to be readmitted to hospital if they have participated in cardiac rehabilitation?
   a) 20%
   b) 40%
   c) 60%
   **Answer:** (b) People are 40% less likely to be readmitted to hospital and 25% less likely to die from another heart attack if they have participated in a cardiac rehabilitation program.