

# Chronic Obstructive Pulmonary Disease

- 1. COPD refers to two lung diseases, chronic bronchitis and emphysema, that are characterized by obstruction to airflow that interferes with normal breathing.**
  - a. True
  - b. False
- 2. Which of the following statements about COPD is false?**
  - a. It is the fourth leading cause of death in America, claiming the lives of over 120,000 Americans in 2002
  - b. In 2007, the cost to the nation for COPD was approximately \$42.6 billion
  - c. Smoking is not a significant contributor to COPD deaths
  - d. Risk factors for COPD include air pollution, second-hand smoke, history of childhood respiratory infections, and heredity
  - e. Occupational exposure to certain industrial pollutants increases the odds for COPD
- 3. Treatment for COPD is based upon a step approach to therapy.**
  - a. True
  - b. False
- 4. Which of the following statements are true?**
  - a. COPD is not curable, and many of its symptoms are irreversible
  - b. COPD may also co-exist with asthma
  - c. Step therapy is used for COPD
  - d. COPD is characterized by “stages” defined by a patient’s FEV<sub>1</sub>.
  - e. All of the statements are true
- 5. Which of the following is a component of COPD management?**
  - a. Assessing and monitoring the disease
  - b. Reducing risk factors contributing to COPD
  - c. Managing stable COPD
  - d. Managing exacerbations
  - e. All of the above
- 6. Pharmacists can play key roles in the management of patients with COPD, including:**
  - a. Helping patients understand the importance of smoking cessation
  - b. Offering smoking cessation programs or referring patients to those offered in the community
  - c. Teaching patients proper inhalation techniques since inhalation therapy is a cornerstone of treatment
  - d. All of the above
- 7. Pharmacist-provided immunization is an important part of risk factor reduction in managing patients with COPD.**
  - a. True
  - b. False
- 8. Which of the following is part of the pharmacologic management of COPD?**
  - a. Oxygen provision
  - b. Rehabilitation
  - c. Short-acting  $\beta_2$  agonists
  - d. SSRI’s
- 9. Primary medications used for COPD treatment include short-acting and long-acting  $\beta_2$  agonists, inhaled anticholinergics, theophylline, and inhaled/systemic corticosteroids.**
  - a. True
  - b. False
- 10. Combination therapy is often required in managing patients with later stage COPD.**
  - a. True
  - b. False
- 11. The Food and Drug Administration (FDA) issued a final regulation on March 31<sup>st</sup>, 2005 that required the phase out of all CFC albuterol metered-dose inhalers by December 31, 2008.**
  - a. True
  - b. False
- 12. A patient is transitioning from a CFC inhaler to an HFA inhaler. Which of the following is an important step in instructing the patient in proper inhaler technique?**
  - a. Give the patient verbal and written instructions.
  - b. Demonstrate use of the inhaler and ask the patient for a return demonstration.
  - c. Critique the patient’s demonstration and ask for a repeat demonstration.
  - d. Advise the patient that they should only use the prescribed amount of puffs.
  - e. All of the above are important steps.
- 13. Which of the following statements is false when comparing HFA inhalers to CFC inhalers?**
  - a. HFA inhalers have a softer spray
  - b. CFC inhalers have a lower spray volume
  - c. HFA inhalers have a higher spray temperature
  - d. CFC inhalers are less consistent in dose delivery
- 14. Key counseling messages for pharmacists to patients on converting from CFC to HFA inhalers include:**
  - a. HFA sprays tend to have a slightly different taste and inhalation sensation than their CFC counterparts.
  - b. Priming instructions as some HFA formulations will require different priming than their CFC counterparts.
  - c. the HFA and CFC formulations for each inhaler and drug are comparable in efficacy and safety.
  - d. HFA is an inert propellant that does not interact with the active ingredient in inhalers or cause any other side effects.
  - e. if their medication seems to become less effective or if asthma worsens, pharmacists should instruct patients to seek immediate medical attention
  - f. All of the above

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