

COPD Practice Test Questions and Answers

1. What does the mMRC dyspnea scale assess?

- A) Cough frequency
- B) Sputum production volume
- C) Severity of breathlessness during daily activities
- D) Exercise-induced wheezing

2. What role does chronic bronchitis play in COPD?

- A) It causes reversible bronchoconstriction
- B) It leads to fibrosis of the alveoli
- C) It results in airway inflammation & excessive mucus production
- D) It primarily affects the pleura

3. What should be included in an COPD action plan?

- A) Only emergency contact numbers
- B) Steps for daily medication use, symptom monitoring, and exacerbation response
- C) A list of all possible COPD medications
- D) Exercise routines only

4. Which spirometry result confirms COPD diagnosis?

- A) $FEV1/FVC \geq 0.80$
- B) $FEV1/FVC < 0.70$ post-bronchodilator
- C) FVC increased by 12% post-bronchodilator
- D) Peak expiratory flow (PEF) variability $> 20\%$

Answers: 1-C 2-C 3-B 4-B

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