

COPD: 100-Question Multiple-Choice Quiz

1. What does COPD stand for?
 - A. Chronic Obstructive Pulmonary Disease
 - B. Chronic Oxygen Pulmonary Disorder
 - C. Cardiac Obstructive Pulmonary Dysfunction
 - D. Chronic Obstructive Pleural Disease

2. Which two conditions are most commonly included under COPD?
 - A. Asthma and pneumonia
 - B. Chronic bronchitis and emphysema
 - C. Tuberculosis and bronchitis
 - D. Pulmonary fibrosis and asthma

3. What is the leading cause of COPD?
 - A. Air pollution
 - B. Viral infection
 - C. Cigarette smoking
 - D. Genetics alone

4. Which symptom is most characteristic of COPD?
 - A. Sudden chest pain
 - B. Chronic productive cough
 - C. Severe headache
 - D. Joint swelling

5. Which pulmonary function test finding is typical in COPD?
 - A. Increased FEV1/FVC ratio
 - B. Normal lung volumes
 - C. Reduced FEV1/FVC ratio
 - D. Increased tidal volume only

6. What does emphysema primarily damage?

- A. Bronchioles
- B. Alveoli
- C. Pleura
- D. Trachea

7. Which patient history strongly suggests COPD risk?

- A. Occasional exercise
- B. Smoking one pack daily for 20 years
- C. Drinking coffee daily
- D. Seasonal allergies only

8. What is dyspnea?

- A. Chest infection
- B. Bluish skin discoloration
- C. Difficulty breathing
- D. Lung scarring

9. Which test is considered the gold standard for diagnosing COPD?

- A. Chest X-ray
- B. Spirometry
- C. Bronchoscopy
- D. CT scan

10. Which environmental exposure may contribute to COPD?

- A. Clean indoor air
- B. Biomass fuel smoke
- C. Fresh outdoor air
- D. Pure oxygen exposure

11. What color is sputum often during a COPD exacerbation?

- A. Clear only
- B. Bright blue
- C. Yellow or green
- D. Black only

12. Which breathing technique helps COPD patients?

- A. Rapid breathing
- B. Breath holding
- C. Pursed-lip breathing
- D. Hyperventilation

13. COPD is generally considered what type of disease?

- A. Acute and reversible
- B. Chronic and progressive
- C. Infectious only
- D. Curable with antibiotics

14. Which medication class is commonly used first for symptom relief in COPD?

- A. Antibiotics
- B. Bronchodilators
- C. Anticoagulants
- D. Antidepressants

15. Which lung sound may be heard in COPD?

- A. Wheezing
- B. Heart murmur
- C. Bowel sounds
- D. Stridor only

16. What is cyanosis?

- A. Yellow discoloration of skin
- B. Bluish discoloration from low oxygen
- C. Redness of the chest
- D. Swelling of joints

17. Which structure is mainly affected in chronic bronchitis?

- A. Heart valves
- B. Bronchial tubes
- C. Kidneys
- D. Pleura only

18. What is a common physical sign of emphysema?

- A. Barrel chest
- B. Club foot
- C. Enlarged liver
- D. Skin rash

19. Which blood gas abnormality may occur in advanced COPD?

- A. Low carbon dioxide
- B. High oxygen only
- C. Elevated carbon dioxide
- D. High blood sugar only

20. Which vaccine is recommended for COPD patients?

- A. Smallpox vaccine only
- B. Influenza vaccine
- C. Rabies vaccine
- D. Yellow fever vaccine only

21. Which symptom often worsens during a COPD exacerbation?

- A. Vision changes
- B. Shortness of breath
- C. Hearing loss
- D. Hair growth

22. What is the purpose of oxygen therapy in COPD?

- A. Cure infection
- B. Lower blood sugar
- C. Improve oxygen levels
- D. Eliminate mucus permanently

23. Which type of smoking exposure can contribute to COPD in nonsmokers?

- A. Secondhand smoke
- B. Sunlight exposure
- C. Drinking cold water
- D. Low-fat diet

24. What does sputum refer to?

- A. Air in lungs
- B. Blood clot
- C. Mucus coughed from airways
- D. Fluid around the heart

25. Which lifestyle change most slows COPD progression?

- A. Increased caffeine intake
- B. Smoking cessation
- C. Reduced sleep
- D. Avoiding exercise

26. Which imaging study may show hyperinflation in COPD?

- A. MRI brain
- B. Chest X-ray
- C. Ultrasound abdomen
- D. Bone scan

27. What is an exacerbation of COPD?

- A. Permanent cure
- B. Sudden worsening of symptoms
- C. Complete lung recovery
- D. Mild allergy only

28. Which bronchodilator acts quickly for symptom relief?

- A. Short-acting beta agonist
- B. Long-acting steroid
- C. Anticoagulant
- D. Antifungal medication

29. Which disease process causes airflow limitation in COPD?

- A. Reversible airway swelling only
- B. Persistent airway narrowing
- C. Kidney dysfunction
- D. Increased red blood cells only

30. Which symptom is common in chronic bronchitis?

- A. Dry eyes
- B. Productive cough for months
- C. Severe abdominal pain
- D. Muscle paralysis

31. What is pulmonary rehabilitation?

- A. Heart surgery
- B. Structured exercise and education program
- C. Kidney dialysis
- D. Antibiotic therapy only

32. Which gas exchange problem occurs in COPD?

- A. Increased oxygen diffusion
- B. Reduced oxygen exchange
- C. Excess nitrogen production
- D. Complete carbon dioxide elimination

33. Which occupation may increase COPD risk?

- A. Office work only
- B. Mining
- C. Teaching music
- D. Librarianship

34. What is a common trigger of COPD exacerbations?

- A. Respiratory infections
- B. Reading books
- C. Drinking milk
- D. Sun exposure

35. Which medication reduces airway inflammation in COPD?

- A. Corticosteroids
- B. Antacids
- C. Antihistamines only
- D. Diuretics only

36. What does FEV1 measure?

- A. Total blood volume
- B. Forced expiratory volume in one second
- C. Heart pumping efficiency
- D. Lung infection severity

37. COPD most commonly affects which age group?

- A. Infants
- B. Teenagers
- C. Middle-aged and older adults
- D. Preschool children

38. Which condition may coexist with COPD?

- A. Cardiovascular disease
- B. Broken bones only
- C. Appendicitis only
- D. Cataracts only

39. What is the purpose of inhalers in COPD?

- A. Increase blood pressure

- B. Deliver medication directly to lungs
- C. Cure infection permanently
- D. Replace oxygen therapy entirely

40. Which symptom may indicate severe COPD?

- A. Mild sneezing
- B. Weight loss
- C. Temporary hiccups
- D. Ear pain

41. Which test measures oxygen saturation noninvasively?

- A. Electrocardiogram
- B. Pulse oximetry
- C. Colonoscopy
- D. Mammography

42. Which breathing pattern may occur in COPD?

- A. Slow shallow breathing only
- B. Prolonged expiration
- C. Complete apnea
- D. Rapid normal breathing only

43. Which alpha-1 antitrypsin issue is linked to COPD?

- A. Excess production
- B. Deficiency
- C. Complete immunity
- D. Viral mutation

44. Which dietary advice may help COPD patients?

- A. Skip meals
- B. Eat balanced nutritious meals
- C. Drink alcohol excessively
- D. Avoid fluids completely

45. Which body position may ease breathing in COPD?

- A. Lying flat
- B. Tripod position
- C. Standing on one leg
- D. Head-down position

46. Which medication class includes tiotropium?

- A. Antibiotics
- B. Long-acting anticholinergics
- C. Anticoagulants
- D. Antifungals

47. Which COPD complication involves heart strain?

- A. Cor pulmonale
- B. Gastritis
- C. Migraine
- D. Pancreatitis

48. Why are exercise programs useful in COPD?

- A. They worsen symptoms
- B. They improve endurance and breathing efficiency
- C. They replace medications
- D. They cure emphysema

49. Which symptom may appear in low oxygen states?

- A. Confusion
- B. Improved memory only
- C. Increased appetite only
- D. Excessive hair growth

50. Which factor best prevents COPD in the general population?

- A. Avoiding vegetables
- B. Smoking prevention

- C. Drinking more soda
- D. Excessive bed rest

51. Which inhaled medication helps maintain long-term bronchodilation?

- A. LABA
- B. Aspirin
- C. Penicillin
- D. Insulin

52. Which symptom is associated with mucus hypersecretion?

- A. Chronic cough
- B. Vision loss
- C. Tremors
- D. Hearing impairment

53. What does chronic inflammation do in COPD airways?

- A. Widens airways permanently
- B. Causes airway narrowing
- C. Stops mucus production
- D. Improves oxygen transport

54. Which finding is common in severe emphysema?

- A. Increased alveolar surface area
- B. Air trapping
- C. Reduced lung volume
- D. Increased airway elasticity

55. Which symptom may occur during physical activity in COPD?

- A. Dyspnea on exertion
- B. Sudden blindness
- C. Kidney pain
- D. Skin ulcers

56. What is smoking cessation counseling designed to do?

- A. Encourage smoking
- B. Help patients quit tobacco use
- C. Reduce appetite only
- D. Replace medication therapy

57. Which infection can be particularly dangerous in COPD patients?

- A. Influenza
- B. Athlete's foot
- C. Acne
- D. Mild sunburn

58. Which type of cough is common in emphysema?

- A. Productive cough only
- B. Minimal cough initially
- C. Barking cough
- D. Nocturnal seizure cough

59. Which respiratory muscle may become overworked in COPD?

- A. Diaphragm
- B. Biceps
- C. Quadriceps
- D. Triceps

60. What is hypercapnia?

- A. Low oxygen levels
- B. High carbon dioxide levels
- C. Low blood sugar
- D. Excess calcium levels

61. Which inhaler technique step is important?

- A. Exhaling before inhalation
- B. Eating during inhalation

- C. Holding breath indefinitely
- D. Rapid swallowing

62. Which test may assess arterial oxygen and carbon dioxide?

- A. ABG analysis
- B. Skin biopsy
- C. Eye examination
- D. Urinalysis

63. Which symptom often interferes with daily activities in COPD?

- A. Fatigue
- B. Improved stamina
- C. Excessive flexibility
- D. Hyperactivity only

64. Which pulmonary rehabilitation component teaches breathing control?

- A. Nutrition only
- B. Breathing exercises
- C. Surgery only
- D. Vision training

65. Which COPD patients may require long-term oxygen therapy?

- A. Patients with chronic hypoxemia
- B. Patients with mild headaches only
- C. Patients with ankle sprains
- D. Patients with skin infections only

66. What happens to alveolar elasticity in emphysema?

- A. It increases
- B. It decreases
- C. It remains normal always
- D. It doubles suddenly

67. Which factor may improve COPD quality of life?

- A. Sedentary lifestyle
- B. Adherence to treatment plan
- C. Continued smoking
- D. Sleep deprivation

68. Which sign may indicate respiratory distress?

- A. Use of accessory muscles
- B. Slow blinking
- C. Increased handwriting speed
- D. Foot itching

69. Which bronchodilator class blocks muscarinic receptors?

- A. Anticholinergics
- B. Beta blockers
- C. Antidepressants
- D. Antivirals

70. What is a common cause of hospitalization in COPD patients?

- A. Exacerbations
- B. Tooth decay only
- C. Seasonal allergies only
- D. Minor bruises

71. Which lifestyle habit worsens COPD symptoms?

- A. Regular exercise
- B. Smoking
- C. Hydration
- D. Balanced diet

72. What is one benefit of vaccinations in COPD?

- A. They increase mucus production
- B. They reduce respiratory infection risk

- C. They cure emphysema
- D. They eliminate inhaler use

73. Which condition is characterized by destruction of alveolar walls?

- A. Pneumonia
- B. Emphysema
- C. Asthma only
- D. Sinusitis

74. Which symptom may worsen in cold weather for COPD patients?

- A. Shortness of breath
- B. Vision improvement
- C. Hair growth
- D. Bone density

75. Which patient education topic is essential in COPD?

- A. Proper inhaler use
- B. Ignoring symptoms
- C. Avoiding all movement
- D. Stopping medications suddenly

76. Which type of oxygen delivery device is commonly used at home?

- A. Nasal cannula
- B. Cast boot
- C. Eye patch
- D. Cervical collar

77. Which pulmonary function value is often reduced in COPD?

- A. FEV1
- B. Blood glucose
- C. Platelet count
- D. Hemoglobin only

78. Which symptom may indicate infection during COPD exacerbation?

- A. Fever
- B. Improved breathing
- C. Increased appetite only
- D. Reduced coughing

79. Which body system is primarily affected by COPD?

- A. Digestive system
- B. Respiratory system
- C. Reproductive system
- D. Endocrine system

80. What is the role of rescue inhalers?

- A. Long-term cure
- B. Rapid symptom relief
- C. Permanent airway repair
- D. Lower cholesterol

81. Which symptom may occur because of low oxygen levels?

- A. Restlessness
- B. Improved concentration only
- C. Hair thickening
- D. Increased vision acuity

82. Which condition may mimic COPD symptoms?

- A. Asthma
- B. Fractured arm
- C. Kidney stone
- D. Gastric ulcer only

83. Which habit supports lung health in COPD?

- A. Avoiding smoke exposure
- B. Smoking indoors
- C. Ignoring symptoms
- D. Excess alcohol use

84. What does chronic bronchitis increase in the airways?

- A. Airflow speed
- B. Mucus production
- C. Bone density
- D. Blood clotting

85. Which class of medication may be combined with LABAs in COPD?

- A. Inhaled corticosteroids
- B. Antifungals
- C. Anticoagulants
- D. Sedatives only

86. Which symptom commonly appears early in COPD?

- A. Exertional dyspnea
- B. Paralysis
- C. Sudden blindness
- D. Kidney failure

87. Which factor contributes to air trapping in COPD?

- A. Increased airway collapse during exhalation
- B. Stronger alveolar walls
- C. Increased lung elasticity
- D. Improved mucus clearance

88. Which healthcare professional often assists with breathing exercises?

- A. Respiratory therapist
- B. Dentist

- C. Ophthalmologist
- D. Dermatologist

89. Which symptom combination suggests COPD exacerbation?

- A. Increased cough and sputum
- B. Improved exercise tolerance
- C. Better sleep only
- D. Reduced mucus production

90. Which patient group has increased COPD risk even without smoking?

- A. Long-term occupational dust exposure workers
- B. Competitive swimmers only
- C. Office clerks only
- D. Marathon spectators

91. Which symptom may worsen at night in COPD?

- A. Breathlessness
- B. Hair loss
- C. Vision changes only
- D. Foot swelling only

92. Which treatment helps loosen mucus?

- A. Hydration
- B. Smoking
- C. Dehydration
- D. Bed rest only

93. What is the purpose of spirometry after bronchodilator use?

- A. Measure reversibility of airflow limitation
- B. Diagnose kidney disease
- C. Measure blood sugar
- D. Detect fractures

94. Which sign may indicate severe hypoxemia?

- A. Cyanosis
- B. Healthy pink skin
- C. Improved speech speed
- D. Increased appetite

95. Which activity may help maintain lung function in COPD?

- A. Regular physical activity
- B. Complete inactivity
- C. Smoking breaks
- D. Avoiding all movement

96. Which type of COPD patient was historically called a "blue bloater" ?

- A. Chronic bronchitis predominant
- B. Emphysema predominant
- C. Asthma only
- D. Pulmonary fibrosis only

97. Which type of COPD patient was historically called a "pink puffer" ?

- A. Chronic bronchitis predominant
- B. Emphysema predominant
- C. Pneumonia only
- D. Tuberculosis only

98. Which COPD management strategy reduces hospital admissions?

- A. Medication adherence and early treatment
- B. Ignoring symptoms
- C. Stopping oxygen suddenly
- D. Smoking more frequently

99. Which healthcare goal is most important in COPD management?

- A. Complete cure in all patients
- B. Symptom control and quality of life improvement
- C. Avoiding all physical activity
- D. Eliminating all medications immediately

100. Which statement about COPD is true?

- A. COPD is always fully reversible
- B. COPD only affects smokers
- C. Early diagnosis and treatment improve outcomes
- D. COPD never causes complications