

COPD: 100-Question Multiple-Choice Quiz With Answers

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

Correct Answer: A

Explanation: COPD stands for Chronic Obstructive Pulmonary Disease. It is a progressive lung disease characterized by persistent airflow limitation and breathing difficulties.

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

Correct Answer: B

Explanation: COPD mainly includes chronic bronchitis and emphysema. Chronic bronchitis involves inflammation and mucus production, while emphysema involves destruction of alveoli.

3. What is the leading cause of COPD?

- A. Air pollution
- B. Viral infection
- C. Cigarette smoking
- D. Genetics alone

Correct Answer: C

Explanation: Cigarette smoking is the primary risk factor for COPD. Long-term exposure to tobacco smoke damages the airways and lung tissue.

4. Which symptom is most characteristic of COPD?

- A. Sudden chest pain
- B. Chronic productive cough
- C. Severe headache
- D. Joint swelling

Correct Answer: B

Explanation: A chronic productive cough is a hallmark symptom of COPD, especially chronic bronchitis.

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

Correct Answer: C

Explanation: COPD causes airflow obstruction, leading to a reduced FEV1/FVC ratio on spirometry.

6. What does emphysema primarily damage?

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

Correct Answer: B

Explanation: Emphysema destroys alveolar walls, reducing surface area for gas exchange.

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

Correct Answer: B

Explanation: Long-term smoking is strongly associated with development of COPD.

8. What is dyspnea?

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

Correct Answer: C

Explanation: Dyspnea means shortness of breath or difficulty breathing and is a common COPD symptom.

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

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

Correct Answer: B

Explanation: Spirometry confirms COPD by measuring airflow limitation.

10. Which environmental exposure may contribute to COPD?

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

Correct Answer: B

Explanation: Long-term exposure to biomass fuel smoke can damage the lungs and contribute to COPD.

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

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

Correct Answer: C

Explanation: During exacerbations, sputum may become yellow or green due to infection or inflammation.

12. Which breathing technique helps COPD patients?

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

Correct Answer: C

Explanation: Pursed-lip breathing helps keep airways open longer and improves ventilation.

13. COPD is generally considered what type of disease?

- A. Acute and reversible
- B. Chronic and progressive
- C. Infectious only

D. Curable with antibiotics

Correct Answer: B

Explanation: COPD is a chronic progressive disease that usually worsens over time.

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

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

Correct Answer: B

Explanation: Bronchodilators relax airway muscles and improve airflow.

15. Which lung sound may be heard in COPD?

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

Correct Answer: A

Explanation: Wheezing is common due to narrowed airways.

16. What is cyanosis?

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

Correct Answer: B

Explanation: Cyanosis occurs when oxygen levels are low, causing bluish skin or lips.

17. Which structure is mainly affected in chronic bronchitis?

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

Correct Answer: B

Explanation: Chronic bronchitis involves inflammation and mucus production in the bronchial tubes.

18. What is a common physical sign of emphysema?

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

Correct Answer: A

Explanation: Hyperinflation of the lungs can produce a barrel-shaped chest.

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

Correct Answer: C

Explanation: Poor ventilation may lead to carbon dioxide retention.

20. Which vaccine is recommended for COPD patients?

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

Correct Answer: B

Explanation: Influenza vaccination reduces respiratory infection risk in COPD patients.

21. Which symptom often worsens during a COPD exacerbation?

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

Correct Answer: B

Explanation: Exacerbations commonly cause worsening dyspnea.

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

Correct Answer: C

Explanation: Oxygen therapy increases blood oxygen levels in hypoxemic patients.

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

Correct Answer: A

Explanation: Secondhand smoke damages lungs and increases COPD risk.

24. What does sputum refer to?

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

Correct Answer: C

Explanation: Sputum is mucus produced in the respiratory tract and expelled by coughing.

25. Which lifestyle change most slows COPD progression?

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

Correct Answer: B

Explanation: Quitting smoking is the most effective way to slow COPD progression.

26. Which imaging study may show hyperinflation in COPD?

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

Correct Answer: B

Explanation: Chest X-rays may reveal hyperinflated lungs and flattened diaphragms.

27. What is an exacerbation of COPD?

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

Correct Answer: B

Explanation: Exacerbations are episodes of worsening respiratory symptoms requiring additional treatment.

28. Which bronchodilator acts quickly for symptom relief?

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

Correct Answer: A

Explanation: Short-acting beta agonists provide rapid bronchodilation.

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

Correct Answer: B

Explanation: Persistent airway narrowing and alveolar damage reduce airflow.

30. Which symptom is common in chronic bronchitis?

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

Correct Answer: B

Explanation: Chronic productive cough lasting at least 3 months in 2 consecutive years defines chronic bronchitis.

31. What is pulmonary rehabilitation?

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

Correct Answer: B

Explanation: Pulmonary rehabilitation improves exercise tolerance and quality of life.

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

Correct Answer: B

Explanation: Damaged alveoli impair oxygen exchange.

33. Which occupation may increase COPD risk?

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

Correct Answer: B

Explanation: Dust and chemical exposure in mining can contribute to COPD.

34. What is a common trigger of COPD exacerbations?

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

Correct Answer: A

Explanation: Respiratory infections frequently worsen COPD symptoms.

35. Which medication reduces airway inflammation in COPD?

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

Correct Answer: A

Explanation: Corticosteroids help decrease airway inflammation.

36. What does FEV1 measure?

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

D. Lung infection severity

Correct Answer: B

Explanation: FEV1 measures how much air can be forcefully exhaled in one second.

37. COPD most commonly affects which age group?

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

Correct Answer: C

Explanation: COPD typically develops after long-term exposure to irritants over many years.

38. Which condition may coexist with COPD?

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

Correct Answer: A

Explanation: Cardiovascular disease commonly coexists with COPD.

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

Correct Answer: B

Explanation: Inhalers efficiently deliver medication to the airways.

40. Which symptom may indicate severe COPD?

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

Correct Answer: B

Explanation: Advanced COPD can cause weight loss from increased work of breathing.

41. Which test measures oxygen saturation noninvasively?

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

Correct Answer: B

Explanation: Pulse oximetry estimates oxygen saturation using a fingertip sensor.

42. Which breathing pattern may occur in COPD?

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

Correct Answer: B

Explanation: Air trapping leads to prolonged expiration.

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

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

Correct Answer: B

Explanation: Alpha-1 antitrypsin deficiency can lead to early emphysema.

44. Which dietary advice may help COPD patients?

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

Correct Answer: B

Explanation: Good nutrition supports energy needs and respiratory muscle function.

45. Which body position may ease breathing in COPD?

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

Correct Answer: B

Explanation: Leaning forward in the tripod position helps accessory breathing muscles work more effectively.

46. Which medication class includes tiotropium?

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

D. Antifungals

Correct Answer: B

Explanation: Tiotropium is a long-acting anticholinergic bronchodilator.

47. Which COPD complication involves heart strain?

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

Correct Answer: A

Explanation: Cor pulmonale is right-sided heart failure caused by chronic lung disease.

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

Correct Answer: B

Explanation: Exercise training improves physical conditioning and symptom tolerance.

49. Which symptom may appear in low oxygen states?

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

Correct Answer: A

Explanation: Hypoxemia may impair brain function and cause confusion.

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

- A. Avoiding vegetables
- B. Smoking prevention
- C. Drinking more soda
- D. Excessive bed rest

Correct Answer: B

Explanation: Preventing smoking initiation greatly reduces COPD risk.

Questions 51–75

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

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

Correct Answer: A

Explanation: Long-acting beta agonists (LABAs) provide extended bronchodilation.

52. Which symptom is associated with mucus hypersecretion?

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

Correct Answer: A

Explanation: Excess mucus stimulates chronic coughing.

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

Correct Answer: B

Explanation: Inflammation thickens airway walls and narrows passages.

54. Which finding is common in severe emphysema?

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

Correct Answer: B

Explanation: Damaged alveoli trap air during exhalation.

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

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

Correct Answer: A

Explanation: Exercise increases oxygen demand and may worsen breathlessness.

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

Correct Answer: B

Explanation: Counseling provides strategies and support for quitting smoking.

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

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

Correct Answer: A

Explanation: Influenza can trigger severe respiratory exacerbations.

58. Which type of cough is common in emphysema?

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

Correct Answer: B

Explanation: Emphysema may initially produce less cough than chronic bronchitis.

59. Which respiratory muscle may become overworked in COPD?

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

Correct Answer: A

Explanation: COPD increases the workload on the diaphragm.

60. What is hypercapnia?

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

Correct Answer: B

Explanation: Hypercapnia refers to elevated carbon dioxide in the blood.

61. Which inhaler technique step is important?

- A. Exhaling before inhalation
- B. Eating during inhalation
- C. Holding breath indefinitely
- D. Rapid swallowing

Correct Answer: A

Explanation: Exhaling first helps improve medication delivery.

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

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

Correct Answer: A

Explanation: Arterial blood gases measure oxygen and carbon dioxide levels.

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

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

Correct Answer: A

Explanation: Reduced oxygenation and breathing effort contribute to fatigue.

64. Which pulmonary rehabilitation component teaches breathing control?

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

Correct Answer: B

Explanation: Breathing exercises improve respiratory efficiency.

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

Correct Answer: A

Explanation: Long-term oxygen is used for persistently low oxygen levels.

66. What happens to alveolar elasticity in emphysema?

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

Correct Answer: B

Explanation: Loss of elasticity contributes to airway collapse during exhalation.

67. Which factor may improve COPD quality of life?

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

Correct Answer: B

Explanation: Following treatment recommendations improves symptom control.

68. Which sign may indicate respiratory distress?

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

Correct Answer: A

Explanation: Accessory muscle use indicates increased breathing effort.

69. Which bronchodilator class blocks muscarinic receptors?

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

D. Antivirals

Correct Answer: A

Explanation: Anticholinergics relax airway smooth muscle by blocking muscarinic receptors.

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

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

Correct Answer: A

Explanation: Severe exacerbations frequently require hospitalization.

71. Which lifestyle habit worsens COPD symptoms?

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

Correct Answer: B

Explanation: Smoking further damages the lungs and worsens symptoms.

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

Correct Answer: B

Explanation: Vaccinations help prevent infections that may trigger exacerbations.

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

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

Correct Answer: B

Explanation: Emphysema damages alveolar walls and reduces gas exchange area.

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

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

Correct Answer: A

Explanation: Cold air may irritate airways and worsen dyspnea.

75. Which patient education topic is essential in COPD?

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

Correct Answer: A

Explanation: Correct inhaler technique ensures effective medication delivery.

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

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

Correct Answer: A

Explanation: Nasal cannulas are commonly used for home oxygen therapy.

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

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

Correct Answer: A

Explanation: FEV1 declines because of airflow obstruction.

78. Which symptom may indicate infection during COPD exacerbation?

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

Correct Answer: A

Explanation: Fever may suggest respiratory infection.

79. Which body system is primarily affected by COPD?

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

Correct Answer: B

Explanation: COPD primarily affects the lungs and airways.

80. What is the role of rescue inhalers?

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

Correct Answer: B

Explanation: Rescue inhalers provide quick bronchodilation during acute symptoms.

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

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

Correct Answer: A

Explanation: Hypoxemia may cause restlessness and anxiety.

82. Which condition may mimic COPD symptoms?

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

Correct Answer: A

Explanation: Asthma can also cause wheezing and airflow limitation.

83. Which habit supports lung health in COPD?

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

Correct Answer: A

Explanation: Avoiding smoke and pollutants helps reduce lung irritation.

84. What does chronic bronchitis increase in the airways?

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

Correct Answer: B

Explanation: Inflamed airways produce excess mucus.

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

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

Correct Answer: A

Explanation: Combination therapy improves symptom control in some patients.

86. Which symptom commonly appears early in COPD?

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

Correct Answer: A

Explanation: Shortness of breath during activity often develops early.

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

Correct Answer: A

Explanation: Airway collapse prevents complete exhalation.

88. Which healthcare professional often assists with breathing exercises?

- A. Respiratory therapist
- B. Dentist
- C. Ophthalmologist
- D. Dermatologist

Correct Answer: A

Explanation: Respiratory therapists teach breathing techniques and inhaler use.

89. Which symptom combination suggests COPD exacerbation?

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

Correct Answer: A

Explanation: Increased cough, sputum, and dyspnea are common exacerbation signs.

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

Correct Answer: A

Explanation: Occupational exposure to dust and chemicals can damage lungs.

91. Which symptom may worsen at night in COPD?

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

Correct Answer: A

Explanation: Lying down and nighttime airway changes may worsen dyspnea.

92. Which treatment helps loosen mucus?

- A. Hydration
- B. Smoking

- C. Dehydration
- D. Bed rest only

Correct Answer: A

Explanation: Adequate hydration helps thin respiratory secretions.

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

Correct Answer: A

Explanation: Post-bronchodilator spirometry evaluates airflow response.

94. Which sign may indicate severe hypoxemia?

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

Correct Answer: A

Explanation: Cyanosis indicates reduced oxygen delivery to tissues.

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

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

Correct Answer: A

Explanation: Physical activity improves endurance and respiratory muscle function.

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

Correct Answer: A

Explanation: Chronic bronchitis patients may develop cyanosis and fluid retention.

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

Correct Answer: B

Explanation: Emphysema patients may maintain oxygenation longer but breathe with increased effort.

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

Correct Answer: A

Explanation: Proper disease management reduces exacerbations and hospitalizations.

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

Correct Answer: B

Explanation: COPD management focuses on symptom reduction, improved function, and better quality of life.

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

Correct Answer: C

Explanation: Early recognition, smoking cessation, and treatment improve long-term outcomes and reduce complications.