

2008 "COPD" Study Guide

1. Define chronic obstructive pulmonary disease (COPD).
2. Describe the impact of COPD in terms of:
 - a. Prevalence
 - b. morbidity
 - c. Mortality
 - d. Economic costs
 - e. Psychological functioning
 - f. Social functioning
 - g. Quality of life
 - h. Family life
3. Explain the pathogenesis of COPD.
4. Explain the pathophysiology of COPD.
5. Explain the risk factors for COPD:
 - a. Host
 - b. Environmental
 - c. Other
6. Describe alpha₁-antitrypsin deficiency.
7. Discuss the non-pulmonary manifestations of alpha₁-antitrypsin deficiency.
8. Describe the systemic manifestations of COPD.
9. Identify signs and symptoms that are indicative of COPD.
10. Specify the essential components of a client history for COPD.
11. Determine the components of a physical examination for COPD.
12. Interpret the findings of a physical examination of a person with COPD.
13. Explain the role of the following in diagnosing or evaluating COPD:
 - a. Pulmonary function tests
 - b. Pharmacotherapy
 - c. 6-minute walk test
 - d. Arterial blood gases
 - e. Oximetry
 - f. Chest x-ray
14. Explain methods for assessing dyspnea.
15. Assess the severity of a client's COPD.
16. Explain spirometry assessment in terms of:
 - a. Indications
 - b. Interpretation of results (FEV₁, FVC, FEV₁/FVC, peak expiratory flow)
 - c. Quality control.
17. Examine alpha-1-antitrypsin deficiency in terms of:
 - a. Targeted testing
 - b. Diagnostic tests
 - c. Characteristics of the associated COPD compared with the COPD caused by environmental factors
18. Describe the clinical differences between asthma and COPD.
19. Describe the features of asthma and COPD coexisting in a given individual.
20. Identify differential diagnoses for COPD.
21. Discuss the impact of sleep apnea on COPD.
22. Explain the purpose of a plan of action for COPD.
23. Describe the components of an appropriate plan of action.
24. Describe how to use a plan of action for a client with COPD.
25. Examine the stepwise approach in management of COPD.

26. Examine strategies to assist clients to cope with COPD:
 - a. Physiological factors (dyspnea, fatigue, sleep disturbances, exercise limitation);
 - b. Psychological factors (anxiety, depression, fear);
 - c. Activities of daily living
27. Evaluate client's need for nutritional intervention.
28. Examine the benefits of exercise training in COPD.
29. Apply the PLISSIT model to address sexuality with clients with COPD.
30. Explain the importance of smoking cessation in the management of COPD.
31. Assess a patient's readiness to quit smoking using the stages of behaviour change model (i.e. Prochaska et al)
32. Distinguish among the pharmacological aids to smoking cessation.
33. Apply counseling strategies to assist clients to quit smoking.
34. Identify the components of pulmonary rehabilitation programs.
35. Analyze the effectiveness of interventions used in pulmonary rehabilitation.
36. Examine the role of oxygen therapy in the management of COPD:
 - a. Define supplemental long-term oxygen therapy (LTOT);
 - b. Examine the indications for LTOT;
 - c. Describe the tests used to assess the need for LTOT;
 - d. Examine the benefits of LTOT;
 - e. Describe the oxygen equipment which is used for LTOT;
 - f. Discuss choice of equipment which is best suited for client needs and lifestyle;
 - g. Discuss safety factors concerning oxygen use; and
 - h. Examine implications regarding oxygen use with air travel.
37. Examine the role of antitrypsin replacement therapy in the management of alpha-1-antitrypsin deficiency lung disease.
38. Explain the role of noninvasive mechanical ventilation in acute exacerbation of COPD.
39. Discuss surgical options for clients with COPD:
 - a. Lung volume reduction;
 - b. Lung transplantation.
40. Discuss the role of alternative therapies in the management of COPD.
41. Define acute exacerbation of COPD (AECOPD).
42. Explain prevention strategies that may reduce the frequency of AECOPD.
43. Assess for AECOPD.
44. Explain how to manage AECOPD.
45. Describe what is meant by end-of-life planning.
46. Describe what is meant by advance directive.
47. Discuss the role of palliative care to end-of-life planning.
48. Examine the team approach to end-of-life care planning.
49. Identify generic and trade names of medications.
50. Classify medications according to their action.
51. Explain the indications for the medications.
52. Describe the side effects of the medications.
53. Identify the methods of administration of the medications.
54. Counsel clients on the proper method of use and maintenance of medication delivery devices.
55. Identify which inhaled delivery devices are used with specific medications.
56. Establish which inhaled delivery devices are best suited to clients of different ages and varying needs.