

Learning Objectives	<i>Bourbeau's Book Page #'s</i>	<i>2007 COPD Guidelines Update</i>	<i>RESPTrec Handouts 2008</i>
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COPD Study Guide Answer Key

1. Define chronic obstructive pulmonary disease (COPD).	20	5B	3.1.1, p.1
2. Describe the impact of COPD in terms of:			3.1.1
a. Prevalence	a. 2	a. 6B	a. p.2
b. Morbidity		b.	b. p.2
c. Mortality	c. 2-3	c. 6B	c. p.2
d. Economic costs	d. 6-8		d. p.2
e. Psychological functioning	e. 4-5		
f. Social functioning	f. 5-6		
g. Quality of life	g. 4-5		
h. Family life	h. 5-6		
3. Explain the pathogenesis of COPD.	20	6B	3.1.1, p.3
4. Explain the pathophysiology of COPD.	20	6B	3.1.1, p.3
5. Explain the risk factors for COPD:			
a. Host	a. 35-37	6B	3.2.1
b. Environmental	b. 34-35		
c. Other	c. 37-38		
6. Describe alpha₁-antitrypsin deficiency.	36		3.2.3.A
7. Discuss the non-pulmonary manifestations of alpha₁-antitrypsin deficiency.			
8. Describe the systemic manifestations of COPD.		8B	
9. Identify signs and symptoms that are indicative of COPD.	20-21	6B	3.1.1 p.1
10. Specify the essential components of a client history for COPD.	21, 153 – 155	9B	3.3.2
11. Determine the components of a physical examination for COPD.	21-22; 153 – 154	9B	3.4.8
12. Interpret the findings of a physical examination of a person with COPD.	153-154	9B	
13. Explain the role of the following in diagnosing or evaluating COPD:			
a. Pulmonary function tests	a. 23-28	a. 8B	a. 3.4.3.A

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b. Pharmacotherapy	b. 69-76		
c. 6-minute walk test	c. 198-199; 352-353	c. 8B	
d. Arterial blood gases		d. 8B	
e. Oximetry		e. 8B	
f. Chest x-ray	f. 22	f. 8B	
14. Explain methods for assessing dyspnea.	24-26; 153-155	9B	3.5.4,
15. Assess the severity of a client's COPD.	25-26	10B	3.5.2, 3.5.3
16. Explain spirometry assessment in terms of: a. Indications b. Interpretation of results (FEV ₁ , FVC, FEV ₁ /FVC, peak expiratory flow) c. Quality control.	a. 24-25 b. 23-24 c. 23 and source: AsthmaTrec	a. 8B b. 10B	3.4.3.A
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	a. b. 36 c. 36	23B	3.2.3.A
18. Describe the clinical differences between asthma and COPD.	24	10-11B	
19. Describe the features of asthma and COPD coexisting in a given individual.	24	11B	
20. Identify differential diagnoses for COPD.	24	11B	
21. Discuss the impact of sleep apnea on COPD.	265-267		
22. Explain the purpose of a plan of action for COPD.	138-140; 145-148		
23. Describe the components of an appropriate plan of action.	138-140; 145-148		
24. Describe how to use a plan of action for a client with COPD.	138-140; 145-148		3.11.3
25. Examine the comprehensive approach in		11B	3.6.4

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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.	a. 149-167; 171-184; 259-270; 185-207 b. 215-241 c. 171-184 245-256	a. 11B	See in-class worksheets See in-class worksheets
28. Examine the benefits of exercise training in COPD.	185-207	19B	See in-class worksheets
29. Apply the PLISSIT model to address sexuality with clients with COPD.	273-287		See in-class worksheets
30. Explain the importance of smoking cessation in the management of COPD.	45-48	12B	
31. Assess a patient's readiness to quit smoking using the stages of behaviour change model (i.e. Prochaska et al)	48-54		3.8.3
32. Distinguish among the pharmacological aids to smoking cessation.	54-57	12-14B	3.8.4
33. Apply counseling strategies to assist clients to quit smoking.	48-54		3.8.3
34. Identify the components of pulmonary rehabilitation programs.	185-207	19-20B	3.11.2, 3.11.3.A
35. Analyze the effectiveness of interventions used in pulmonary rehabilitation.	185-207	19-20B	

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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.	a. 109-112 c. 111-112 d.116-117 e. 117-124 f. 117-124 g. 114 h. 292-296	a. 20B b. 20B c. 20-21B d. 20-21B	a. 3.10.2 b. 3.10.2 c. 3.10.2 d. 3.10.2 e. 3.10.6.A g. 3.10.8
h. Examine the role of antitrypsin replacement therapy in the management of alpha-1-antitrypsin deficiency lung disease.	74-75		3.2.3.A
i. Explain the role of noninvasive mechanical ventilation in acute exacerbation of COPD.		21B	
j. Discuss surgical options for clients with COPD: a. Lung volume reduction; b. Lung transplantation.	a. b.	22B	3.15.2
k. Discuss the role of alternative therapies in the management of COPD.	74-75		
l. Define acute exacerbation of COPD (AECOPD).	132	17-19B	3.12.2, p.1
m. Explain prevention strategies that may reduce the frequency of AECOPD.	136-141	17-18B	3.12.2, p.2
n. Assess for AECOPD.	132-133	18B	3.12.2, p.2
o. Explain how to manage AECOPD.	133-136	18-19B	3.12.2, p.2
p. Describe what is meant by end-of-life planning.	321-322	23B	3.14.2
q. Describe what is meant by advance directive.			
r. Discuss the role of palliative care to end-of-life planning.	322-323	23B	3.14.2

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s. Examine the team approach to end-of-life care planning.	325; 333-335		
t. Identify generic and trade names of medications.	66-75	11-16B	3.9.3
u. Classify medications according to their action.	66-75	11-16B	3.9.3
v. Explain the indications for the medications.	66-75	11-16B	3.9.3
w. Describe the side effects of the medications.	66-75	11-16B	3.9.3
x. Identify the methods of administration of the medications.	83-103	11-16B	3.9.3
y. Counsel clients on the proper method of use and maintenance of medication delivery devices.	83-103		See handouts after 3.9.3
z. Identify which inhaled delivery devices are used with specific medications.	83-103		3.9.3
aa. Establish which inhaled delivery devices are best suited to clients of different ages and varying needs.	83-103		