

Sarcopenia

Once you have read the online sections on COPD, answer these CPD questions. Print off this page with your answers to add to your [professional CPD portfolio](#).

1. **Question:** Which of the following are symptoms of COPD?

Answer:

- A. High temperature and a dry cough
 - B. Chronic cough, wheezing, frequent sputum production
 - C. Chronic cough, high temperature, wheezing
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2. **Question:** Which of the following are risk factors for developing COPD?

Answer:

- A. Smoking
 - B. Exposure to outdoor pollution
 - C. All of the above
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3. **Question:** COPD is diagnosed by?

Answer:

- A. The presence of clinical symptoms confirmed by spirometry ratio 0.75-85
 - B. Spirometry tests
 - C. The presence of clinical symptoms confirmed by spirometry ratio less than 0.70
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4. **Question:** What is the therapeutic target for weight gain in COPD patients who have lost weight?

Answer:

- A. Weight at BMI 20kg/m²
 - B. 5kg
 - C. 2kg
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5. **Question:** Protein recommendations for patients with COPD suggest a daily intake of:

Answer:

- A. 1.0–1.2g protein/kg/day and up to 1.5g/kg/day for those who are malnourished/unwell
 - B. 0.75-1g protein/kg/day and up to 1.5g/kg/day for those who are malnourished/unwell
 - C. 1.0–1.2g protein/kg/day and up to 2.5g/kg/day for those who are malnourished/unwell
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6. **Question:** NICE COPD guidelines (NICE NG115) recommend ONS are provided for:

Answer:

- A. Patients with a low BMI (<20kg/m²)
 - B. All patients with COPD
 - C. Patients who have lost weight
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7. **Question:** Clinical benefits of ONS are often seen with:

Answer:

- A. 200-600kcal/day, typically within 2-3 months of supplementation.
 - B. 300-900kcal/day, typically within 2-3 months of supplementation.
 - C. 300-600Kcal/day, typically within 2-3 months of supplementation.
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8. **Question:** According to the Managing Malnutrition in COPD Pathway, when should ONS be stopped?

Answer:

- A. When the patient gains weight
 - B. If goals of nutrition intervention have been met and the individual is no longer at risk of malnutrition
 - C. After 12 weeks
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Answers

1	2	3	4	5	6	7	8
B	C	C	C	A	A	B	B