

## Strategies to Reduce Morbidity and Mortality in COPD: A Patient-focused Approach for Integration of Combination and Triple Therapy - Tweetorial #4: Triple Therapy in COPD

### Posttest Rationale

1. Which of the following tests is recommended when considering addition of an ICS to treatment for a patient with COPD?

- A. Chest Xray
- B. Blood eosinophils
- C. Bronchodilator responsiveness

Rationale: The GOLD strategy report recommends the use of blood eosinophils to guide selection of ICS for treatment of patients with COPD. Blood eosinophil levels  $>100$  cells/ $\mu$ L support use of an ICS.

2. What is the most appropriate initial treatment for a 61-year-old male with a 10 year history of COPD, currently being treated with LABA + LAMA combination therapy, who has had 2 moderate or severe exacerbations in the past year and has blood eosinophils of 222 cells/ $\mu$ L?

- A. LABA + LAMA + ICS combination therapy
- B. LABA + ICS combination therapy
- C. Roflumilast

Rationale: In patients in the exacerbation pathway, the GOLD strategy report recommends a step up from LABA + LAMA combination therapy to LABA + LAMA + ICS combination therapy when blood eosinophils are  $>100$  cells/ $\mu$ L.

3. Recently, posthoc studies have suggested that LABA + LAMA + ICS triple therapy improves survival in patients with COPD. What category of subjects were primarily targeted in these studies?

- A. High exacerbation burden
- B. High symptom burden
- C. Severe airflow obstruction

Rationale: Patients studied in the ETHOS and IMPACT study included those with a high exacerbation burden.