

## Strategies to Reduce Morbidity and Mortality in COPD: A Patient-focused Approach for Integration of Combination and Triple Therapy - Tweetorial #1: Early Diagnosis of COPD

### Posttest Rationale

1. Which of the following is required to make a diagnosis of COPD according to the GOLD strategy report?

- A. Post bronchodilator FEV1/FVC <0.7
- B. Impaired peak flow measurement
- C. mMRC score of at least 2
- D. Symptoms of chronic cough and sputum

Rationale: The GOLD strategy report requires a post bronchodilator FEV1/FVC <0.7 to make a diagnosis of COPD. Impaired peak flow, mMRC score, and symptoms are not diagnostic themselves, but the presence of multiple indicators increased the probability for COPD.

2. A patient who presents with no previous diagnosis of COPD and no history of exacerbations, but breathlessness when walking on level ground and an FEV1/FVC of 0.69 should be considered to have which of the following?

- A. GOLD Group A
- B. GOLD Group B
- C. GOLD Group C
- D. GOLD Group D

Rationale: The patient's FEV1/FVC meets the criteria for a diagnosis of COPD. Breathlessness while walking on the level aligns with an mMRC score of 2. Patients with 0-1 exacerbations and an mMRC score  $\geq 2$  are considered Group B by GOLD.