

Online Test:- Respiratory Diseases: Prevention & Control Test Questions

(hint: print questions & mark answers before starting online test)

The Burden of Chronic Diseases

1. _____ % of chronic disease deaths occur in low and middle income countries.
A. 10
B. 36
C. 48
D. 80

Preventable Chronic Respiratory Diseases: A Major Global Health Problem

2. Which of the following are **preventable** chronic respiratory diseases?
A. asthma and respiratory allergies
B. obstructive pulmonary disease (COPD) & occupational lung diseases
C. apnea syndrome and pulmonary hypertension
D. all of the above

A Mechanism for Action: The Global Alliance Against Chronic Respiratory Diseases (GARD)

3. The Global Alliance against Chronic Respiratory Diseases (GARD) brings together national and international organizations, institutions and agencies to combat chronic respiratory diseases.
A. TRUE
B. FALSE

Chronic Disease Epidemics

4. Chronic diseases often begin in _____.
A. childhood
B. adulthood
C. after age 65
D. at age of 90
5. Which of the following can cause abnormal breathing?
A. Dyspnea and Stridor
B. Wheezing and Hyperventilation
C. Sneezing
D. all of the above

Asthma

6. Asthma is often associated with which of the following?
A. rhinitis
B. inflammation of the nasal mucosa
C. appendicitis
D. both A and B
7. It is estimated that asthma accounts for about _____ annual deaths worldwide.
A. 250
B. 3,000
C. 250,000
D. 978,000
8. Asthma can impair which of the following?
A. school and work performance
B. social life
C. physical activities
D. all of the above

Chronic Obstructive Pulmonary Disease

9. Which of the following is the major risk factor for COPD?
A. Tobacco smoking
B. High cholesterol
C. Diabetes
D. Gout

10. The basic abnormality in all patients with COPD is _____.
A. migraine
B. kidney stone
C. airflow limitation
D. appendicitis
11. _____ is a permanent enlargement of the air-spaces distal to the terminal bronchioles, accompanied by destruction of their walls without obvious fibrosis.
A. Asthma
B. Emphysema
C. Tuberculosis
D. Hemothorax
12. In the United States, in 2002, an estimated _____ adults had COPD.
A. 240,000
B. 1 million
C. 24 million
D. 2 billion
13. According to WHO, _____ will move from 5th leading cause of death in 2002, to 4th place in the rank projected into year 2030 worldwide.
A. COPD
B. High cholesterol
C. Diabetes
D. High blood pressure
14. _____ is the major risk factor for lung cancer.
A. Asthma
B. High cholesterol
C. Diabetes
D. Smoking

Obstructive Sleep Apnea Syndrome

15. _____ is a clinical disorder marked by recurring episodes of upper airway obstruction that lead to markedly reduced or absent airflow at the nose or mouth.
A. Asthma
B. Obstructive sleep apnea syndrome
C. Tuberculosis
D. Hemothorax
16. The upper airway obstruction episodes are usually accompanied by which of the following?
A. loud snoring
B. hypoxemia
C. increased heart rate
D. both A and B
17. Many children with obstructive sleep apnea syndrome can be helped by _____.
A. tonsillectomy
B. appendectomy
C. steroid injections
D. none of the above
18. Which of the following physical consequence is associated with Obstructive sleep apnea syndrome?
A. COPD
B. High cholesterol
C. Diabetes
D. Hypertension

Pulmonary Hypertension

19. Pulmonary hypertension is defined as a mean pulmonary artery pressure above _____ mm Hg.

- A. 5
- B. 10
- C. 13
- D. 25

20. Patients with which of the following are at risk for pulmonary hypertension?

- A. tuberculosis
- B. HIV infection
- C. congenital heart diseases
- D. all of the above

21. Obesity has been associated with various forms of pulmonary hypertension due to risk factors like appetite suppressant intake, hypoxemia, left heart disease and thrombo-embolic disease.

- A. TRUE
- B. FALSE

Causes and Consequences of Chronic Respiratory Diseases

22. How many people die worldwide annually as a result of tobacco use?

- A. 250,000
- B. 500,000
- C. 1.2 million
- D. 4.9 million

23. Which of the following are **non-modifiable** risk factors for chronic respiratory diseases?

- A. Age
- B. Heredity
- C. Tobacco use
- D. both A and B

24. According to WHO survey, in general women live longer with chronic diseases than men, although they are in poor health.

- A. TRUE
- B. FALSE

Tobacco Smoking: The Major Threat in High Income Countries, As Well As in Low & Middle Income Countries

25. Which of the following factors contribute to the explosive increase in tobacco use?

- A. global marketing
- B. transnational tobacco advertising
- C. promotion, lobbying and sponsorship
- D. all of the above

26. Tobacco is the second risk factor causing death after high blood pressure.

- A. TRUE
- B. FALSE

27. Which of the following is a smokeless tobacco product?

- A. Cigars
- B. Gutkha
- C. Pipe
- D. Cigarettes

28. _____ is a combination of smoke emitted from the burning end of a cigarette or other tobacco products and smoke exhaled by the smoker.

- A. Chewing tobacco
- B. Snuff
- C. Second-hand tobacco smoke
- D. Gutkha

29. Second-hand tobacco smoke is a major constituent of _____ in indoor environments, including the home.

- A. water pollution
- B. air pollution
- C. noise pollution

D. odor

30. There is no safe level of exposure to second-hand tobacco smoke.

- A. TRUE
- B. FALSE

Indoor Air Pollutants: The Unrecognized Killers In Low and Middle Income Countries

31. Low and middle income countries rely on which of the following solid fuels for domestic energy?

- A. natural gas
- B. electricity
- C. wood, dung and crop residues
- D. hydro-power

32. There is a strong association between wood/charcoal smoke and _____.

- A. diabetes
- B. chronic obstructive pulmonary disease
- C. HIV
- D. thyroid diseases

33. Which of the following pollutants pose a significant cancer risk?

- A. radon
- B. second-hand tobacco smoke
- C. volatile organic compounds
- D. all of the above

Outdoor Air Pollutants

34. Which of the following are some examples of adverse respiratory health effects of air pollution?

- A. Increased frequency of symptomatic asthma attacks
- B. Increased incidence of lower respiratory infections
- C. Increased incidence of cancer.
- D. all of the above

35. Which of the following is an environmental risk factor that can cause cardiac, pulmonary and lung cancer?

- A. combustion-related fine particulate air pollution
- B. hereditary illness
- C. contagious diseases
- D. hospital acquired infections

Allergens

36. _____ are antigens reacting with specific IgE antibodies.

- A. Bacteria
- B. Radon
- C. Allergens
- D. Virus

37. Exposure to allergens is a trigger for symptoms in sensitized individuals with _____.

- A. diabetes
- B. asthma
- C. HIV
- D. thyroid diseases

38. In deprived populations within the United States, _____ are common allergens.

- A. pollen
- B. cockroaches
- C. air
- D. dust

Occupational Exposure

39. In 2000, WHO estimated that risk factors at the workplace were responsible worldwide for _____ % of chronic obstructive pulmonary disease.

- A. 13
- B. 33
- C. 41
- D. 50

40. Worldwide, _____ is the principal disease caused by the inhalation of organic agents.

- A. diabetes
- B. asthma
- C. HIV
- D. thyroid diseases

41. Which of the following are now more frequent causes of death than asbestosis in workplace related illness?

- A. mesothelioma
- B. lung cancers
- C. tobacco use
- D. both A and B

Diet and Nutrition

42. Epidemiological studies suggest that a diet high in _____ may have beneficial effects on inflammatory conditions such as asthma.

- A. saturated fat
- B. calcium
- C. fatty fish oil
- D. trans fat

43. Obesity is **not** a major risk factor of diabetes, cardiovascular diseases and other chronic diseases.

- A. TRUE
- B. FALSE

44. _____ seems to be effective for allergy prevention.

- A. breast-feeding
- B. vaccination
- C. tonsillectomy
- D. sinus surgery

Post-infectious Chronic Respiratory Diseases

45. _____ is common after viral infections in children.

- A. Bronchiectasis
- B. Leukemia
- C. Thyroid disease
- D. Polio

GARD Approach

46. GARD is a voluntary alliance of national and international organizations, institutions and agencies working towards the common goal of improving global _____.

- A. diabetes awareness
- B. HIV/AIDS awareness
- C. lung health
- D. heart health

47. Estimating population need and advocating for action is a what planning step in GARD framework?

- A. 1
- B. 2
- C. 3
- D. 4

48. Comprehensive and integrated policies and plans for prevention are vital because they minimize which of the following in the health system?

- A. malpractice
- B. overlap and fragmentation
- C. fraud
- D. patient health

Estimate Burden, Identify Risk Factors and Undertake Surveillance

49. According to the GARD step 3, which of the following can help to survey of chronic respiratory diseases?
- A. expand testing to full lung-function tests
 - B. oximetry
 - C. allergy tests
 - D. all of the above

Advocate for Action

50. An important part of advocacy is to disseminate information and ultimate goal is to provide evidence that the burden of chronic respiratory diseases can be reduced.
- A. TRUE
 - B. FALSE

Implement Prevention and Health Promotion

51. _____ is the process of enabling people to increase control over their health and its determinants.
- A. Vaccination
 - B. Blood drive
 - C. Health promotion
 - D. Health fair

52. _____ is the protection of health by personal and community-wide actions.
- A. Secondary prevention
 - B. Primary prevention
 - C. Tertiary prevention
 - D. none of the above

53. Which of the following option is **more** popular and enforceable to create a smoke-free environment?
- A. Smoking ban
 - B. Ban on tobacco products
 - C. Tax increase on tobacco
 - D. none of the above

54. In low- and middle-income countries, which of the following reduce indoor air pollution and exposure?
- A. Improved stoves and stove maintenance
 - B. Ceiling fans
 - C. Air conditioners
 - D. Smoke detectors

55. Which of the following action helps improving indoor air quality?
- A. Improve ventilation
 - B. Improve cleaning methods and housing hygiene
 - C. Control of moisture and mold
 - D. all of the above

56. To prevent occupational exposure to crystalline silica dust, the threshold limit values should not exceed _____ mg/m³.
- A. 0.05 to 0.1
 - B. 1 to 2.5
 - C. 3 to 3.5
 - D. 4 to 4.5

57. Asbestos has been banned in many countries, principally because of the risk of _____.
- A. thyroid disease
 - B. leukemia
 - C. mesothelioma
 - D. diabetes

Improve Diagnosis of Chronic Respiratory Diseases and Respiratory Allergies

58. An early diagnosis is important to reduce chronic respiratory diseases severity and disability.
- A. TRUE
 - B. FALSE

59. The second step in GARD diagnostic is a simple lung-function measurement using _____.

- A. chest x-ray
- B. spirometry
- C. nebulizer
- D. EKG

60. Spirometry measures _____ to diagnose and assess COPD.

- A. inflammation
- B. airflow limitation
- C. fluid retention
- D. heart rate

Control Chronic Respiratory Diseases and Allergies by Increasing Drug Accessibility

61. Which of the following can help increase awareness, eliminate social stigma and misconception in the community regarding asthma?

- A. volunteer hours
- B. vaccination programs
- C. patient education programs
- D. free clinics

62. About 45% of the world's population and 58% of the population over 10 years of age belong to the _____.

- A. healthcare
- B. steel industry
- C. global workforce
- D. recycling business

63. _____ are essential to confirm occupational lung diseases caused by an inorganic dust.

- A. Chest radiographs
- B. Spirometry
- C. Oral antibodies
- D. MRI

64. _____ is a **more accurate** method of screening, allowing a non-invasive measurement of systolic pulmonary arterial pressure.

- A. Chest x-ray
- B. Spirometry
- C. MRI
- D. Echocardiography-doppler

Pediatric Chronic Respiratory Diseases and Respiratory Allergies

65. _____ are the most frequent chronic respiratory diseases in children.

- A. Asthma
- B. Rhinitis
- C. Spina bifida and Leukemia
- D. both A and B

66. Asthma usually starts before the age of 6 years in children.

- A. TRUE
- B. FALSE

Identify Policy Implementation Steps

67. GARD supports policy implementation in preventing chronic diseases with which of the following steps?

- A. CORE
- B. EXPANDED
- C. DESIRABLE
- D. all of the above