



# BRISTOL COPD KNOWLEDGE QUESTIONNAIRE (BCKQ)<sup>©</sup>

Name: .....

Date: .....

This questionnaire is designed to find out what you know about your lung problem. It should be completed without help from anyone else. This usually takes between 10 and 20 minutes. Your answers will help us to find out what

information you need to help you to understand and manage your lung condition.

Mark the circle which you think is the correct answer.

1	In COPD:	True	False	Don't Know
<i>a</i>	In COPD the word "chronic" means it is severe.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
<i>b</i>	COPD can only be confirmed by breathing tests.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
<i>c</i>	In COPD there is usually gradual worsening over time.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
<i>d</i>	In COPD oxygen levels in the blood are always low.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
<i>e</i>	COPD is unusual in people less than 40 years old.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
2	COPD:	True	False	Don't Know
<i>a</i>	More than 80% of COPD cases are caused by cigarette smoking.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
<i>b</i>	COPD can be caused by occupational dust exposure.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
<i>c</i>	Longstanding asthma can develop into COPD	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
<i>d</i>	COPD is commonly an inherited disease.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
<i>e</i>	Women are less vulnerable to the effects of cigarette smoking than men.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
3	The following symptoms are <i>COMMON</i> in COPD:	True	False	Don't Know
<i>a</i>	Swelling of ankles	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
<i>b</i>	Fatigue (tiredness)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
<i>c</i>	Wheezing	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
<i>d</i>	Crushing chest pain	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
<i>e</i>	Rapid weight loss	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
4	Breathlessness in COPD:	True	False	Don't Know
<i>a</i>	Severe breathlessness prevents travel by air.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
<i>b</i>	Breathlessness can be worsened by eating large meals.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
<i>c</i>	Breathlessness means that your oxygen levels are low.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
<i>d</i>	Breathlessness is a normal response to exercise.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
<i>e</i>	Breathlessness is primarily caused by a narrowing of the bronchial tubes.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

<b>5</b>	<b>Phlegm (sputum):</b>	<b>True</b>	<b>False</b>	<b>Don't Know</b>
<i>a</i>	Coughing phlegm is a common symptom in COPD	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
<i>b</i>	Clearing phlegm is more difficult if you get dehydrated.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
<i>c</i>	Bronchodilator inhalers can help clear phlegm.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
<i>d</i>	Phlegm causes harm if swallowed.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
<i>e</i>	Clearing phlegm can be assisted by breathing exercises.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
<b>6</b>	<b>Chest infections / exacerbations:</b>	<b>True</b>	<b>False</b>	<b>Don't Know</b>
<i>a</i>	Chest infections often cause coughing of blood.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
<i>b</i>	With chest infections phlegm usually becomes coloured (yellow or green).	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
<i>c</i>	Exacerbations (episodes of worsening) can occur in the absence of a chest infection.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
<i>d</i>	Chest infections are always accompanied by a high temperature.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
<i>e</i>	Steroid tablets should be taken whenever there is an exacerbation.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
<b>7</b>	<b>Exercise in COPD:</b>	<b>True</b>	<b>False</b>	<b>Don't Know</b>
<i>a</i>	Walking is better exercise than breathing exercises to improve fitness.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
<i>b</i>	Exercise should be avoided as it strains the lungs.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
<i>c</i>	Exercise can help maintain your bone density.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
<i>d</i>	Exercise helps relieve depression.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
<i>e</i>	Exercise should be stopped if it makes you breathless.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
<b>8</b>	<b>Smoking:</b>	<b>True</b>	<b>False</b>	<b>Don't Know</b>
<i>a</i>	Stopping smoking will reduce the risk of heart disease.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
<i>b</i>	Stopping smoking will slow down further lung damage.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
<i>c</i>	Stopping smoking is pointless as the damage is done.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
<i>d</i>	Stopping smoking usually results in improved lung function.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
<i>e</i>	Nicotine replacement therapy is only available on prescription.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
<b>9</b>	<b>Vaccination:</b>	<b>True</b>	<b>False</b>	<b>Don't Know</b>
<i>a</i>	A flu jab is recommended every year.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
<i>b</i>	You can get flu from having a flu jab.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
<i>c</i>	You can only have a flu jab if you are 65 or over.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
<i>d</i>	A pneumonia jab protects against all forms of pneumonia.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
<i>e</i>	You can have a pneumonia jab and a flu jab on the same day.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

<b>10</b>	<b>Inhaled bronchodilators:</b>	<b>True</b>	<b>False</b>	<b>Don't Know</b>
<b>a</b>	All bronchodilators act quickly (within 10 minutes).	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
<b>b</b>	Both short and long acting bronchodilators can be taken on the same day.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
<b>c</b>	Spacers (e.g. volumatic, nebulizer, aerochamber) should be dried with a towel after washing.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
<b>d</b>	Using a spacer device will increase the amount of drug deposited in the lungs.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
<b>e</b>	Tremor may be a side effect of bronchodilators.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
<b>11</b>	<b>Antibiotic treatment in COPD:</b>	<b>True</b>	<b>False</b>	<b>Don't Know</b>
<b>a</b>	To be effective, the course should last at least 10 days.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
<b>b</b>	Excessive use of antibiotics can cause resistant bacteria (germs).	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
<b>c</b>	Antibiotics will clear all chest infections.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
<b>d</b>	Antibiotic treatment is necessary for an exacerbation (worsening) however mild.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
<b>e</b>	You should seek advice if antibiotics cause severe diarrhoea.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
<b>12</b>	<b>Steroid tablets given for COPD (eg Prednisolone):</b>	<b>True</b>	<b>False</b>	<b>Don't Know</b>
<b>a</b>	Steroid tablets help strengthen muscles.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
<b>b</b>	Steroid tablets should be avoided if there is a chest infection.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
<b>c</b>	The risk of long-term side effects due to steroids is less with short courses than with continuous treatment.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
<b>d</b>	Indigestion is a common side effect from using steroid tablets.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
<b>e</b>	Steroid tablets can increase your appetite.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
<b>13</b>	<b>Inhaled steroids (brown, red or orange):</b>	<b>True</b>	<b>False</b>	<b>Don't Know</b>
<b>a</b>	Inhaled steroids should be stopped if you are given steroid tablets.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
<b>b</b>	Steroid inhalers can be used for rapid relief of breathlessness.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
<b>c</b>	Spacer devices reduce the risk of getting thrush in the mouth.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
<b>d</b>	Steroid inhaler should be taken before your bronchodilator.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
<b>e</b>	Inhaled steroids improve lung function in COPD.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

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Further supplies can be obtained from:  
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 Chronic Respiratory Disease. 2006;3:123-131

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