

**APPENDIX 1: LEARNING QUESTIONNAIRE**

***a. COPD domain:***

1. CHRONIC OBSTRUCTIVE PULMONARY DISEASE, CALLED COPD, IS A DISEASE THAT INVOLVES:
a) Only the airways
b) Both lungs and airways
c) Both lungs and kidneys
2. THE MAIN CAUSE OF COPD IS:
a) Air pollution
b) Cigarette Smoking
c) Inactive lifestyle
3. THE MAIN SYMPTOMS/DISORDERS OF COPD ARE:
a) Frequent infections, breathlessness, heart palpitations
b) Increase in hunger, body weight and sleep
c) Shortness of breath during activity, cough, phlegm encumbrance , frequent lung infections
4. THE EXACERBATION OF COPD IS:
a) Temporary aggravation of the disease
b) The final worsening of the disease
c) An onset of fever
5. WHAT SHOULD I DO IN CASE EXACERBATION OF COPD?
a) Do not need to cure it
b) Temporarily suspend medications
c) Immediately notify the physician and increase dosage of drug therapy
6. THE EXACERBATION OF COPD CAN:
a) Be treated and resolved
b) Be treated only in the hospital

c) Be neglected because it resolves itself
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**b. Rehabilitation domain:**

7. RESPIRATORY REHABILITATION IN COPD IS AN APPROPRIATE INTERVENTION:
a) Always in symptomatic patients
b) Only during the exacerbation
c) Only if the patient is obese
8. PHYSIOTHERAPY IS MAINLY COMPOSED OF:
a) Physical exercise, breathing exercises to clear the phlegm, health education
b) Only exercise
c) Massage and deep breathing
9. WHAT YOU MUST MONITOR WHEN YOU ARE DOING YOUR EXERCISE ON YOUR OWN?
a) Heart rate, shortness of breath and fatigue of leg muscles
b) Only the heart rate
c) The onset of chest pain

**c. Lifestyles domain:**

10. Does EXCESSIVE BODY WEIGHT LIMIT ACTIVITIES OF DAILY LIFE IN COPD?
a) Body weight is not a problem: it's the disease that causes me problems
b) Excessive body weight is an additional health hazard
c) Increase in body weight is always a temporary problem. A few days in exercises will solve my problems
11. THE THINNESS AND EXCESSIVE WEIGHT LOSS IN COPD ARE:
a) A serious health risk
b) A favourable condition for the prognosis
c) An element that does not influence the course
12. FOR CORRECT WAY OF LIFE IN COPD:
a) Do not smoke and walk every day

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b) Walk every day
c) Do not smoke
13. SMOKING CESSATION IN COPD PRODUCES
a) Improvement in the medium to long term health status
b) An improvement only if I smoked over 20 cigarettes a day
c) No improvement
14. IF YOU FEEL BREATHLESS DURING MEALS IT IS HELPFUL IF:
a) You Eat in bed
b) Make more snacks during the day and eat slowly
c) Drink plenty of fluids with meals
15. WHEN YOU MUST TRAVEL YOU HAVE TO:
a) Prepare an adequate supply of drugs and arrange a supply of oxygen
b) Go only to beach resort
c) You should stay at home and not Travel

**d. Drugs domain:**

16. WHY IS IT IMPORTANT TO TAKE DRUGS FOR COPD?
a) Because they reduce breathlessness
b) Because they slow your heartbeat
c) Because they increase cough
17. MOST OF THE DRUGS FOR COPD ARE ADMINISTERED THROUGH THE USE OF DEVICES FOR INHALATION (SPRAY OR AEROSOL)?
a) Because they act directly on the lungs
b) Because they act more slowly than tablets
c) Because they increase cough
18. THE MEDICATIONS PRESCRIBED FOR COPD
a) Should be used only when there is breathlessness
b) Should be used every day

c) Should be used only during the winter
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**e. Oxygen domain:**

19. IN CASE OF NECESSITY FOR OXYGEN THERAPY AT HOME, WHAT IS NOT RECOMMENDED?
a) Washing the dishes or going to the toilet using oxygen
b) Take inhalation therapy during oxygen use
c) Approach a smoking or open flame during oxygen use
20. WHEN DO I USE THE OXYGEN?
a) Always
b) Following the prescription of the pneumologist
c) Only when I have breathless

*Explanation:* each question has got only a right answer. We assigned 1 (correct) or 0 (wrong) point for each answer. The LQ total score might be between 0-20, where 0 refers to all wrong answers and 20 to all right ones.