

A Managed Care Perspective: Treatment of Idiopathic Pulmonary Fibrosis

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Sample of Online Posttest

Choose the best answer for each of the following:

- The 2015 guidelines have a strong recommendation against the use of:**
 - Ambrisentan
 - Dabigatran
 - Anti-acid treatment
 - Bronchodilators
- All the following are adverse effects of pirfenidone, except:**
 - Photosensitivity
 - Bone loss
 - Gastrointestinal effects
 - Rash
- Which of the following is the most common adverse effect reported in clinical trials of nintedanib?**
 - Elevated liver enzymes
 - Diarrhea
 - Abdominal pain
 - Neuropathy
- What was the relative reduction in the proportion of patients who had an absolute decline of ≥ 10 percentage points in percent predicted forced vital capacity (FVC) or who died after being treated with pirfenidone in the ASCEND trial?**
 - 28%
 - 38%
 - 48%
 - 58%
- Which of the following represents a significant finding seen in the placebo-controlled INPULSIS-2 trial of nintedanib in patients with IPF that was not seen in the accompanying INPULSIS-1 trial?**
 - Fewer patients treated with nintedanib had a decline in FVC of more than 10% over the 52-week treatment period.
 - A significant benefit was seen with nintedanib versus placebo in the time to first IPF exacerbation.
 - No significant benefit on mortality was seen with nintedanib.
 - Adverse events were seen more often in patients treated with nintedanib versus those treated with placebo.
- For which level of disease severity are both pirfenidone and nintedanib indicated in treatment of patients with IPF?**
 - Mild disease severity
 - Moderate disease severity
 - Severe disease severity
 - Both are indicated without mention of disease severity.

7. Lucy is a 62-year-old woman who has been experiencing increasing shortness of breath, especially during exercise, for the past 9 months. She is diagnosed with IPF following comprehensive examination, including high-resolution computed tomography (HRCT) showing a usual interstitial pneumonia (UIP). Using GAP index risk assessment staging, including her gender, age, FVC, and diffusing capacity of the lungs for carbon monoxide (DLCO), it is determined that she has a GAP index of 2. Which of the following is a reasonable treatment plan for Lucy?
- Provide supportive care at this time because her disease is mild
 - Initiate oxygen therapy and reassess her in 3 months
 - Initiate therapy with *N*-acetylcysteine
 - Initiate therapy with an antifibrotic (pirfenidone or nintedanib)
8. Which of the following is critical in implementing a disease management program for IPF that limits costs and provides effective and quality healthcare?
- Offer a cost-centered approach to healthcare management
 - Designed to reduce cost of disease-related complications through formulary restrictions
 - Utilize coordinated healthcare interventions and patient education with a focus on self-management
 - Focus on treatment of exacerbations and complications over prevention
9. Which of the following approaches has demonstrated effective outcomes through improved adherence to long-term therapies for IPF?
- Providing transportation to pick up prescriptions
 - Text reminders
 - Slow dose titration to reduce adverse effects
 - Removing the co-payment
10. An 82-year-old Caucasian man presents to your clinic for decrease in exercise tolerance and dyspnea with symptoms beginning nearly a year ago. He does not smoke. Physical examination shows a blood pressure of 125/68 mm Hg, heart rate 73 bpm, respiratory rate 18 breaths per minute, and oxygen saturation of 94% on room air. Chest examination is significant for bibasilar fine crackle and loud P2 in the second left intercostal area. Pulmonary function tests show an FVC and forced expiratory value in 1 second (FEV₁) of 56% and 62% predicted value, FEV₁/FVC ratio of 0.84, total lung capacity (TLC) of 60%, and DLCO of 42% predicted value. Chest HRCT shows definite usual interstitial pneumonitis pattern. You diagnose him with IPF.
- This patient should be managed with all the following, except:
- Pulmonary rehabilitation
 - Lung transplant
 - Nintedanib or pirfenidone
 - Anti-acids