

Practice Test 17

READING SUB-TEST – PART A

Text A

The Global Burden of Chronic Respiratory Diseases

A global health report estimates that over 300 million people worldwide are affected by chronic respiratory diseases such as asthma and chronic obstructive pulmonary disease (COPD). Approximately 4 million deaths annually are attributed to these conditions.

- Most affected individuals live in low- and middle-income countries, accounting for nearly 70% of cases.
- The number of cases is expected to rise significantly due to urbanisation and environmental factors.
- Air pollution and smoking remain key contributors to disease prevalence.

Management approaches may include rehabilitation programmes and pharmacological treatment, although access to such care varies globally. Despite the scale of the problem, epidemiological data remain limited in many regions, particularly in parts of Africa and Southeast Asia, where research infrastructure is underdeveloped.

Text B

Key Facts about Chronic Respiratory Diseases

- A recent European study found that long-term exposure to air pollution increases the risk of developing respiratory diseases by up to 30%.
- Pulmonary rehabilitation programmes provide structured care, including exercise training, education, and psychological support for patients.
- Early diagnosis and lifestyle modification can significantly improve patient outcomes.

Text C

The Impact of Environmental Change on Global Health

Population growth and urbanisation have led to increased exposure to environmental risk factors. As life expectancy rises, chronic diseases are becoming more prevalent, particularly in low- and middle-income countries.

Global estimates also indicate a significant rise in respiratory disease cases worldwide, reflecting broader health trends.

Noncommunicable diseases (NCDs), including respiratory diseases, are now the leading causes of death in most regions, except in sub-Saharan Africa. Of the estimated 40 million deaths from NCDs annually, the majority occur in developing regions.

Environmental factors such as air pollution, climate change, and occupational hazards contribute significantly to disease burden. Studies indicate that risk factors for respiratory diseases operate similarly across different geographical regions.

Text D

Management of Breathlessness in Chronic Disease

Breathlessness is a common symptom in patients with chronic respiratory diseases and often worsens as the disease progresses.

Evaluation

It is essential to assess underlying causes such as infection, environmental triggers, or disease progression before initiating treatment. Supporting patients and educating caregivers can improve symptom management.

Treatment

There is no single universally effective treatment for breathlessness. Initial management may include bronchodilators and pulmonary rehabilitation. Structured care programmes such as rehabilitation may support long-term management. In more severe cases, additional interventions such as oxygen therapy may be required.