

# GP SelfTest Challenge question answer

Which is the **SINGLE MOST** appropriate oral corticosteroid regime to treat an exacerbation of chronic obstructive pulmonary disease (COPD)? Select **ONE** option only.

- A. Dexamethasone 4 mg daily for five days
- B. Prednisolone 30 mg daily for seven days
- C. Prednisolone 20 mg daily for 14 days
- D. Prednisolone 40 mg on day one reducing over eight days
- E. Prednisolone 40 mg for five days

**The correct answer is: B. Prednisolone 30 mg daily for seven days**

**Answer justification and feedback:** Prednisolone 30 mg orally should be prescribed for seven to 14 days.

**Resources:**

National Institute for Health and Care Excellence (NICE). [Chronic obstructive pulmonary disease in over 16s: diagnosis and management.](#) 2018.

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