

- 1) A 54 year-old male has a blood pressure reading in your pharmacy of 152/94 mg Hg. How would you classify this blood pressure reading?
 - a. Prehypertension
 - b. Stage 1 hypertension
 - c. Stage 2 hypertension
 - d. Normal blood pressure

- 2) New data indicates:
 - a. Diuretics are not effective in blood pressure control.
 - b. Single drug therapy to the maximum effective level is preferred.
 - c. Use of more than one medication with gradually increasing from small doses is effective.
 - d. All antihypertensives result in lowered potassium serum levels.

- 3) Renin is released secondary to:
 - a. Decreased sodium and/or fluid in the distal convoluted tubule.
 - b. Increased potassium levels in the loop of Henle.
 - c. Increased sodium and/or fluid in the distal convoluted tubule.
 - d. Decreased sodium and/or fluid in the proximal convoluted tubule.

- 4) Thiazide diuretics lower blood pressure in patients with hypertension. The mechanism(s) for this action are:
 - a. Reduce alpha adrenergic tone and decrease heart rate.
 - b. Reduce fluid levels through diuresis and additional activity on blood vessels.
 - c. Reduce fluid levels through diuresis and a central nervous system action to decrease alpha adrenergic action.
 - d. Reduce fluid levels through diuresis and reduce cardiac output by decreasing heart rate.

- 5) Beta blockers actions:
 - a. Can reduce hepatic glucose output.
 - b. Can directly cause bronchodilation.
 - c. Can increase LDL-cholesterol levels.
 - d. Can reduce rennin release in the kidney.

- 6) Angiotensin converting enzyme inhibitors:
 - a. Routinely increase heart rate by direct stimulation.
 - b. Exert selective action on Beta-2 nerves in the vascular smooth muscle.
 - c. Cannot be given concurrently with thiazide diuretics.
 - d. Can produce a chronic cough.

- 7) Calcium channel blocking agents can cause all BUT which of the following?
 - a. Peripheral edema.
 - b. Altered INR results in patients taking warfarin.
 - c. Stimulation of renin release.
 - d. Worsening of heart failure.

- 8) Alpha-1 blockers:
 - a. Can induce a syncopal episode with the first dose of the medication.
 - b. Are effective for benign prostatic hypertrophy.
 - c. Cause lowered blood pressure through their effects of limiting norepinephrine action.
 - d. A and B
 - e. All of the above

- 9) Which of the following is/are good patient teaching tips for methyldopa?
 - a. Take the medication at the same time each day if possible.
 - b. Report any new medications added to your regimen to your primary physician.
 - c. Take your methyldopa in the morning with your other medications, including iron if prescribed.
 - d. A and B
 - e. All of the above

- 10) Which of the following is considered a cardiovascular risk factor?
 - a. Routine aerobic physical activity of 45 minutes per session five times a week.
 - b. Women aged 56 years old with no other cardiovascular even history.
 - c. Presence of microalbuminuria.
 - d. Body mass index of 26 Kg/m².

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March 2011– Hypertension Therapy Update

TECHNICIANS ANSWER SHEET. Not ACPE approved for Technicians.

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| 2. A B C D | 4. A B C D | 6. A B C D | 8. A B C D E | 10. A B C D |

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March 2011– Hypertension Therapy Update

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Is relevant to my practice	<input type="checkbox"/> Yes	<input type="checkbox"/> No			

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