

Continuing Education Quiz

Management of Hypertension: Lifestyle Modifications and Drug Therapy

- It has been reported that the number of patients with hypertension who actually achieve optimal blood pressure control is less than which of the following?
 - One-fourth
 - One-half
 - One-eighth
 - One-third
- The higher an individual's blood pressure, the greater the risk for developing which of the following conditions?
 - Bronchial asthma
 - Cirrhosis of the liver
 - Myocardial infarction
 - Varicose veins
- The type of blood pressure that normally increases with age until the eighth or ninth decade of life is:
 - diastolic
 - systolic.
- In the Framingham Heart Study, the type of blood pressure that was the stronger predictor of cardiovascular risk in patients <50 years of age was:
 - diastolic
 - systolic
- According to the Seventh Report of the Joint National Committee on Prevention, Detection, Evaluation, and Treatment of High Blood Pressure (JNC 7), systolic and diastolic blood pressure readings for adults classified as Stage 1 hypertension are:
 - 120-139 and <80
 - 120-139 or 80-89
 - 140-159 or 90-99
 - 140-159 and >100
- According to the JNC 7 report, the lifestyle modification with the greatest range of impact on reducing SBP was:
 - dietary sodium restriction
 - weight reduction
 - DASH eating plan
 - physical activity
- The JNC 7 report recommends drug therapy for patients with heart and kidney disease or diabetes mellitus when their blood pressure reaches which of the following readings?
 - 130/80
 - 140/80
 - 130/100
 - 140/100
- The mainstay of antihypertensive therapy in most clinical trials to-date has been the:
 - ACE inhibitors
 - beta-blockers
 - calcium channel blockers
 - thiazide diuretics
- According to the JNC 7 report in Table 5, the drug class with the greatest number of compelling indications for patients who are also being treated for hypertension is the:
 - ACE inhibitors
 - beta-blockers
 - calcium channel blockers
 - thiazide diuretics
- Which of the following OTC products are especially important for hypertensive patients to discuss with their physician or pharmacist prior to initiating therapy?
 - Antidiarrheals and laxatives
 - Cough suppressants and antihistamines
 - Decongestants and NSAIDs
 - Expectorants and antacids

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Note: Answer sheet may be copied as needed but original answers are required on each.

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COURSE EVALUATION

Evaluation Must Be Completed To Obtain Credit

How much time did this lesson require? _____

Today's Date _____

EXPIRATION DATE: 6-15-09

Learning objectives on first page were addressed.

1 Disagree - 5 Agree

Objective 1	1	2	3	4	5
Objective 2	1	2	3	4	5
Objective 3	1	2	3	4	5
Material was well organized and clear.	1	2	3	4	5
Content sufficiently covered the topic.	1	2	3	4	5
Material was non-commercial in nature.	1	2	3	4	5

Answer Sheet:

- | | |
|------------|-------------|
| 1. a b c d | 6. a b c d |
| 2. a b c d | 7. a b |
| 3. a b | 8. a b c d |
| 4. a b | 9. a b c d |
| 5. a b c d | 10. a b c d |