

Managing Hypertension

1. **How many adults in the United States have elevated blood pressure?**
 - a. 25 million
 - b. 52 million
 - c. 72 million
 - d. 150 million
2. **The annual direct and indirect cost of cardiovascular disease (CVD) in the United States is:**
 - a. 10 billion
 - b. 100 billion
 - c. 431 billion
 - d. 625 billion
3. **The prevalence of high blood pressure is equal among women and men throughout their lifespan.**
 - a. True
 - b. False
4. **Approximately, how many people died from high blood pressure in the US in 2004?**
 - a. 5,000
 - b. 25,000
 - c. 40,000
 - d. 54,000
5. **JNC-7 defines a new stage of elevated blood pressure called prehypertension. Prehypertension is defined as blood pressure:**
 - a. Less than 120/80 mmHg
 - b. Between 120-139/80-89 mmHg
 - c. Between 100-110/70-80 mmHg
 - d. Over 140/90 mmHg
6. **Treatment strategies for people with high blood pressure include lifestyle modification as well as medication therapy.**
 - a. True
 - b. False
7. **Lifestyle modifications for treating patients with high blood pressure include:**
 - a. Getting more exercise
 - b. Following the Atkin's diet
 - c. Lowering the amount of sodium in their diet
 - d. A and C
8. **Pharmacological treatment strategies are the same for patients with high blood pressure regardless of other comorbid conditions they may have.**
 - a. True
 - b. False
9. **Almost all adults with hypertension are aware they have the condition.**
 - a. True
 - b. False
10. **Which statement is false concerning HBP medication therapy guidelines from JNC-7?**
 - a. Patients with heart failure should begin HBP therapy on calcium channel blockers (CCBs).
 - b. Most patients with HBP will begin treatment with thiazide diuretics.
 - c. Combination therapy is usually necessary for control of HBP.
 - d. Beta-blockers (BB), angiotensin-renin blockers (ARB), and angiotensin-converting enzyme inhibitors (ACEI) are all used in HBP combination therapy.
11. **New treatments for HBP are not necessary because most patients can be controlled with current agents on the market.**
 - a. True
 - b. False
12. **New drugs approved in 2007 for the treatment of HBP include:**
 - a. Tekturna
 - b. Avalide
 - c. Bystolic
 - d. Both A and C
13. **Which statement is false?**
 - a. Most patients are compliant with their HPB therapy.
 - b. Pharmacists can provide medication therapy management services to their patients with HBP and improve compliance
 - c. Patient self-monitoring of HBP can improve control of the disease
 - d. Combination therapy, in single-dose, can improve patient medication adherence to their HBP medication regimen.
14. **Pharmacists can play a role in helping patients with HBP by:**
 - a. Keeping knowledgeable about home blood pressure monitoring equipment
 - b. Offering blood pressure screenings
 - c. Monitoring patient therapy and providing feedback to the patient and their physician
 - d. All of the above
15. **Patients should do the following when conducting home blood pressure monitoring:**
 - a. Test after breakfast and their morning coffee
 - b. Test the same time each day
 - c. Test while standing up
 - d. Test one time and record in a booklet

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