

**POST-TEST • Teaching patients to tame their hypertension**  
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**Please circle the correct answer.**

1. Which hormone prompts the kidneys to conserve sodium and water?

- a. Aldosterone
- b. Angiotensinogen
- c. Angiotensin II
- d. Insulin

2. The first-line therapy for uncomplicated hypertension is:

- a. a diuretic.
- b. a vasodilator.
- c. a calcium channel blocker.
- d. an angiotensin-converting enzyme (ACE) inhibitor.

3. For a patient with hypertension who has had a stroke, the first-line therapy is a combination of:

- a. a diuretic and an angiotensin II receptor blocker (ARB).
- b. a calcium channel blocker and beta blocker.
- c. a diuretic and an ACE inhibitor.
- d. a calcium channel blocker and an ARB.

4. ARBs work by blocking:

- a. aldosterone.
- b. the type 1 angiotensin II receptor.
- c. calcium.
- d. the type 2 angiotensin II receptor.

5. Which is an adverse effect of a dihydropyridine calcium channel blocker?

- a. Bradycardia
- b. Lupus
- c. Severe vasodilation
- d. Abnormal hair growth

6. Drinking grapefruit juice with a calcium channel blocker:

- a. greatly enhances the effectiveness of the drug.
- b. facilitates the excretion of the drug via the kidneys.
- c. can cause a rash on the arms and legs.
- d. may increase drug blood levels.

7. Which is an adverse effect of hydralazine, a direct vascular dilator?

- a. Asthma symptoms
- b. Lupuslike syndrome
- c. Bradycardia
- d. Cardiac remodeling

8. Central adrenergic agonists increase the risk of:

- a. lupus.
- b. bradycardia.
- c. diarrhea.
- d. orthostatic hypotension.

9. In patients taking an antihypertensive, St. John's wort can:

- a. decrease metabolism.
- b. decrease blood levels of some drugs.
- c. interfere with the absorption of some antihypertensives.
- d. cause a rash on the legs and trunk of the body.

10. Which agent can potentiate the effects of antihypertensives?

- a. Advil
- b. Antacid
- c. Garlic
- d. Motrin

11. Which two drug classes are recommended for patients with hypertension who also have heart disease?

- a. ACE inhibitors and beta blockers
- b. Beta blockers and calcium channel blockers
- c. Diuretics and direct vascular dilators
- d. ARBs and adrenergic blockers

12. Which is a key adverse effect of nondihydropyridines?

- a. Bradycardia
- b. Atrial fibrillation
- c. Tachycardia
- d. Ventricular fibrillation

13. Renin inhibitors block the ability of renin to:

- a. decrease reabsorption of potassium by the kidneys.
- b. decrease reabsorption of sodium by the kidneys.
- c. convert angiotensin I to angiotensinogen.
- d. convert angiotensinogen to angiotensin I.

14. Which drug class may cause the patient to develop a dry cough?

- a. Calcium channel blockers
- b. ACE inhibitors
- c. Direct vascular dilators
- d. Central adrenergic agonists

15. Which drug causes vasodilation of the peripheral blood vessels and coronary arteries but no reduction in heart rate?

- a. Atenolol
- b. Diltiazem
- c. Amlodipine
- d. Verapamil

**Evaluation form (required)**

1. In each blank, rate your achievement of each objective from 1 (low/poor) to 5 (high/excellent).

- (1.) Differentiate the classes of drugs used to treat hypertension. \_\_\_\_\_
- (2.) Identify a unique adverse effect of each major class. \_\_\_\_\_
- (3.) Describe the necessary patient education for each major class. \_\_\_\_\_
- (4.) Explain the cardiovascular benefits of therapy with angiotensin-converting enzyme inhibitors, angiotensin II receptor blockers, and beta blockers. \_\_\_\_\_

**Also rate the following from 1 to 5.**

- 2. The relatedness and effectiveness of the purpose, objectives, content, and teaching strategies. \_\_\_\_\_
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