



*Credit for Learning*

● HEART FAILURE ●

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— THE QUESTIONS

1. A patient who has class III chronic heart failure (CHF) according to the NYHA classification would experience:

- |   |   |   |
|---|---|---|
| a) Breathlessness at rest.....                                      | T | F |
| b) Symptoms on moderate exertion such as climbing stairs.....       | T | F |
| c) No limitation during normal physical activity....                | T | F |
| d) Symptoms on minimal exertion such as walking on flat ground..... | T | F |
| e) Marked limitation.....   | T | F |

2. Regarding the epidemiology of CHF:

- |   |   |   |
|---|---|---|
| a) 50 per cent of all deaths are sudden.....        | T | F |
| b) It affects 1–2 per cent of 50–60 year olds.....  | T | F |
| c) It affects 5 per cent of over 85 year olds.....  | T | F |
| d) It affects 10 per cent of over 85 year olds..... | T | F |
| e) It has no effect on overall life expectancy..... | T | F |

3. Signs of CHF include:

- |                        |   |   |
|------------------------|---|---|
| a) Ankle oedema.....   | T | F |
| b) Fatigue.....        | T | F |
| c) Tachycardia.....    | T | F |
| d) Basal crackles..... | T | F |
| e) Cough at night..... | T | F |

4. The protein brain natriuretic protein (BNP):

- |   |   |   |
|---|---|---|
| a) Is the target of new drugs being developed to treat CHF by inhibiting the enzyme which causes it to degrade..... | T | F |
| b) Is predominantly secreted from the atrium.....   | T | F |
| c) Has suppressed levels in CHF patients.....   | T | F |
| d) Has natriuretic, diuretic and vasoconstrictor properties.....  | T | F |
| e) Was originally discovered in the brain of the cow.....   | T | F |

Questions continue overleaf



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**5. When investigating patients for CHF:**

- |   |   |   |
|---|---|---|
| a) A chest X-ray detects cardiomegaly.....                                      | T | F |
| b) Electrocardiography measures the ejection fraction.....                      | T | F |
| c) Radionuclide imaging can be used to assess left ventricular cavity size..... | T | F |
| d) Sodium and potassium levels are raised in all patients .....                 | T | F |
| e) Maximal rate of oxygen uptake tests are a good indicator of prognosis .....  | T | F |

**6. In studies of patients with CHF:**

- |  |   |   |
|--|---|---|
| a) CHARM showed that, in patients not taking ACE inhibitors due to previous intolerance, candesartan reduced the risk of cardiovascular death and hospital admission ..... | T | F |
| b) ELITE-II showed that losartan was superior to captopril in prolonging survival .....  | T | F |
| c) CAPRICORN showed a significant reduction in mortality with carvedilol .....   | T | F |
| d) RALES showed no benefit for adding spironolactone in patients already treated with loop diuretics, ACE inhibitors and digoxin .....                                     | T | F |
| e) CONSENSUS showed a mortality benefit with angiotensin-II antagonists .....  | T | F |

**7. Regarding the treatment of CHF with beta-blockers:**

- |  |   |   |
|--|---|---|
| a) They cause a decrease in sudden death and increase in survival in patients post myocardial infarction ..... | T | F |
| b) They do not have a place in the treatment of class I and II CHF.....  | T | F |
| c) They often cause hyponatraemia.....   | T | F |
| d) They should be introduced at low doses .....  | T | F |
| e) They should be given to all patients with CHF..   | T | F |

**8. Regarding the use of diuretics in CHF:**

- |   |   |   |
|---|---|---|
| a) They are likely to be required for symptom control .....                         | T | F |
| b) They commonly cause gout.....  | T | F |
| c) They should only be used in patients where digoxin therapy has failed.....       | T | F |
| d) They can cause hypermagnesaemia .....  | T | F |
| e) They reduce mortality following long-term use, according to published data ..... | T | F |

**9. NICE recommends the following in its guidelines for CHF:**

- |   |   |   |
|---|---|---|
| a) All patients with confirmed CHF should receive an angiotensin-II receptor inhibitor.....                   | T | F |
| b) Slow titration of beta-blockers doses is required to minimise potential intolerance .....                  | T | F |
| c) Diuretic therapy is rarely required .....  | T | F |
| d) Patients with moderate to severe symptoms despite optimal drug therapy should be given spironolactone..... | T | F |
| e) Digoxin is used as a first line therapy if the patient is in atrial fibrillation .....                     | T | F |

**10. Adverse effects associated with drugs used in CHF include:**

- |   |   |   |
|---|---|---|
| a) Gynaecomastia as a result of spironolactone..... | T | F |
| b) Palpitations as a result of ACE inhibitors.....  | T | F |
| c) Thyroid dysfunction as a result of amiodarone..  | T | F |
| d) Urinary urgency as a result of diuretics.....    | T | F |
| e) Sleep disturbance as a result of digoxin .....   | T | F |