

MSN-FNP Cardiovascular Exam Questions with Correct Answers

Which of the following beta-blockers is cardio selective?

- A. Nadolol
- B. Propranolol
- C. Atenolol
- D. Penbutolol - ANSWER C. Atenolol

Explanation: Of the beta blockers listed, atenolol is the most cardioselective.

Cardioselective refers to the ability to affect predominately beta 1 receptors rather than beta 2 receptors. Beta 1 receptors are located mainly in the heart and mediate the sympathetic nervous system's direct effects on the heart. Beta 2 receptors are located predominately in the peripheral vascular system and other organs like the lungs.

Although all beta-blockers affect beta receptors, some affect subsets of receptors differently. This has a significant consequences in terms of side effects, as beta-blockers are known to cause extra-cardiac symptoms such as worsened bronchospasms in asthmatics.

Nadolol, propranolol, and penbutolol are non-selective beta-blocker

For the initial pharmacological treatment of essential hypertension, which of the following statements is true?

- A. Diuretics should be the first consideration because of their effectiveness, cost, and low side-effect profile.
- B. ACE inhibitors speed the progression of moderately increased albuminuria independent of blood pressure control in diabetic patients.
- C. Alpha-blockers are of particular benefit for the treatment of hypertension in patients with ischemic cardiomyopathy.
- D. Angiotensin receptor blockers should not be used in place of ACE inhibitors in patients who develop a cough after initiating an ACE inhibitor. - ANSWER A. Diuretics should be the first considered because of their effectiveness, cost, and low side-effect profile.

Explanation: There is no evidence that alpha-blockers are of particular benefit for the treatment of hypertension in patients with ischemic cardiomyopathy. The JNC 8 guidelines state that in the general non-black population, including those with diabetes, initial antihypertensive treatment should include a thiazide-type diuretic, calcium channel blocker (CCB), angiotensin-converting enzyme inhibitor (ACEI) or angiotensin receptor blocker (ARB). In the general black population, including those with diabetes, initial antihypertensive treatment should include a thiazide type diuretic or CCB. Initial treatment with a thiazide-type diuretic was more effective than CCB or an ACEI.

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