

MaineHealth

Cardiovascular Health Program

Blood Pressure Review and Update Program Participant Post-Test

Name: _____

Date: _____

Multiple Choice (circle the correct answer)

1. Normal blood pressure in adults (age 18 or older is):
 - a. 115/75
 - b. Below 120/80 mm Hg
 - c. Below 160/90 mm Hg
 - d. Depends on your age

2. The Korotkoff phase used to determine diastolic pressure in adults is:
 - a. The phase when all sounds disappear
 - b. The phase when the sounds suddenly become muffled
 - c. The last sound heard through the stethoscope

3. A cuff with a bladder too small for the screenee's arm will result in:
 - a. An inaccurately high reading
 - b. An inaccurately low reading
 - c. Sounds heard down to zero

4. Common causes of error in blood pressure measurement include:
 - a. Cuff applied over clothing
 - b. Leaks in the pressure bulb or tubing
 - c. Arm above or below heart level
 - d. All of the above

5. Some factors that can alter blood pressure are:
 - a. Smoking
 - b. Anxiety and other emotional states
 - c. Talking
 - d. Full bladder
 - e. All of the above
 - f. B & D

6. Maximum Inflation Level refers to:
 - a. The maximum level to which the manometer can be inflated
 - b. The maximum systolic blood pressure of each individual
 - c. The maximum level, as determined by palpating the radial pulse, to which the pressure in the cuff needs to be raised to accurately assess the systolic blood pressure

7. When using the Auscultatory-Palpatory technique of blood pressure measurement, the pressure in the cuff should be raised to:
 - a. 20-30 mm Hg higher than the point where the pulse disappeared
 - b. 30 mm Hg higher than the systolic pressure
 - c. 20 mm Hg higher than the systolic pressure

8. While taking a blood pressure, the first sound heard through the stethoscope is at 120 mm Hg and sounds heard are from “120” until the last sound is heard at “58” mm Hg. What is the screenee’s blood pressure?
 - a. 120/58
 - b. 118/56
 - c. 120/56
 - d. 118/58

9. While taking a blood pressure, the screener is not sure whether the first sounds were heard at 130 mm Hg. What action should be taken?
 - a. Immediately deflate the cuff to “0,” wait 15-30 seconds, inflate the cuff to 30 mm Hg above estimated systolic pressure and listen carefully for the first Korotkoff sounds.
 - b. Immediately inflate the cuff above 130 mm Hg and listen carefully for the first Korotkoff sounds.
 - c. Deflate the cuff to “0.” Immediately inflate to 30 mm Hg above estimated systolic pressure and listen carefully for the first Korotkoff sounds.

10. When performing the Auscultatory-Palpatory technique of blood pressure measurement, you feel the radial pulse disappear at 126 mm Hg. What should you do next?
 - a. Continue to inflate the cuff to 156 mm Hg; place the stethoscope over the brachial artery. Slowly deflate the cuff and listen for the Korotkoff sounds.
 - b. Place the stethoscope over the brachial artery, slowly deflate the cuff and listen for the Korotkoff sounds.
 - c. Deflate the cuff fully; wait 15-30 seconds, then place the stethoscope over the brachial artery. Inflate to 156 mm Hg and listen for the Korotkoff sounds.