

ANTIANGINAL AGENTS PRACTICE TEST (SAMPLE)

STUDY GUIDE



SAMPLE STUDY GUIDE WITH LIMITED QUESTIONS

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Introduction

Preparing for a certification exam can feel overwhelming, but with the right tools, it becomes an opportunity to build confidence, sharpen your skills, and move one step closer to your goals. At Examzify, we believe that effective exam preparation isn't just about memorization, it's about understanding the material, identifying knowledge gaps, and building the test-taking strategies that lead to success.

This guide was designed to help you do exactly that.

Whether you're preparing for a licensing exam, professional certification, or entry-level qualification, this book offers structured practice to reinforce key concepts. You'll find a wide range of multiple-choice questions, each followed by clear explanations to help you understand not just the right answer, but why it's correct.

The content in this guide is based on real-world exam objectives and aligned with the types of questions and topics commonly found on official tests. It's ideal for learners who want to:

- Practice answering questions under realistic conditions,
- Improve accuracy and speed,
- Review explanations to strengthen weak areas, and
- Approach the exam with greater confidence.

We recommend using this book not as a stand-alone study tool, but alongside other resources like flashcards, textbooks, or hands-on training. For best results, we recommend working through each question, reflecting on the explanation provided, and revisiting the topics that challenge you most.

Remember: successful test preparation isn't about getting every question right the first time, it's about learning from your mistakes and improving over time. Stay focused, trust the process, and know that every page you turn brings you closer to success.

Let's begin.

How to Use This Guide

This guide is designed to help you study more effectively and approach your exam with confidence. Whether you're reviewing for the first time or doing a final refresh, here's how to get the most out of your Examzify study guide:

1. Start with a Diagnostic Review

Skim through the questions to get a sense of what you know and what you need to focus on. Your goal is to identify knowledge gaps early.

2. Study in Short, Focused Sessions

Break your study time into manageable blocks (e.g. 30 – 45 minutes). Review a handful of questions, reflect on the explanations.

3. Learn from the Explanations

After answering a question, always read the explanation, even if you got it right. It reinforces key points, corrects misunderstandings, and teaches subtle distinctions between similar answers.

4. Track Your Progress

Use bookmarks or notes (if reading digitally) to mark difficult questions. Revisit these regularly and track improvements over time.

5. Simulate the Real Exam

Once you're comfortable, try taking a full set of questions without pausing. Set a timer and simulate test-day conditions to build confidence and time management skills.

6. Repeat and Review

Don't just study once, repetition builds retention. Re-attempt questions after a few days and revisit explanations to reinforce learning. Pair this guide with other Examzify tools like flashcards, and digital practice tests to strengthen your preparation across formats.

There's no single right way to study, but consistent, thoughtful effort always wins. Use this guide flexibly, adapt the tips above to fit your pace and learning style. You've got this!

Questions

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- 1. When using sublingual tablets for angina, how often should a client use a tablet during an acute attack?**
 - A. 5 minutes
 - B. 10 minutes
 - C. 15 minutes
 - D. 20 minutes
- 2. Which of the following should not be taken with nitroglycerin?**
 - A. Sildenafil (Viagra)
 - B. Ibuprofen
 - C. Aspirin
 - D. Metoprolol
- 3. Which of the following symptoms would most likely indicate a side effect of nitrates?**
 - A. Dry mouth
 - B. Headache
 - C. Weight gain
 - D. Rash
- 4. How does bisoprolol achieve its therapeutic effect?**
 - A. Increasing the force of myocardial contractions
 - B. Decreasing heart rate
 - C. Prolonging the QT interval
 - D. Shortening the time required for repolarization
- 5. Which antianginal agent necessitates monitoring of renal function?**
 - A. Glyceryl trinitrate
 - B. Amiodarone
 - C. Ranolazine
 - D. Atenolol

- 6. When describing nitrates, which explanation of mechanisms would the nurse expect to include? Select all that apply.**
- A. Nitrates relax the smooth muscle layer of blood vessels.
 - B. Nitrates depress myocardial contractility.
 - C. Nitrates increase the amount of blood flowing through the vessel.
 - D. Nitrates increase the lumen of the artery or arteriole.
- 7. What is the proper instruction for applying nitroglycerin ointment?**
- A. Don't apply the ointment unless you're experiencing chest pain at the time.
 - B. Massage the ointment into your skin for 10 to 15 seconds after applying it.
 - C. The backs of your hands and the tops of your feet are ideal sites for applying the ointment.
 - D. Make sure you squeeze the ointment on to a paper measuring scale before applying it.
- 8. What symptoms should patients on beta-blockers report to their healthcare provider?**
- A. Increased heart rate
 - B. Signs of anxiety
 - C. Bradycardia, fatigue, or depression
 - D. Increased appetite
- 9. Which class of antianginal agent is contraindicated in asthma patients?**
- A. Selective beta-blockers
 - B. Calcium channel blockers
 - C. Non-selective beta-blockers
 - D. Nitrates
- 10. What dietary change can assist angina patients in improving their lipid profiles?**
- A. Increasing saturated fats
 - B. Adopting a heart-healthy diet
 - C. Eating more processed foods
 - D. Reducing carbohydrate intake

Answers

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1. A
2. A
3. B
4. B
5. C
6. A
7. A
8. C
9. C
10. B

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Explanations

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1. When using sublingual tablets for angina, how often should a client use a tablet during an acute attack?

- A. 5 minutes**
- B. 10 minutes
- C. 15 minutes
- D. 20 minutes

When a client experiences an acute angina attack and uses sublingual tablets, the recommended frequency of administration is every 5 minutes as needed, up to a maximum of three tablets within a 15-minute period. This rapid administration is critical because it allows for quick relief of angina symptoms. The sublingual route ensures that the medication is absorbed quickly into the bloodstream, providing prompt relief from chest pain. If symptoms persist after using three tablets in 15 minutes, it is advisable to seek medical attention, as this could indicate that the angina episode is more serious, such as a potential myocardial infarction. Understanding this time frame is essential for effective management of acute angina episodes, emphasizing the importance of timely intervention and appropriate use of medication.

2. Which of the following should not be taken with nitroglycerin?

- A. Sildenafil (Viagra)**
- B. Ibuprofen
- C. Aspirin
- D. Metoprolol

Taking sildenafil (Viagra) with nitroglycerin should be avoided due to the potential for a dangerously low blood pressure interaction. Both drugs act as vasodilators; nitroglycerin is commonly used to relieve angina by dilating blood vessels, and sildenafil enhances blood flow to the penis by relaxing blood vessels. When taken together, they can cause a cumulative effect, leading to significant hypotension, dizziness, fainting, or even heart problems. This is why it's crucial to wait a specific period after taking sildenafil before administering nitroglycerin. The other options, such as ibuprofen, aspirin, and metoprolol, do not have the same type of interaction with nitroglycerin. Ibuprofen is a nonsteroidal anti-inflammatory drug (NSAID) that generally has a different mechanism of action and is not known to cause serious interactions with nitroglycerin. Aspirin is frequently recommended in patients with angina for its antiplatelet effects, which can help prevent heart attacks. Metoprolol, a beta-blocker, is often prescribed alongside nitroglycerin to manage heart rate and reduce myocardial oxygen demand, making these combinations safe and beneficial for most patients.

3. Which of the following symptoms would most likely indicate a side effect of nitrates?

- A. Dry mouth
- B. Headache**
- C. Weight gain
- D. Rash

Nitrates are commonly used as antianginal agents to relieve angina by dilating blood vessels, which can lead to a number of side effects due to their vasodilatory effects. One of the most frequently reported side effects of nitrates is headache. This occurs because the expansion of blood vessels can lead to increased pressure and distention of intracranial blood vessels, resulting in a headache. Patients often experience this side effect when they first start treatment with nitrates or when the dosage is increased. It is usually not severe and may diminish as the body adjusts to the medication. In contrast, while dry mouth, weight gain, and rash may occur with various medications or conditions, they are not typical side effects associated with nitrates. Dry mouth is more commonly linked to other classes of drugs, weight gain is not a known reaction to nitrates, and while rashes can occur with many medications, they are not characteristic of nitrate therapy.

4. How does bisoprolol achieve its therapeutic effect?

- A. Increasing the force of myocardial contractions
- B. Decreasing heart rate**
- C. Prolonging the QT interval
- D. Shortening the time required for repolarization

Bisoprolol achieves its therapeutic effect primarily by decreasing heart rate. As a selective beta-1 adrenergic blocker, bisoprolol reduces the frequency and intensity of cardiac contractions. This leads to several beneficial effects in patients with conditions such as angina pectoris and heart failure. By lowering heart rate, bisoprolol decreases the overall workload on the heart, reducing oxygen demand and helping to alleviate symptoms of angina. Furthermore, a lower heart rate allows for better coronary perfusion during diastole, which can enhance oxygen delivery to myocardial tissue. This is particularly important in angina, where myocardial oxygen supply and demand are imbalanced. Overall, the ability of bisoprolol to effectively decrease heart rate is what makes it a valuable agent in managing angina and improving exercise tolerance in patients.

5. Which antianginal agent necessitates monitoring of renal function?

- A. Glyceryl trinitrate
- B. Amiodarone
- C. Ranolazine**
- D. Atenolol

Ranolazine is an antianginal agent that requires monitoring of renal function because it is primarily metabolized by the liver, but its elimination is also significantly affected by renal function. In patients with renal impairment, the clearance of ranolazine can be reduced, leading to increased drug exposure and potential toxicity. Therefore, it is crucial to check kidney function before and during treatment with ranolazine to adjust dosing appropriately and minimize the risk of adverse effects. In contrast, while glyceryl trinitrate, amiodarone, and atenolol may have some considerations regarding renal function, they do not necessitate the same level of careful monitoring as ranolazine. Glyceryl trinitrate's main concern revolves around tolerance and hemodynamic effects rather than renal impact. Amiodarone, though it can affect various organ systems, does not require routine renal function monitoring in the same way as ranolazine. Atenolol, a beta-blocker, does have some dosing considerations in renal impairment, but it is more focused on cardiovascular effects rather than strict renal monitoring.

6. When describing nitrates, which explanation of mechanisms would the nurse expect to include? Select all that apply.

- A. Nitrates relax the smooth muscle layer of blood vessels.
- B. Nitrates depress myocardial contractility.
- C. Nitrates increase the amount of blood flowing through the vessel.
- D. Nitrates increase the lumen of the artery or arteriole.

Nitrates are well-known for their ability to treat angina by primarily functioning as vasodilators. When discussing the mechanism of nitrates, it is essential to highlight that they relax the smooth muscle layer of blood vessels. This relaxation leads to vasodilation, which decreases the systemic vascular resistance, subsequently reducing the workload of the heart and oxygen demand. While other mechanisms, such as the effects on myocardial contractility or increasing blood flow, are related, the primary and most definitive action of nitrates is their direct effect on smooth muscle relaxation. This action allows for increased lumen size in blood vessels, improving blood flow, especially to the myocardium. Therefore, it is accurate to state that nitrates relax the smooth muscle layer of blood vessels, which is a fundamental aspect of their therapeutic function in managing angina symptoms.

7. What is the proper instruction for applying nitroglycerin ointment?

- A. Don't apply the ointment unless you're experiencing chest pain at the time.
- B. Massage the ointment into your skin for 10 to 15 seconds after applying it.
- C. The backs of your hands and the tops of your feet are ideal sites for applying the ointment.
- D. Make sure you squeeze the ointment on to a paper measuring scale before applying it.

The proper instruction for applying nitroglycerin ointment focuses on its purpose and how it should be used for effective angina management. The recommendation to not apply the ointment unless experiencing chest pain is based on the fact that this medication is usually used as a preventive measure or when needed. The ointment works best when applied at intervals as part of a scheduled regimen, but should be used only when symptoms are present to avoid unnecessary side effects and to ensure the medication is effective when required. Understanding the context of antianginal agents is essential. Nitroglycerin works by relaxing blood vessels, which can alleviate angina symptoms. However, if an individual applies it without experiencing chest pain or at inappropriate intervals, it may diminish the effectiveness of the medication and lead to potential tolerance, wherein the body becomes desensitized to the effects of nitroglycerin. The other options include information that does not align with safe and effective practices for using nitroglycerin ointment, such as recommending application on areas of the body that are not optimal for absorption, or suggesting techniques that may lead to improper dosing or absorption levels. Being instructed to measure the ointment on a paper measuring scale also deviates from commonly accepted practices regarding application techniques, which are generally

8. What symptoms should patients on beta-blockers report to their healthcare provider?

- A. Increased heart rate
- B. Signs of anxiety
- C. Bradycardia, fatigue, or depression**
- D. Increased appetite

Patients on beta-blockers should monitor and report symptoms such as bradycardia, fatigue, or depression to their healthcare provider. Beta-blockers are designed to reduce heart rate and the workload on the heart, which can lead to bradycardia, a condition characterized by an abnormally slow heart rate. Additionally, these medications can affect energy levels and mood, possibly leading to feelings of fatigue and even depression in some individuals. Identifying and reporting these symptoms is crucial for appropriate management and adjustment of the treatment regimen if necessary. By doing so, healthcare providers can ensure the patient remains stable and avoids potential complications associated with the side effects of beta-blockers.

9. Which class of antianginal agent is contraindicated in asthma patients?

- A. Selective beta-blockers
- B. Calcium channel blockers
- C. Non-selective beta-blockers**
- D. Nitrates

Non-selective beta-blockers are contraindicated in asthma patients due to their mechanism of action and potential side effects. These medications block both beta-1 and beta-2 adrenergic receptors. While the blockade of beta-1 receptors primarily affects the heart, leading to decreased heart rate and contractility beneficial in managing angina, the blockade of beta-2 receptors can lead to bronchoconstriction. This can exacerbate asthma symptoms and potentially trigger an asthmatic attack, making it unsafe for individuals with reactive airway disease. In contrast, selective beta-blockers predominantly target beta-1 receptors and are considered safer for asthma patients, as they have minimal impact on beta-2 receptors. Calcium channel blockers work differently by relaxing vascular smooth muscle and reducing myocardial oxygen demand without impacting bronchial tone, thus posing no direct contraindication for asthmatic patients. Nitrates primarily act as vasodilators and also do not have adverse effects on bronchial function. Thus, the use of non-selective beta-blockers in asthma is discouraged due to the risk of triggering bronchoconstriction, making them unsuitable for patients with this condition.

10. What dietary change can assist angina patients in improving their lipid profiles?

- A. Increasing saturated fats
- B. Adopting a heart-healthy diet**
- C. Eating more processed foods
- D. Reducing carbohydrate intake

Adopting a heart-healthy diet is a key dietary change that can significantly assist angina patients in improving their lipid profiles. A heart-healthy diet typically includes an emphasis on fruits, vegetables, whole grains, and healthy fats, such as those found in nuts, seeds, avocados, and olive oil. It also encourages the reduction of saturated and trans fats, which can contribute to elevated cholesterol levels and atherosclerosis, subsequently increasing the risk of angina and other cardiovascular issues. This dietary approach aims to lower low-density lipoprotein (LDL) cholesterol, often referred to as "bad" cholesterol, while promoting high-density lipoprotein (HDL) cholesterol, known as "good" cholesterol. Additionally, a heart-healthy diet helps manage blood pressure and improve overall heart health, which is crucial for patients experiencing angina symptoms. In contrast, increasing saturated fats and consuming more processed foods would likely have adverse effects on lipid profiles and heart health, while simply reducing carbohydrate intake does not directly improve lipid profiles without considering the types of fats and overall diet quality. Therefore, the most beneficial approach for angina patients focusing on dietary modifications is the adoption of a heart-healthy diet.

Next Steps

Congratulations on reaching the final section of this guide. You've taken a meaningful step toward passing your certification exam and advancing your career.

As you continue preparing, remember that consistent practice, review, and self-reflection are key to success. Make time to revisit difficult topics, simulate exam conditions, and track your progress along the way.

If you need help, have suggestions, or want to share feedback, we'd love to hear from you. Reach out to our team at hello@examzify.com.

Or visit your dedicated course page for more study tools and resources:

<https://antiaginalagents.examzify.com>

We wish you the very best on your exam journey. You've got this!

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