

DRUGS AFFECTING BLOOD PRESSURE 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. Which of the following is NOT a recommended action for managing hypertension?**
 - A. Losing weight
 - B. Increasing caffeine intake
 - C. Stopping smoking
 - D. Reducing stress
- 2. Which dietary approach is recommended for lowering blood pressure?**
 - A. The Mediterranean diet
 - B. The ketogenic diet
 - C. The DASH diet
 - D. The Paleo diet
- 3. What is one major goal of hypertension treatment?**
 - A. To completely cure the condition
 - B. To manage blood pressure and reduce cardiovascular risks
 - C. To minimize the patient's physical activity
 - D. To focus solely on medication adherence
- 4. Which of the following routes is not suitable for administering epinephrine?**
 - A. Intramuscular
 - B. Subcutaneous
 - C. Oral
 - D. Intravenous
- 5. If a client on ramipril reports a dry cough, how should the nurse respond?**
 - A. Inform the client that the drug should be immediately discontinued.
 - B. Inform the client that this is an adverse effect of the medication that may lead to pneumonitis.
 - C. Explain why it will be necessary to obtain a sputum sample.
 - D. Explain that drugs like ramipril often cause a cough.

- 6. What is the primary goal of acute treatment in hypertensive emergencies?**
- A. Lowering blood pressure to normal levels immediately
 - B. Reducing blood pressure gradually over a period of hours
 - C. Maintaining blood pressure levels regardless of symptoms
 - D. Providing symptomatic relief only
- 7. Which medication is known for causing a persistent dry cough as a side effect?**
- A. Diltiazem
 - B. Lisinopril
 - C. Hydrochlorothiazide
 - D. Atenolol
- 8. What is a crucial counseling point for patients initiating antihypertensive medications?**
- A. Regularly check their blood sugar levels
 - B. Adherence to medication and lifestyle modifications
 - C. Focus solely on exercise
 - D. Reduce water intake
- 9. Which class of antihypertensive drugs should be avoided during pregnancy?**
- A. Beta-blockers
 - B. Calcium channel blockers
 - C. ACE inhibitors and ARBs
 - D. Thiazide diuretics
- 10. Which method is most effective for minimizing the risk of extravasation when administering norepinephrine?**
- A. Warm the medication before administration
 - B. Use a central line to administer the medication
 - C. Administer phentolamine prior to induction
 - D. Administer medication into a large vein in the lower extremity

Answers

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

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Explanations

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1. Which of the following is NOT a recommended action for managing hypertension?

- A. Losing weight
- B. Increasing caffeine intake**
- C. Stopping smoking
- D. Reducing stress

The choice of increasing caffeine intake is not a recommended action for managing hypertension. In fact, caffeine can temporarily raise blood pressure in some individuals, which may pose a risk for those trying to control their blood pressure levels. In contrast, losing weight, stopping smoking, and reducing stress are universally recognized as beneficial strategies for managing hypertension. Losing weight can lower blood pressure significantly, as excess weight puts additional strain on the heart and blood vessels. Quitting smoking is crucial because smoking damages blood vessels and makes hypertension more difficult to manage. Additionally, reducing stress through relaxation techniques, exercise, or other methods can help lower blood pressure by minimizing the body's production of stress hormones that can constrict blood vessels. These lifestyle adjustments align with evidence-based guidelines for hypertension management and support overall cardiovascular health.

2. Which dietary approach is recommended for lowering blood pressure?

- A. The Mediterranean diet
- B. The ketogenic diet
- C. The DASH diet**
- D. The Paleo diet

The DASH diet, which stands for Dietary Approaches to Stop Hypertension, is specifically designed to reduce blood pressure and improve overall cardiovascular health. This diet emphasizes the consumption of fruits, vegetables, whole grains, lean proteins, and low-fat dairy while being reduced in sodium, saturated fat, and added sugars. Studies have shown that following the DASH diet can significantly lower systolic and diastolic blood pressure. The focus on nutrient-rich foods provides adequate potassium, magnesium, and calcium, which are essential for maintaining healthy blood pressure levels. The diet's emphasis on whole foods naturally lowers sodium intake and encourages individuals to adopt healthier eating habits, which contribute to sustained blood pressure management. While other diets may offer various health benefits, they do not specifically target hypertension to the same degree as the DASH diet. For instance, the Mediterranean diet, while heart-healthy, focuses more on healthy fats and has differing sodium restrictions. The ketogenic and Paleo diets may restrict certain food groups or higher carbohydrates, which are not conducive to the goals of hypertension management. Thus, the DASH diet stands out as the most effective and research-backed approach for lowering blood pressure.

3. What is one major goal of hypertension treatment?

- A. To completely cure the condition
- B. To manage blood pressure and reduce cardiovascular risks**
- C. To minimize the patient's physical activity
- D. To focus solely on medication adherence

One major goal of hypertension treatment is to manage blood pressure and reduce cardiovascular risks. This approach involves maintaining blood pressure within a healthy range to prevent complications associated with hypertension, such as heart attack, stroke, and kidney disease. By effectively managing blood pressure, healthcare providers aim to improve overall health outcomes and enhance the quality of life for patients. Unlike a complete cure, which is often unrealistic for chronic conditions like hypertension, managing the condition effectively can lead to significant improvements in a patient's longevity and health. While medication adherence is important, focusing solely on it without considering the broader goal of risk reduction would not address the comprehensive management needed for a patient with hypertension. Minimizing physical activity is contrary to the management strategy; rather, physical activity is often encouraged as part of a holistic approach to control blood pressure.

4. Which of the following routes is not suitable for administering epinephrine?

- A. Intramuscular
- B. Subcutaneous
- C. Oral**
- D. Intravenous

Epinephrine is a medication commonly used in emergency situations, particularly for anaphylaxis and cardiac arrest, and it can be administered through various routes depending on the specific clinical situation. The oral route is not suitable for administering epinephrine primarily due to its degradation in the gastrointestinal tract. When epinephrine is taken orally, it is subject to significant first-pass metabolism in the liver, which greatly reduces its bioavailability and effectiveness. In contrast, routes such as intramuscular, subcutaneous, and intravenous are effective methods for administration. Intramuscular injections allow for rapid absorption into the bloodstream, which is crucial during acute allergic reactions. Subcutaneous administration is also effective but may result in a slower onset of action compared to intramuscular. Intravenous administration provides the fastest onset of action, making it the route of choice during life-threatening emergencies. Understanding the pharmacokinetics and pharmacodynamics of epinephrine helps highlight the inefficacy of the oral route in delivering the necessary therapeutic effects, which is why the oral route is considered unsuitable for this medication.

5. If a client on ramipril reports a dry cough, how should the nurse respond?

- A. Inform the client that the drug should be immediately discontinued.
- B. Inform the client that this is an adverse effect of the medication that may lead to pneumonitis.
- C. Explain why it will be necessary to obtain a sputum sample.
- D. Explain that drugs like ramipril often cause a cough.**

When a client on ramipril reports a dry cough, it is important to understand that this cough is a known adverse effect of angiotensin-converting enzyme (ACE) inhibitors like ramipril. Explaining that drugs like ramipril often cause a cough helps the client understand that this side effect is not uncommon and occurs due to the accumulation of bradykinin, a substance that can result from ACE inhibition. This knowledge can help to alleviate any concerns the client may have by normalizing their experience and clarifying that it is a reaction associated with the medication. Furthermore, addressing the cough in such a way can open the door to further discussion about management options, whether that includes evaluating the severity of the cough, considering a change in medication if the cough is bothersome, or adjusting the treatment plan accordingly. By providing this context, the nurse fosters a therapeutic relationship and encourages the client to communicate any additional concerns about their treatment.

6. What is the primary goal of acute treatment in hypertensive emergencies?

- A. Lowering blood pressure to normal levels immediately
- B. Reducing blood pressure gradually over a period of hours**
- C. Maintaining blood pressure levels regardless of symptoms
- D. Providing symptomatic relief only

The primary goal of acute treatment in hypertensive emergencies is to reduce blood pressure gradually over a period of hours. In these situations, it's critical to lower the blood pressure to prevent acute complications such as stroke, myocardial infarction, or renal failure. However, doing so too quickly can lead to adverse effects, including organ ischemia due to a sudden drop in perfusion pressure. Gradually reducing blood pressure allows for stabilization of the body's compensatory mechanisms, minimizing the risk of further complications. The target is often to decrease the mean arterial pressure by no more than 25% within the first hour, and then to a further target over the next 24 to 48 hours. This careful approach contrasts with the immediate normalization of blood pressure, which could be detrimental. It also differs from merely maintaining levels regardless of symptoms or providing symptomatic relief alone, as the focus must remain on carefully managing blood pressure to avoid compromising organ function during treatment.

7. Which medication is known for causing a persistent dry cough as a side effect?

- A. Diltiazem
- B. Lisinopril**
- C. Hydrochlorothiazide
- D. Atenolol

Lisinopril is an angiotensin-converting enzyme (ACE) inhibitor commonly used to treat hypertension and heart failure. One of the hallmark side effects associated with ACE inhibitors, including lisinopril, is a persistent dry cough. This cough occurs due to the accumulation of bradykinin, a peptide that is not broken down when ACE is inhibited. The increased levels of bradykinin can lead to irritation in the respiratory tract, resulting in a cough. In contrast, the other medications listed do not have this side effect associated with them. Diltiazem is a calcium channel blocker which primarily affects heart rate and vascular smooth muscle without causing a dry cough. Hydrochlorothiazide is a thiazide diuretic that usually does not lead to this type of respiratory side effect. Atenolol, a beta-blocker, also does not have a known association with causing a persistent cough. Hence, the characteristic of causing a dry cough distinctly identifies lisinopril as the correct answer in this context.

8. What is a crucial counseling point for patients initiating antihypertensive medications?

- A. Regularly check their blood sugar levels
- B. Adherence to medication and lifestyle modifications**
- C. Focus solely on exercise
- D. Reduce water intake

The crucial counseling point for patients initiating antihypertensive medications is adherence to medication and lifestyle modifications. Consistent adherence to prescribed antihypertensive medications is essential for effectively managing high blood pressure and preventing complications associated with hypertension, such as stroke and heart disease. Lifestyle modifications, such as maintaining a healthy diet, exercising regularly, reducing sodium intake, and managing stress, complement medication therapy and can significantly enhance overall blood pressure control. Educating patients on the importance of not only taking their medications as directed but also making these lifestyle changes is vital for achieving optimal treatment outcomes. While managing blood sugar levels might be relevant for patients with comorbid conditions like diabetes, it is not a primary focus for all patients starting antihypertensive meds. Focusing only on exercise neglects other important factors like diet and medication adherence. Lastly, reducing water intake is not a standard recommendation for managing hypertension and can potentially lead to dehydration or other health issues.

9. Which class of antihypertensive drugs should be avoided during pregnancy?

- A. Beta-blockers
- B. Calcium channel blockers
- C. ACE inhibitors and ARBs**
- D. Thiazide diuretics

The class of antihypertensive drugs that should be avoided during pregnancy includes ACE inhibitors and Angiotensin II Receptor Blockers (ARBs) due to their potential teratogenic effects. These medications are known to cause significant harm to the developing fetus, particularly during the second and third trimesters. They can lead to serious complications such as renal impairment, oligohydramnios (low amniotic fluid), and can adversely affect fetal cardiovascular function. In contrast, while beta-blockers and calcium channel blockers may have certain risks, they are sometimes used when necessary in pregnant individuals with hypertension. Thiazide diuretics are also generally considered safer than ACE inhibitors and ARBs but are often avoided unless absolutely necessary as they can decrease placental perfusion if high doses are used. The safety profile of ACE inhibitors and ARBs is well-documented, and their contraindication in pregnancy is a critical consideration in managing hypertensive patients who are pregnant, making this the correct choice.

10. Which method is most effective for minimizing the risk of extravasation when administering norepinephrine?

- A. Warm the medication before administration
- B. Use a central line to administer the medication**
- C. Administer phentolamine prior to induction
- D. Administer medication into a large vein in the lower extremity

Using a central line to administer norepinephrine is the most effective method for minimizing the risk of extravasation. Norepinephrine is a potent vasoconstrictor, and if it leaks out of the blood vessel into surrounding tissues, it can cause significant local tissue damage. A central line is placed directly into a large central vein, allowing for the medication to be delivered directly into the bloodstream where it can be effectively diluted and managed by the cardiovascular system. This approach minimizes the risk of extravasation because central veins, like the internal jugular or subclavian veins, are larger and have better blood flow compared to peripheral veins. This results in a lower chance of the medication leaking into tissue. Moreover, if extravasation does occur, it is easier to manage it with a central line, and there may be less immediate tissue damage when compared to peripheral administration. Other methods, while they may have some merit, do not provide the same level of safety as a central line. For example, warming the medication may enhance its effectiveness but does not prevent extravasation. Administering phentolamine as an antidote for extravasation can treat the effects but does not prevent the risk itself. Lastly, administering medication into a

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://drugsaffectingbp.examzify.com>

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

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