1. Which of the following statements about heart failure (HF) is true?  
   a. HF was previously known as congestive heart failure.  
   b. HF is an acute cardiac condition.  
   c. One of the first compensatory mechanisms of HF is dilatation of the blood vessels.  
   d. More than 1 million Americans are affected by HF.  
2. Right-sided HF is usually associated with:  
   a. damage from a heart attack  
   b. pulmonary vascular problems  
   c. infection  
   d. medication toxicities  
3. In diastolic HF, what is the distinguishing feature?  
   a. weakening of the heart’s ability to contract  
   b. narrowing of vessels to maintain BP  
   c. periodical periods of confusion  
   d. diminished left ventricular ejection fraction  
4. Due to the decreased compensatory mechanisms of the heart to prevent HF, the patient begins to develop all of the following symptoms EXCEPT:  
   a. coughing  
   b. shortness of breath  
   c. decreased heart rate  
   d. fatigue  
5. According to the 2005 AHA/ACC guidelines for HF treatment, a patient with evidence of HF but no symptoms would be classified as:  
   a. Stage B  
   b. Class 1  
   c. Stage C  
   d. Class 3  
6. When instructing patients with HF on lifestyle changes, the nurse includes all of the following EXCEPT:  
   a. commit to weighing yourself weekly  
   b. limit alcohol intake to one drink per day  
   c. maintain a 2-3 g sodium restriction in your diet  
   d. receive the pneumococcal and annual flu vaccines to prevent upper respiratory infections  
7. To reduce fluid overload in patients with HF, which type of diuretic is started initially, according to the AHA/ACC guidelines?  
   a. natural  
   b. osmotic  
   c. aldosterone agonist  
   d. loop  
8. Digoxin is included in the treatment plan of a patient with HF to control symptoms of fatigue and if the patient has:  
   a. frequent premature ventricular contractions  
   b. atrial fibrillation  
   c. heart block  
   d. myocardial ischemia  
9. When a patient in advanced HF is receiving an aldosterone antagonist, the nurse knows to monitor the patient’s:  
   a. plasma sodium  
   b. renal function  
   c. plasma proteins  
   d. serum calcium  
10. The approach to treating patients with HF, according to the standard guidelines, is all of the following EXCEPT:  
   a. lifestyle adjustments  
   b. pharmacological therapies  
   c. surgical interventions  
   d. complementary and alternative therapies  

Evaluation  
1. I can describe the differences between systolic, diastolic, right and left heart failure.  
   a. strongly agree  
   b. agree  
   c. neutral  
   d. disagree  
   e. strongly disagree  
2. I can discuss the education of patients on appropriate lifestyle changes in the early stages of heart failure.  
   a. strongly agree  
   b. agree  
   c. neutral  
   d. disagree  
   e. strongly disagree  
3. I can compare the pharmacological management of systolic vs. diastolic heart failure.  
   a. strongly agree  
   b. agree  
   c. neutral  
   d. disagree  
   e. strongly disagree  
4. The objectives relate to the overall goal of the article.  
   a. strongly agree  
   b. agree  
   c. neutral  
   d. disagree  
   e. strongly disagree  
5. The article is well-written and logically organized, and defines terms adequately.  
   a. strongly agree  
   b. agree  
   c. neutral  
   d. disagree  
   e. strongly disagree  

Before July 18, 2013, print this page, complete the multiple choice questions by circling the correct answer and mail or fax to: ADVANCE for Nurses, Learning Scope, 2900 Horizon Dr, King of Prussia, PA 19406; 610-278-1426.

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