Blood pressure assessment in general practice: focus on out-of-office measurement

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First Name		**Profession**	
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1. Hypertension is a common disorder that affects ___% of the adult population of South Africa:

☐ **A** 15% ☐ **B** 25% ☐ **C** 35%

2. In South Africa, the blood pressure diagnostic threshold for hypertension, based on a series of office blood pressure measurements, is:

☐ **A** 130/80mmHg ☐ **B** 140/90mmHg

3. Which option is false? Using ABPM:

☐ **A** Requires repeated measurements over weeks to months to accurately diagnose hypertension
☐ **B** Can shorten the diagnostic process to as little as a day
☐ **C** Better predicts target organ damage and cardiovascular risk

4. Of those currently on treatment for hypertension based on traditional office blood pressure measurement, ___% may not be hypertensive due to the white-coat effect?

☐ **A** 10% ☐ **B** 25% ☐ **C** 35%

5. Office blood pressure is not as accurate as both HBPM or 24-hour ABPM because of:

☐ **A** The white-coat effect
☐ **B** Masking
☐ **C** Inherent inaccuracies in performing manual measurement
☐ **D** All of the above
☐ **E** A and C only

6. HBPM gives information about nocturnal blood pressure and dipping status, which are the most important predictors of adverse cardiovascular outcome.

☐ **A** True ☐ **B** False

7. Which statement is false? HBPM should be performed:

☐ **A** Over three days
☐ **B** In the morning and evening
☐ **C** Taking an average of three stable readings after five minutes of rest

8. NICE guidance recommends the use of wrist devices for HBPM.

☐ **A** True ☐ **B** False

9. Optimal mean daytime blood pressure measured using ABPM is:

☐ **A** 120/80mmHg ☐ **B** 120-135/80mmHg

10. Which statement is false?

☐ **A** For HBPM, the diagnostic threshold is 135/85mmHg
☐ **B** Clinic monitoring is adequate to identify masked hypertension
☐ **C** AOBP measurement tends to mitigate the white-coat effect

11. Clinic monitoring is often inadequate to optimise blood pressure control, especially in high-risk patients and those with hypertensive organ damage.

☐ **A** True ☐ **B** False

12. Considerations when assessing patients with apparent treatment resistance include:

☐ **A** White-coating
☐ **B** Non-adherence to treatment
☐ **C** A and B

13. Up to ___% of hypertensive patients have superadded white-coating responsible for pseudo-resistance to treatment:

☐ **A** 15% ☐ **B** 30% ☐ **C** 40%

14. Up to ___% of patients are non-adherent or suboptimally adherent to therapy:

☐ **A** 15% ☐ **B** 30% ☐ **C** 40%

15. ABPM is indicated for patients with significant arrhythmias.

☐ **A** True ☐ **B** False

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