South African perspective on limiting hypertension-related organ damage

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1. Which of the following is not a criterion for ECG-determined LVH?

- ☐ **A** The amplitude of the S wave in V1 plus the R wave in V5 or V6 ≥35mm
- ☐ **B** The sum of the amplitude of the R wave in aVL plus the S wave in V3 (plus V6 in females) multiplied by QRS duration >2 440mm/ms
- ☐ **C** The R wave in aVL >11mm
- ☐ **D** The R wave in V6 >15mm

2. According to the Framingham study the presence of ECG-detected LVH signified a risk of future CV events of:

☐ **A** 20% ☐ **B** 30% ☐ **C** 40% ☐ **D** 50%

3. The control rate for hypertension in sub-Saharan Africa is:

☐ **A** 9% ☐ **B** 18% ☐ **C** 30% ☐ **D** 40%

4. Which of the following comorbidities increase COVID-19 mortality risk in South Africa?

☐ **A** Hypertension ☐ **B** Type 2 diabetes ☐ **C** HIV infection ☐ **D** All of the aforementioned

5. During the COVID-19 pandemic the preferred method of BP measurement is:

- ☐ **A** 24-hour BP monitoring
- ☐ **B** Home BP measurement
- ☐ **C** Office BP measurement
- ☐ **D** Pharmacy BP measurement

6. Hypertensive kidney damage may be assessed by using:

- ☐ **A** eGFR
- ☐ **B** Urine albumin-to-creatinine ratio
- ☐ **C** Dipstick urine test
- ☐ **D** All of the above
- ☐ **E** A and B

7. Hypertension may cause which of the following cerebral complications?

- ☐ **A** Haemorrhagic stroke
- ☐ **B** Ischaemic stroke
- ☐ **C** Small-vessel disease
- ☐ **D** All of the above

8. Which of the following is not a complication of hypertensive small-vessel disease?

- ☐ **A** Cognitive decline
- ☐ **B** Lacunar stroke
- ☐ **C** Large ischaemic stroke
- ☐ **D** Cerebral haemorrhage

9. According to the ISH Hypertension Guideline 2020 the essential BP targets are:

☐ **A** A 20/10mmHg reduction ☐ **B** <140/90mmHg ☐ **C** <130/80mmHg ☐ **D** A and B

10. Which agent(s) are not a first-line antihypertensive treatment in an uncomplicated hypertensive?

☐ **A** Atenolol ☐ **B** ACE inhibitors ☐ **C** CCBs ☐ **D** Diuretics

11. Which of the following combination antihypertensive treatments has been shown to be more effective for black patients?

- ☐ **A** ACE inhibitor and CCB
- ☐ **B** ACE inhibitor and diuretic
- ☐ **C** CCB and diuretic
- ☐ **D** A and C

12. In patients with resistant hypertension, low-dose spironolactone 25mg daily should not be used if:

- ☐ **A** eGFR >45ml/min/1.73m^2
- ☐ **B** K^+ >5mol/l

13. A CCB and ACE inhibitor single-pill combination provides BP control in which of the following:

- ☐ **A** Elderly patients
- ☐ **B** Black patients
- ☐ **C** Diabetics
- ☐ **D** Obese patients
- ☐ **E** All of the above

14. Which of the following CCBs in combination with an ACE inhibitor is the best option for treating patients with peripheral oedema?

- ☐ **A** Amlodipine
- ☐ **B** Nifedipine
- ☐ **C** Lercanidipine
- ☐ **D** Diltiazem

15. Which of the following is incorrect in respect of single-pill combination therapy with an ACE inhibitor and CCB?

- ☐ **A** Results in better and prompter BP control
- ☐ **B** May increase side effects
- ☐ **C** Has been associated with better long-term outcomes
- ☐ **D** Provides greater protection across the CV spectrum

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