

WILL GRUNDY CME STUDY GUIDE

MARCH 2009

1. Define Atherosclerosis:

2. List two major effects of atherosclerosis on blood vessels:

3. Pain with exertion lasting for less than five minutes, which is relieved by rest, is most likely caused by which of the following?
 - A) Prinzmetal's angina
 - B) Myocardial infarction
 - C) Unstable angina
 - D) Stable angina

4. What is Prinzmetal's or vasospastic angina?

5. Name four complications of an AMI:

6. Pain from myocardial infarction is most likely to be associated with which of the following symptoms?
 - A) tachycardia from vagal stimulation
 - B) chest pressure, heaviness or squeezing
 - C) duration of five minutes relieved by rest
 - D) sharp pain radiating to right or left groin

7-11.

Compare angina vs AMI signs and symptoms

_____ P _____

_____ Q _____

_____ R _____

_____ S _____

_____ T _____

12. Define hypertension:

13. List at least four signs and symptoms of a hypertensive emergency:

14. The most common cause of "right heart failure is _____"
_____.

15-18.

Match the signs and symptoms for Right-sided Heart Failure (RHF) and Left-sided Heart Failure (LHF)

- _____ Tachycardia
- _____ Peripheral Edema
- _____ Orthopnea
- _____ Pink frothy sputum
- _____ Severe pitting edema
- _____ JVD
- _____ Abdominal Ascites
- _____ Severe dyspnea
- _____ Paroxysmal Nocturnal Dyspnea

19. In left heart failure the left ventricle fails as an effective forward pump and causes backup of blood into pulmonary circulation.

What are three primary goals in our prehospital treatment?

20. Prehospital management of Cardiogenic Shock:
IMC
High flow O₂
IV fluid challenge in 200 cc increments as tolerated (lungs clear)
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21. You are treating a patient with chest pain, whom you suspect is having an AMI. The patient is conscious & alert, BP 146/94, P 88, R 16, lungs clear. Per "Suspected Cardiac Patient" SMO, when should the IV be started?

- A) Following the ASA and initial NTG
- B) Following the ASA but before the initial NTG
- C) After cardiac monitor and / or 12 lead initiated
- D) Prior to oxygen administration

22. The SMO treatment for a patient who has sinus bradycardia / pulse rate of 50, who denies pain or dyspnea is:

- A) IMC, monitor only
- B) IMC, baby aspirin, NTG
- C) IMC, dopamine starting at 2 mcg/kg/min
- D) IMC, monitor, atropine 0.5 mg

23. Per SMO, baby aspirin should be given to every patient with pain suggestive of a myocardial infarction, except for the following contraindications:
24. Which of the following is not a medication that may potentiate the effect of nitrates?
- A) Viagra
 - B) Cialis
 - C) Levitra
 - D) morphine sulfate
25. Your patient with symptoms of ischemic chest pain began with a rating of 9 / 10. Following ASA and NTG x 2, his pain is now 2/10. Vitals are BP 114/76, P 76, R 16. Your next action should be:
- A) do orthostatic vital signs to see if the vasoactive meds cause a drop in BP
 - B) administer morphine sulfate 2 mg IV
 - C) begin transport and call Medical Control enroute
 - D) begin a intropin (dopamine) drip to maintain the SBP