CNE QUIZ

1. Orthostatic blood pressure (BP) is defined as a:
A. sitting BP <90 mmHg/60 mmHg.
B. standing BP <120 mmHg/80 mmHg.
C. decrease in systolic BP >20 mmHg and/or >10 mmHg diastolic with position change from lying to standing.
D. decrease in systolic BP <10 mmHg and/or <5 mmHg diastolic with position change from sitting to standing.

2. Factors contributing to accurate BP measurement of orthostatic hypotension include:
A. exercise and standing position.
B. time of day and sitting position.
C. type of stethoscope and BP gauge.
D. cuff size and arm position.

3. Symptoms of orthostatic hypotension due to reduced cerebral perfusion are:
A. dizziness or feeling faint.
B. visual changes.
C. numbness and tingling in the extremities.
D. leg cramps and sweating.

4. An effective nursing care intervention to manage orthostatic hypotension is to:
A. keep the head of the bed in semi-Fowler’s position at all times.
B. encourage leg exercises when sitting, including ankle crosses.
C. assist with feeding.
D. take a warm shower or bath each morning.

5. The class of medications known to contribute to orthostatic hypotension is:
A. antihistamine agents.
B. anti-arrhythmic agents.
C. anti-infective agents.
D. antihypertensive agents.
6. Diuretic agents can contribute to orthostatic hypotension because of a(n):
   A. decrease in potassium excretion.
   B. increase in sodium secretion.
   C. decrease in fluid volume.
   D. increase in fluid intake.

7. Orthostatic hypotension can affect behavior in older adults with dementia as evidenced by:
   A. aggression and resistance to care.
   B. bad dreams and delirium.
   C. loss of appetite and lethargy.
   D. talk of death and dying.

8. A functional complication of orthostatic hypotension in older adults is:
   A. weight loss.
   B. falling.
   C. confusion.
   D. urinary incontinence.

9. Staff working in long-term care can positively influence the outcomes for older adult residents
   with orthostatic hypotension by:
   A. limiting fluid intake after 6 p.m.
   B. alternating sitting and standing after meals.
   C. keeping the bed in a low position.
   D. reporting symptoms of dizziness and balance problems.

10. Outcomes of the quality improvement project in this article indicate that:
    A. the project was effective in changing practice.
    B. practice guidelines were sufficient to improve care.
    C. a plan for ongoing educational support is needed.
    D. protocols are applicable to all patients.

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