# Improving Heart Failure Patient Outcomes Utilizing Guideline-Directed Therapy

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**June 30, 2017 – June 30, 2018**

## P17039-4 HELP CHART WITH ANSWERS

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| 1  | Which of the following actions occurs in response to neurohormonal activation associated with heart failure?                                                                                             | A. Decreased heart rate  
B. Decreased myocardial oxygen demand  
C. Sodium and water retention  
D. Vasodilation and afterload reduction                                                                                     | 5      |
| 2  | A 42 year old, Caucasian female with HFrEF complains of dyspnea after climbing 3 flights of stairs. She is currently:                                                                                         | A. NYHA I  
B. NYHA II  
C. NYHA III  
D. NYHA IV                                                                                                                      | 12     |
| 3  | Common signs/symptoms of heart failure include:  
1. Dyspnea  
2. Fatigue  
3. Increased urination  
4. Bradycardia                                                                                                                  | A. 1 only  
B. 2 only  
C. 1 and 2  
D. All – 1, 2, 3, and 4                                                                                                           | 6-7    |
| 4  | Which medications are a Class I recommendation for HFrEF, NYHA I – IV?                                                                                                                                   | A. ACEI/ARB/ARNI  
B. Ivabradine  
C. Loop diuretics  
D. Aldosterone antagonists                                                                                                         | 10     |
| 5  | Upon initiation of Sacubitril/Valsartan, standard follow-up lab work should include:                                                                                                                     | A. Troponin  
B. BNP  
C. Basic metabolic panel  
D. Digoxin level                                                                                                               | 7 & 13 |
| 6  | Ivabradine is as effective as beta blockers in decreasing mortality in the HFrEF population.                                                                                                             | A. True  
B. False                                                                                                                             | 8      |
| 7  | Risk factors for developing HF include all of the following except:                                                                                                                                     | A. Coronary artery disease  
B. Hypertension  
C. Cachexia  
D. Diabetes Mellitus                                                                                                           | 3-4    |