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## Test Bank for Core Concepts in Pharmacology 4th Edition by Holland

### Chapter 16

#### Question 1

Type: MCSA

Which client statement demonstrates understanding of the link between cardiovascular disease and high cholesterol?

1. "There is no link between cardiovascular disease and cholesterol levels."
2. "My diet does not need to be changed to help control my cardiovascular risk."
3. "The only people at risk for high cholesterol are those with a family history."
4. "The greater the amount of cholesterol circulating in the blood, the greater the risk of cardiovascular disease."

**Correct Answer:** 4

**Rationale 1:** "There is no link between cardiovascular disease and cholesterol levels" is incorrect because the higher the level of cholesterol in the body, the higher the cardiovascular risk.

**Rationale 2:** "My diet does not need to be changed to help control my cardiovascular risk" is incorrect because a diet high in fat can increase the cholesterol level and cardiovascular risk.

**Rationale 3:** "The only people at risk for high cholesterol are those with a family history" is incorrect because many people have high cholesterol without a family history.

**Rationale 4:** The greater the amount of cholesterol circulating in the blood, the greater the risk of cardiovascular disease.

**Global Rationale:** The greater the amount of cholesterol circulating in the blood, the greater the risk of cardiovascular disease. “There is no link between cardiovascular disease and cholesterol levels” is incorrect because the higher the level of cholesterol in the body the higher the cardiovascular risk. “My diet does not need to be changed to help control my cardiovascular risk” is incorrect because a diet high in fat can increase the cholesterol level and cardiovascular risk. “The only people at risk for high cholesterol are those with a family history” is incorrect because many people have high cholesterol without a family history.

**Cognitive Level:** Applying

**Client Need:** Physiological Integrity

**Client Need Sub:**

**Nursing/Integrated Concepts:** Nursing Process: Implementation

**Learning Outcome:** 16-1 Summarize the links among high blood cholesterol, low-density lipoprotein (LDL) levels, and cardiovascular disease.

## Question 2

**Type:** MCSA

The nurse is educating a group of clients on how high cholesterol leads to heart disease. Which explanation regarding high cholesterol is most appropriate?

1. It interferes with the conduction system of the heart.
2. It binds to vessel walls, decreasing the amount of blood getting to the heart.
3. It thickens the blood, causing clots.
4. It damages the heart muscle.

**Correct Answer:** 2

**Rationale 1:** “It interferes with the conduction system of the heart” is incorrect because cholesterol does not damage the heart muscle nor does it interfere with the conduction system of the heart.

**Rationale 2:** Circulating cholesterol binds to vessel walls, increasing plaque buildup through the years. The greater the amount of cholesterol circulating in the blood, the greater is the risk of cardiovascular disease.

**Rationale 3:** “It thickens the blood, causing clots” is incorrect because lipoproteins are transported freely throughout the blood, but they do not make the blood clot quicker.

**Rationale 4:** “It damages the heart muscle” is incorrect because cholesterol does not damage the heart muscle nor does it interfere with the conduction system of the heart.

**Global Rationale:** Circulating cholesterol binds to vessel walls, increasing plaque buildup through the years. The greater the amount of cholesterol circulating in the blood, the greater is the risk of cardiovascular disease. It interferes with the conduction system of the heart is incorrect because cholesterol does not damage the heart muscle nor does it interfere with the conduction system of the heart. It thickens the blood, causing clots is incorrect because lipoproteins are transported freely throughout the blood, but they do not make the blood clot quicker. It damages the heart muscle is incorrect because cholesterol does not damage the heart muscle nor does it interfere with the conduction system of the heart.

**Cognitive Level:** Applying

**Client Need:** Health Promotion and Maintenance

**Client Need Sub:**

**Nursing/Integrated Concepts:** Nursing Process: Implementation

**Learning Outcome:** 16-1 Summarize the links among high blood cholesterol, low-density lipoprotein (LDL) levels, and cardiovascular disease.

### Question 3

**Type:** MCMA

The nurse instructs the client that which foods contain high amounts of Omega-3 fatty acids?

(Select all that apply.)

Note: Credit will be given only if all correct choices and no incorrect choices are selected.

1. Green beans
2. Bananas
3. Tofu
4. Salmon
5. Red meat

**Correct Answer:** 3, 4

**Rationale 1:** Green beans is incorrect because they do not contain high amounts of Omega-3 fatty acids.

**Rationale 2:** Bananas is incorrect because they do not contain high amounts of Omega-3 fatty acids.

**Rationale 3:** Tofu contains high amounts of Omega-3 fatty acids.

**Rationale 4:** Salmon contains high amounts of Omega-3 fatty acids.

**Rationale 5:** Red meat is incorrect because it does not contain high amounts of Omega-3 fatty acids.

**Global Rationale:** Tofu and salmon contain high amounts of Omega-3 fatty acids. Green beans, bananas, and red meat are incorrect because they do not contain high amounts of Omega-3 fatty acids.

**Cognitive Level:** Applying

**Client Need:** Health Promotion and Maintenance

**Client Need Sub:**

**Nursing/Integrated Concepts:** Nursing Process: Implementation

**Learning Outcome:** 16-1 Summarize the links among high blood cholesterol, low-density lipoprotein (LDL) levels, and cardiovascular disease.

#### **Question 4**

**Type:** MCSA

The client asks which components of the lipid profile should be low. What is the most appropriate response by the nurse?

1. VLDL should be high.
2. LDL should be low.
3. Total cholesterol levels do not give sufficient information.
4. HDL should be low.

**Correct Answer:** 2

**Rationale 1:** “VLDL should be high” is incorrect because VLDL should be within normal limits, and high levels are not well understood but are associated with increased risk of pancreatitis.

**Rationale 2:** Low-density lipoprotein (LDL or the “bad” cholesterol should be low).

**Rationale 3:** “Total cholesterol levels do not give sufficient information” is incorrect because total cholesterol levels should be within normal limits, and the components of the total determine what treatment may be selected.

**Rationale 4:** “HDL should be low” is incorrect because high-density lipoprotein (HDL or the “good” cholesterol) levels should be high.

**Global Rationale:** Low-density lipoprotein (LDL or the “bad” cholesterol should be low). VLDL should be high is incorrect because VLDL should be within normal limits, and high levels are not well understood but are associated with increased risk of pancreatitis. Total cholesterol levels do not give sufficient information is incorrect because total cholesterol levels should be within normal limits, and the components of the total determine what treatment may be selected. HDL should be low is incorrect because high-density lipoprotein (HDL or the “good” cholesterol) levels should be high.

**Cognitive Level:** Applying

**Client Need:** Physiological Integrity

**Client Need Sub:**

**Nursing/Integrated Concepts:** Nursing Process: Implementation

**Learning Outcome:** 16-4 Compare and contrast the different types of lipoproteins.

## Question 5

**Type:** MCSA

What is the major storage form of fat in the body and the only type of lipid that serves as an important energy source?

1. HDL
2. Cholesterol
3. LDL
4. Triglycerides

**Correct Answer:** 4

**Rationale 1:** HDL is incorrect because triglycerides are the major storage form of fat in the body and the only type of lipid that serves as an important energy source.

**Rationale 2:** Cholesterol is incorrect because triglycerides are the major storage form of fat in the body and the only type of lipid that serves as an important energy source.

**Rationale 3:** LDL is incorrect because triglycerides are the major storage form of fat in the body and the only type of lipid that serves as an important energy source.

**Rationale 4:** Triglycerides are the major storage form of fat in the body and the only type of lipid that serves as an important energy source.

**Global Rationale:** Triglycerides are the major storage form of fat in the body and the only type of lipid that serves as an important energy source. HDL is incorrect because triglycerides are the major storage form of fat in the body and the only type of lipid that serves as an important energy source. Cholesterol is incorrect because triglycerides are the major storage form of fat in the body and the only type of lipid that serves as an important energy source. LDL is incorrect because triglycerides are the major storage form of fat in the body and the only type of lipid that serves as an important energy source.

**Cognitive Level:** Applying

**Client Need:** Health Promotion and Maintenance

**Client Need Sub:**

**Nursing/Integrated Concepts:** Nursing Process: Implementation

**Learning Outcome:** 16-4 Compare and contrast the different types of lipoproteins.

### Question 6

**Type:** MCSA

The client asks how the body gets rid of cholesterol. Which response by the nurse is the most appropriate?

1. Cholesterol is secreted as HDL.
2. Cholesterol is secreted through the kidneys.
3. Cholesterol is secreted in bile.
4. Cholesterol is secreted in feces.

**Correct Answer:** 3

**Rationale 1:** As HDL is incorrect because high-density lipoprotein (HDL) picks up cholesterol in the blood and other tissues and returns it to the liver where it is used to make bile. Bile is essential for the digestion of lipids. The cholesterol component of bile is then excreted in the feces, though some may be reabsorbed back into the circulation. Excretion via bile is the only route the body uses to remove cholesterol.

**Rationale 2:** Through the kidneys is incorrect because the liver is the organ of excretion.

**Rationale 3:** High-density lipoprotein (HDL) picks up cholesterol in the blood and other tissues and returns it to the liver where it is used to make bile. Bile is essential for the digestion of lipids. The cholesterol component of bile is then excreted in the feces,



though some may be reabsorbed back into the circulation. Excretion via bile is the only route the body uses to remove cholesterol.

**Rationale 4:** In feces is incorrect because high-density lipoprotein (HDL) picks up cholesterol in the blood and other tissues and returns it to the liver where it is used to make bile. Bile is essential for the digestion of lipids. The cholesterol component of bile is then excreted in the feces, though some may be reabsorbed back into the circulation. Excretion via bile is the only route the body uses to remove cholesterol.

**Global Rationale:** High-density lipoprotein (HDL) picks up cholesterol in the blood and other tissues and returns it to the liver where it is used to make bile. Bile is essential for the digestion of lipids. The cholesterol component of bile is then excreted in the feces, though some may be reabsorbed back into the circulation. Excretion via bile is the only route the body uses to remove cholesterol. Through the kidneys is incorrect because the liver is the organ of excretion.

**Cognitive Level:** Applying

**Client Need:** Physiological Integrity

**Client Need Sub:**

**Nursing/Integrated Concepts:** Nursing Process: Implementation

**Learning Outcome:** 16-3 Describe how lipids are transported through the body.

## Question 7

**Type:** MCSA

The nurse is caring for a client who has high cholesterol. The client asks which type of cholesterol is the good cholesterol. Which response by the nurse is most appropriate?

1. VLDL

2. LDL
3. Triglycerides
4. HDL

**Correct Answer:** 4

**Rationale 1:** VLDL is incorrect because HDL is known as the good cholesterol and can be raised with increased physical activity.

**Rationale 2:** LDL is incorrect because HDL is known as the good cholesterol and can be raised with increased physical activity.

**Rationale 3:** Triglycerides is incorrect because HDL is known as the good cholesterol and can be raised with increased physical activity.

**Rationale 4:** HDL is known as the good cholesterol and can be raised with increased physical activity.

**Global Rationale:** HDL is known as the good cholesterol and can be raised with increased physical activity. VLDL, LDL, and triglycerides are all incorrect.

**Cognitive Level:** Applying

**Client Need:** Health Promotion and Maintenance

**Client Need Sub:**

**Nursing/Integrated Concepts:** Nursing Process: Implementation

**Learning Outcome:** 16-4 Compare and contrast the different types of lipoproteins.

**Question 8**

**Type:** MCSA

The nurse is caring for a client who asks why LDL (low-density lipoprotein) is called the “bad” cholesterol. Which response by the nurse is most appropriate?

1. It consists of 50 percent cholesterol.
2. It synthesizes other steroids.
3. It is stored in the tissues.
4. It increases the risk of heart disease.

**Correct Answer:** 4

**Rationale 1:** “It consists of 50 percent cholesterol” is incorrect because LDL (low-density lipoprotein) contains almost 50 percent cholesterol.

**Rationale 2:** “It synthesizes other steroids” is incorrect because it is made by the liver, then is transported to tissues and organs where it is used to build plasma membranes or synthesizes other steroids. Once in the tissues, LDL can be stored for later use.

**Rationale 3:** “It is stored in the tissues” is incorrect because it is made by the liver, then is transported to tissues and organs where it is used to build plasma membranes or synthesizes other steroids. Once in the tissues, LDL can be stored for later use.

**Rationale 4:** Storage of cholesterol in the lining of the blood vessels is not desirable because it contributes to plaque buildup. Because of this, high amounts of LDL significantly increase the risk of coronary heart disease and other cardiovascular disease.

**Global Rationale:** Storage of cholesterol in the lining of the blood vessels is not desirable because it contributes to plaque buildup. Because of this, high amounts of LDL significantly increase the risk of coronary heart disease and other cardiovascular disease. It consists of 50 percent cholesterol is incorrect because LDL (low-density lipoprotein) contains almost 50 percent cholesterol. It synthesizes other steroids is incorrect because it is made by the liver, then is transported to tissues and organs where it is used to build

plasma membranes or synthesizes other steroids. Once in the tissues, LDL can be stored for later use. It is stored in the tissues is incorrect because it is made by the liver, then is transported to tissues and organs where it is used to build plasma membranes or synthesizes other steroids. Once in the tissues, LDL can be stored for later use.

**Cognitive Level:** Applying

**Client Need:** Physiological Integrity

**Client Need Sub:**

**Nursing/Integrated Concepts:** Nursing Process: Implementation

**Learning Outcome:** 16-4 Compare and contrast the different types of lipoproteins.

## Question 9

**Type:** MCSA

The client has an HDL cholesterol value of 38 mg/dl. What is the most appropriate interpretation of this value by the nurse?

1. Normal
2. Borderline
3. Low
4. High

**Correct Answer:** 3

**Rationale 1:** Normal is incorrect because HDL values less than 40 mg/dl are considered low; greater than 59 mg/dl are considered high. This is the “good” cholesterol, so levels should be high.

**Rationale 2:** Borderline is incorrect because HDL values less than 40 mg/dl are considered low; greater than 59 mg/dl are considered high. This is the “good” cholesterol, so levels should be high.

**Rationale 3:** HDL values less than 40 mg/dl are considered low; greater than 59 mg/dl are considered high. This is the “good” cholesterol, so levels should be high.

**Rationale 4:** High is incorrect because HDL values less than 40 mg/dl are considered low; greater than 59 mg/dl are considered high. This is the “good” cholesterol, so levels should be high.

**Global Rationale:** HDL values less than 40 mg/dl are considered low; greater than 59 mg/dl are considered high. This is the “good” cholesterol so levels should be high. Normal is incorrect because HDL values less than 40 mg/dl are considered low; greater than 59 mg/dl are considered high. This is the “good” cholesterol so levels should be high. Borderline is incorrect because HDL values less than 40 mg/dl are considered low; greater than 59 mg/dl are considered high. This is the “good” cholesterol so levels should be high. High is incorrect because HDL values less than 40 mg/dl are considered low; greater than 59 mg/dl are considered high. This is the “good” cholesterol so levels should be high.

**Cognitive Level:** Applying

**Client Need:** Physiological Integrity

**Client Need Sub:**

**Nursing/Integrated Concepts:** Nursing Process: Implementation

**Learning Outcome:** 16-4 Compare and contrast the different types of lipoproteins.

## Question 10

**Type:** MCMA

Which lifestyle changes should the nurse recommend to the client to lower blood lipid levels?

(Select all that apply.)

Note: Credit will be given only if all correct choices and no incorrect choices are selected.

1. Increased exercise
2. Restriction of dietary unsaturated fat
3. Smoking cessation
4. Taking medication
5. Restricting dietary cholesterol

**Correct Answer:** 1, 3, 5

**Rationale 1:** Lifestyle changes include smoking cessation, increasing exercise, and restricting dietary saturated fat and cholesterol.

**Rationale 2:** Restriction of dietary unsaturated fat is incorrect because the client should restrict dietary saturated fat.

**Rationale 3:** Lifestyle changes include smoking cessation, increasing exercise, and restricting dietary saturated fat and cholesterol.

**Rationale 4:** Taking medication is incorrect because medication is not a lifestyle change.

**Rationale 5:** Lifestyle changes include smoking cessation, increasing exercise, and restricting dietary saturated fat and cholesterol.

**Global Rationale:** Lifestyle changes include smoking cessation, increasing exercise, and restricting dietary saturated fat and cholesterol. Restriction of dietary unsaturated fat is

incorrect because the client should restrict dietary saturated fat. Taking medication is incorrect because medication is not a lifestyle change.

**Cognitive Level:** Applying

**Client Need:** Health Promotion and Maintenance

**Client Need Sub:**

**Nursing/Integrated Concepts:** Nursing Process: Implementation

**Learning Outcome:** 16-5 Give examples of how blood lipid levels can be controlled through nonpharmacologic means.

### Question 11

**Type:** MCSA

The client has been diagnosed with hyperlipidemia and is being educated on types of food to include in his diet. What is the most appropriate nursing diagnosis for this client?

1. Impaired health maintenance, related to effects of drug therapy
2. Deficient knowledge, related to need for altered lifestyle
3. Noncompliance, related to dietary regime
4. Self-care deficit, related to disease process

**Correct Answer:** 2

**Rationale 1:** “Impaired health maintenance, related to effects of drug therapy” is incorrect because it is not related to drug therapy.

**Rationale 2:** Because the client is being educated, the most appropriate diagnosis is deficient knowledge regarding types of food to include in his diet.

**Rationale 3:** “Noncompliance, related to dietary regime” is incorrect because it is premature to identify if the client is compliant with this new information.

**Rationale 4:** “Self-care deficit, related to disease process” is incorrect because not enough information is known about the client to determine whether he is unable to care for himself.

**Global Rationale:** Because the client is being educated, the most appropriate diagnosis is deficient knowledge regarding types of food to include in his diet. Impaired health maintenance, related to effects of drug therapy is incorrect because it is not related to drug therapy. Noncompliance, related to dietary regime is incorrect because it is premature to identify if the client is compliant with this new information. Self-care deficit, related to disease process is incorrect because there is not enough information is known about the client to determine whether he is unable to care for himself.

**Cognitive Level:** Applying

**Client Need:** Health Promotion and Maintenance

**Client Need Sub:**

**Nursing/Integrated Concepts:** Nursing Process: Diagnosis

**Learning Outcome:** 16-5 Give examples of how blood lipid levels can be controlled through nonpharmacologic means.

## Question 12

**Type:** MCMA

Which instructions by the nurse are appropriate for a client who wants to decrease the cholesterol level?



(Select all that apply.)

Note: Credit will be given only if all correct choices and no incorrect choices are selected.

1. Stop smoking.
2. Increase physical activity.
3. Increase dietary fiber.
4. Increase LDL intake.
5. Increase HDL intake.

**Correct Answer:** 1, 2, 3, 5

**Rationale 1:** Stopping smoking can decrease cholesterol.

**Rationale 2:** Increasing physical activity will increase HDL and decrease triglycerides.

**Rationale 3:** Increased dietary fiber to 10–25 g/day will help decrease cholesterol.

**Rationale 4:** Increase LDL intake is incorrect because the LDL intake should be decreased.

**Rationale 5:** Increasing foods high in HLD is an appropriate intervention.

**Global Rationale:** Smoking cessation, increasing physical activity, increasing dietary fiber, and increasing HDL intake can decrease cholesterol. Increase LDL intake is incorrect because the LDL intake should be decreased.

**Cognitive Level:** Applying

**Client Need:** Health Promotion and Maintenance

**Client Need Sub:**

**Nursing/Integrated Concepts:** Nursing Process: Implementation

**Learning Outcome:** 16-5 Give examples of how blood lipid levels can be controlled through nonpharmacologic means.

**Question 13**

**Type:** MCSA

Therapeutic lifestyle changes that can control high blood cholesterol levels include what percentage of total caloric intake as saturated fat?

1. 10 percent
2. 6 percent
3. 7 percent
4. 2 percent

**Correct Answer:** 3

**Rationale 1:** 10 percent is incorrect because total caloric intake of saturated fat should be 7 percent to help reduce cholesterol levels.

**Rationale 2:** 6 percent is incorrect because total caloric intake of saturated fat should be 7 percent to help reduce cholesterol levels.

**Rationale 3:** The total caloric intake of saturated fat should be 7 percent to help reduce cholesterol levels.

**Rationale 4:** 2 percent is incorrect because total caloric intake of saturated fat should be 7 percent to help reduce cholesterol levels.

**Global Rationale:** The total caloric intake of saturated fat should be 7 percent to help reduce cholesterol levels. All other answer choices are incorrect.

**Cognitive Level:** Applying

**Client Need:** Health Promotion and Maintenance

**Client Need Sub:**

**Nursing/Integrated Concepts:** Nursing Process: Implementation

**Learning Outcome:** 16-5 Give examples of how blood lipid levels can be controlled through nonpharmacologic means.

#### Question 14

**Type:** MCMA

The client has been taking nicotinic acid (Nicobid). Which adverse effects are common with nicotinic acid?

(Select all that apply.)

Note: Credit will be given only if all correct choices and no incorrect choices are selected.

1. Chills
2. Hot flashes
3. Goosebumps
4. Flushing
5. Weight gain

**Correct Answer:** 2, 4

**Rationale 1:** Chills is incorrect because flushing and hot flashes are common side effects of nicotinic acid.

**Rationale 2:** Hot flashes and flushing are common side effects of nicotinic acid.

**Rationale 3:** Goosebumps is incorrect because flushing and hot flashes are common side effects of nicotinic acid.

**Rationale 4:** Flushing and hot flashes are common side effects of nicotinic acid.

**Rationale 5:** Weight gain is not a common side effect of nicotinic acid.

**Global Rationale:** Flushing and hot flashes are common side effects of nicotinic acid. Chills, goosebumps, and weight gain are not common side effects of nicotinic acid.

**Cognitive Level:** Applying

**Client Need:** Physiological Integrity

**Client Need Sub:**

**Nursing/Integrated Concepts:** Nursing Process: Implementation

**Learning Outcome:** 16-6 For each of the classes in the Drug Snapshot, identify representative drugs and explain their mechanisms of action, primary actions, and important adverse effects.

**Question 15**

**Type:** MCSA

What drug classification is considered the drug of choice to decrease triglyceride levels?

1. Statin
2. Fibric acid agents
3. Bile acid agents
4. HMG CoA reductase inhibitors

**Correct Answer: 2**

**Rationale 1:** Statin is incorrect because fibric acids are the drug of choice to decrease triglyceride levels.

**Rationale 2:** Fibric acid agents are the drug of choice to decrease triglyceride levels.

**Rationale 3:** Bile acid agents is incorrect because fibric acids are the drug of choice to decrease triglyceride levels.

**Rationale 4:** HMG CoA reductase inhibitors is incorrect because fibric acids are the drug of choice to decrease triglyceride levels.

**Global Rationale:** Fibric acid agents are the drug of choice to decrease triglyceride levels. Statins, bile acid agents, and HMG CoA reductase inhibitors are not considered the drug of choice for decreasing triglyceride levels.

**Cognitive Level:** Applying

**Client Need:** Physiological Integrity

**Client Need Sub:**

**Nursing/Integrated Concepts:** Nursing Process: Implementation

**Learning Outcome:** 16-6 For each of the classes in the Drug Snapshot, identify representative drugs and explain their mechanisms of action, primary actions, and important adverse effects.

### Question 16

**Type:** MCSA

The client is going to be started on cholestyramine (Questran), 6 mg, three times daily. What instruction should the nurse provide to this client?

1. Take with large amounts of fluid.
2. Take in the morning.
3. Take with food.
4. Take without food.

**Correct Answer:** 1

**Rationale 1:** Questran is a bile acid-binding agent that must be taken with large amounts of fluid.

**Rationale 2:** Take in the morning is incorrect because Questran is a bile acid-binding agent that must be taken one hour after or four hours before other medications are taken.

**Rationale 3:** Take with food is incorrect because Questran is a bile acid-binding agent that must be taken one hour after or four hours before other medications are taken.

**Rationale 4:** Take without food is incorrect because Questran is a bile acid-binding agent that must be taken one hour after or four hours before other medications are taken.

**Global Rationale:** Questran is a bile acid-binding agent that must be taken with large amounts of fluid. Take in the morning is incorrect because Questran is a bile acid-binding agent that must be taken one hour after or four hours before other medications are taken. Take with food is incorrect because Questran is a bile acid-binding agent that must be taken one hour after or four hours before other medications are taken. Take without food is incorrect because Questran is a bile acid-binding agent that must be taken one hour after or four hours before other medications are taken.

**Cognitive Level:** Applying

**Client Need:** Physiological Integrity

**Client Need Sub:**

**Nursing/Integrated Concepts:** Nursing Process: Implementation

**Learning Outcome:** 16-6 For each of the classes in the Drug Snapshot, identify representative drugs and explain their mechanisms of action, primary actions, and important adverse effects.

### Question 17

**Type:** MCSA

The physician tells the nurse a HMG-CoA reductase inhibitor has been ordered. What is another name for the type of drug?

1. A fibric acid
2. An omega-3 fatty acid
3. A statin
4. A bile acid resin

**Correct Answer:** 3

**Rationale 1:** Fibric acid is incorrect because statin is another name for HMG-CoA reductase inhibitor.

**Rationale 2:** Omega-3 fatty acid is incorrect because statin is another name for HMG-CoA reductase inhibitor.

**Rationale 3:** Statin is another name for HMG-CoA reductase inhibitor.

**Rationale 4:** Bile acid resin is incorrect because statin is another name for HMG-CoA reductase inhibitor.

**Global Rationale:** Statin is another name for HMG-CoA reductase inhibitor. Fibric acid, omega-3 fatty acid, and bile acid resin are not other names for HMG-CoA reductase inhibitors.

**Cognitive Level:** Applying

**Client Need:** Physiological Integrity

**Client Need Sub:**

**Nursing/Integrated Concepts:** Nursing Process: Implementation

**Learning Outcome:** 16-6 For each of the classes in the Drug Snapshot, identify representative drugs and explain their mechanisms of action, primary actions, and important adverse effects.

**Question 18**

**Type:** MCSA



What is the term for a medical condition, caused by statins, in which the muscle tissue becomes extremely inflamed, resulting in the breakdown of muscle?

1. Rhabdomyolysis
2. Spasticity
3. Multiple sclerosis
4. Dystonia

**Correct Answer:** 1

**Rationale 1:** Rhabdomyolysis is a medical condition in which the muscle tissue becomes extremely inflamed, resulting in breakdown of muscle that can be caused by statins.

**Rationale 2:** Spasticity is incorrect because rhabdomyolysis is a medical condition in which the muscle tissue becomes extremely inflamed, resulting in breakdown of muscle that can be caused by statins.

**Rationale 3:** Multiple sclerosis is incorrect because rhabdomyolysis is a medical condition in which the muscle tissue becomes extremely inflamed, resulting in breakdown of muscle that can be caused by statins.

**Rationale 4:** Dystonia is incorrect because rhabdomyolysis is a medical condition in which the muscle tissue becomes extremely inflamed, resulting in breakdown of muscle that can be caused by statins.

**Global Rationale:** Rhabdomyolysis is a medical condition in which the muscle tissue becomes extremely inflamed resulting in breakdown of muscle that can be caused by statins. Spasticity, multiple sclerosis, and dystonia are not terms that describe this condition.

**Cognitive Level:** Applying

**Client Need:** Physiological Integrity

**Client Need Sub:**

**Nursing/Integrated Concepts:** Nursing Process: Implementation

**Learning Outcome:** 16-6 For each of the classes in the Drug Snapshot, identify representative drugs and explain their mechanisms of action, primary actions, and important adverse effects.

**Question 19**

**Type:** MCSA

The nurse is providing medication instruction for a client taking colesevelam (WelChol). What should the nurse include in the teaching session?

1. Take other medications 1 hour before or 4 hours after colesevelam.
2. Take other medications 4 hours before or 1 hour after taking colesvelam.
3. Avoid all other medications for 6 hours before and after taking colesvelam.
4. Take all medications at the same time as colesevelam.

**Correct Answer:** 1

**Rationale 1:** The client should be instructed to take other medications 1 hour before or 4 hours after colesevelam.

**Rationale 2:** Take other medications 4 hours before or 1 hour after taking colesvelam is incorrect because the client should be instructed to take other medications 1 hour before or 4 hours after colesevelam.

**Rationale 3:** Avoid all other medications for 6 hours before and after taking colesvelam is incorrect because the client should be instructed to take other medications 1 hour before or 4 hours after colesevelam.

**Rationale 4:** Take all medications at the same time as colesvelam is incorrect because the client should be instructed to take other medications 1 hour before or 4 hours after colesvelam.

**Global Rationale:** The client should be instructed to take other medications 1 hour before or 4 hours after colesvelam. All other answer options are incorrect.

**Cognitive Level:** Applying

**Client Need:** Physiological Integrity

**Client Need Sub:**

**Nursing/Integrated Concepts:** Nursing Process: Implementation

**Learning Outcome:** 16-6 For each of the classes in the Drug Snapshot, identify representative drugs and explain their mechanisms of action, primary actions, and important adverse effects.

## Question 20

**Type:** MCSA

The client asks the nurse how Lipitor will help lower cholesterol. Which response by the nurse is most appropriate?

1. Its action is not understood.
2. It makes the body excrete cholesterol quicker.
3. It binds to cholesterol and inhibits its production.
4. It interferes with how cholesterol is made.

**Correct Answer:** 4

**Rationale 1:** Its action is not understood is incorrect because statins inhibit how cholesterol is made.

**Rationale 2:** It makes the body excrete cholesterol quicker is incorrect because statins inhibit how cholesterol is made.

**Rationale 3:** It binds to cholesterol and inhibits its production is incorrect because statins inhibit how cholesterol is made.

**Rationale 4:** Statins inhibit how cholesterol is made.

**Global Rationale:** Statins inhibit how cholesterol is made. The action of which is not understood is incorrect because statins inhibit how cholesterol is made. Make the body excrete cholesterol quicker is incorrect because statins inhibit how cholesterol is made. Bind to cholesterol and inhibit its production is incorrect because statins inhibit how cholesterol is made.

**Cognitive Level:** Applying

**Client Need:** Physiological Integrity

**Client Need Sub:**

**Nursing/Integrated Concepts:** Nursing Process: Implementation

**Learning Outcome:** 16-7 Categorize antihyperlipidemic drugs based on their classifications and mechanisms of action.

## Question 21

**Type:** MCSA

The nurse is caring for a client who is taking simvastatin (Zocor). What should the nurse instruct this client to avoid while taking this medication?

1. All fruit juices
2. Co Q10 supplements
3. Grapefruit juice
4. Grape juice

**Correct Answer:** 3

**Rationale 1:** All fruit juices is incorrect because grapefruit juice should be avoided in clients taking simvastatin.

**Rationale 2:** Co Q10 supplements is incorrect because grapefruit juice should be avoided in clients taking simvastatin.

**Rationale 3:** Grapefruit juice should be avoided in clients taking simvastatin.

**Rationale 4:** Grape juice is incorrect because grapefruit juice should be avoided in clients taking simvastatin.

**Global Rationale:** Grapefruit juice should be avoided in clients taking simvastatin. It is safe for the client to consume other types of fruit juices, including grape juice, and Co Q10 supplements while taking simvastatin.

**Cognitive Level:** Applying

**Client Need:** Physiological Integrity

**Client Need Sub:**

**Nursing/Integrated Concepts:** Nursing Process: Implementation

**Learning Outcome:** 16-7 Categorize antihyperlipidemic drugs based on their classifications and mechanisms of action.

## Question 22

**Type:** MCMA

The nurse is caring for a client who is prescribed bile acid resins. Which adverse reactions should be included in the teaching session regarding this medication?

(Select all that apply.)

Note: Credit will be given only if all correct choices and no incorrect choices are selected.

1. Bloating
2. Constipation
3. Headache
4. Increased urination
5. Diarrhea

**Correct Answer:** 1, 2

**Rationale 1:** Bloating can be caused by bile acid resins.

**Rationale 2:** Constipation can be caused by bile acid resins.

**Rationale 3:** Headache is incorrect because this is not caused by bile acid resins.

**Rationale 4:** Increased urination is incorrect because this is not caused by bile acid resins.

**Rationale 5:** Diarrhea is incorrect because this is not caused by bile acid resins.

**Global Rationale:** Bloating and constipation can be caused by bile acid resins. Headache, increased urination, and diarrhea are not caused by bile acid resins.

**Cognitive Level:** Applying

**Client Need:** Physiological Integrity

**Client Need Sub:**

**Nursing/Integrated Concepts:** Nursing Process: Implementation

**Learning Outcome:** 16-7 Categorize antihyperlipidemic drugs based on their classifications and mechanisms of action.

### Question 23

**Type:** MCSA

The nurse is caring for a client who is prescribed ezetimibe (Zetia). Which teaching by the nurse regarding this medication is the most appropriate?

1. It works in the small intestine to block absorption of dietary cholesterol.
2. It causes rhabdomyolysis.
3. It increases LDL levels.
4. It increases triglyceride levels.

**Correct Answer:** 1

**Rationale 1:** “It works in the small intestine to block absorption of dietary cholesterol” is the function of ezetimibe.

**Rationale 2:** “It causes rhabdomyolysis” is incorrect because ezetimibe works in the small intestine to block absorption of dietary cholesterol.

**Rationale 3:** It increases LDL levels is incorrect because ezetimibe works in the small intestine to block absorption of dietary cholesterol.

**Rationale 4:** It increases triglyceride levels is incorrect because ezetimibe works in the small intestine to block absorption of dietary cholesterol.

**Global Rationale:** It works in the small intestine to block absorption of dietary cholesterol is the function of ezetimibe. The other options are not teaching points for this medication.

**Cognitive Level:** Applying

**Client Need:** Physiological Integrity

**Client Need Sub:**

**Nursing/Integrated Concepts:** Nursing Process: Implementation

**Learning Outcome:** 16-7 Categorize antihyperlipidemic drugs based on their classifications and mechanisms of action.

## Question 24

**Type:** MCSA

What is the best explanation for why combination drugs may improve compliance for clients on multiple medications?



1. There are no side effects to combination drugs.
2. The physician can prescribe a combination drug to prevent rhabdomyolysis.
3. The client can obtain with a prescription.
4. Taking one tablet is easier to remember.

**Correct Answer:** 4

**Rationale 1:** “There are no side effects to combination drugs” is incorrect because there are side effects with combination drugs.

**Rationale 2:** “The physician can prescribe a combination drug to prevent rhabdomyolysis” is incorrect because combination drugs do not prevent rhabdomyolysis.

**Rationale 3:** “The client can obtain with a prescription” is incorrect because this is not a reason a client maybe more compliant.

**Rationale 4:** “Taking one tablet is easier to remember” and may improve compliance.

**Global Rationale:** Taking one tablet is easier to remember and may improve compliance. The side effects of the medications will not be affected by a combination drug. Combination drugs do not prevent rhabdomyolysis. Obtaining a prescription is not correct because the individual drugs can also be obtained with a prescription.

**Cognitive Level:** Applying

**Client Need:** Physiological Integrity

**Client Need Sub:**

**Nursing/Integrated Concepts:** Nursing Process: Implementation

**Learning Outcome:** 16-7 Categorize antihyperlipidemic drugs based on their classifications and mechanisms of action.

## Question 25

Type: MCSA

The nurse has just completed medication teaching regarding medications used to treat high cholesterol. Which statement made by the client indicates a need for further teaching?

1. I can eat any food I want as long as I take my medications.
2. I need to call the physician if I experience severe muscle weakness.
3. I should take my medications every day.
4. A low-fat diet needs to be followed even with medications to treat high cholesterol.

**Correct Answer:** 1

**Rationale 1:** “I can eat any food I want as long as I take my medications” indicates the client needs additional teaching. The client should follow a low-fat diet along with medications.

**Rationale 2:** “I need to call the physician if I experience severe muscle weakness” is incorrect because this does not indicate the client needs further teaching.

**Rationale 3:** “I should take my medications every day” is incorrect because this does not indicate the client needs further teaching.

**Rationale 4:** “A low-fat diet needs to be followed even with medications to treat high cholesterol” is incorrect because this does not indicate the client needs further teaching.

**Global Rationale:** I can eat any food I want as long as I take my medications indicates the client needs additional teaching. The client should follow a low fat diet along with medications. I need to call the physician if I experience severe muscle weakness is

incorrect because this does not indicate the client needs further teaching. I should take my medications every day is incorrect because this does not indicate the client needs further teaching. A low fat diet needs to be followed even with medications to treat high cholesterol is incorrect because this does not indicate the client needs further teaching.

**Cognitive Level:** Applying

**Client Need:** Physiological Integrity

**Client Need Sub:**

**Nursing/Integrated Concepts:** Nursing Process: Implementation

**Learning Outcome:** 16-7 Categorize antihyperlipidemic drugs based on their classifications and mechanisms of action.

## Question 26

**Type:** MCSA

What should the nurse instruct the client to perform in order to decrease mouth irritation and constipation while taking a bile acid agent?

1. Take with coffee to increase the effect of the drug.
2. Dissolve in water and increase fluid intake.
3. Decrease fluid intake.
4. Chew tablets.

**Correct Answer:** 2

**Rationale 1:** “Take with coffee to increase the effect of the drug” is incorrect because dissolving in water to increase fluid intake will decrease irritation to the mouth and constipation.

**Rationale 2:** “Dissolve in water and increase fluid intake” will decrease irritation to the mouth and constipation.

**Rationale 3:** “Decrease fluid intake” is incorrect because dissolving in water to increase fluid intake will decrease irritation to the mouth and constipation.

**Rationale 4:** “Chew tablets” is incorrect because dissolving in water to increase fluid intake will decrease irritation to the mouth and constipation.

**Global Rationale:** Dissolve in water and increase fluid intake will decrease irritation to the mouth and constipation. Take with coffee to increase the effect of the drug is incorrect because dissolving in water and increase fluid intake will decrease irritation to the mouth and constipation. Decrease fluid intake is incorrect because dissolving in water and increase fluid intake will decrease irritation to the mouth and constipation. Chew tablets is incorrect because dissolving in water and increase fluid intake will decrease irritation to the mouth and constipation.

**Cognitive Level:** Applying

**Client Need:** Physiological Integrity

**Client Need Sub:**

**Nursing/Integrated Concepts:** Nursing Process: Implementation

**Learning Outcome:** 16-7 Categorize antihyperlipidemic drugs based on their classifications and mechanisms of action.