

Name: \_\_\_\_\_ SK #: \_\_\_\_\_

Please bring completed quiz to test day appointment (open book completion is acceptable)

### SDAA USE ONLY

Quiz Results:  completed

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Examiner: \_\_\_\_\_  
(signature) (date)

## BLOOD PRESSURE MEASUREMENT QUIZ

1. Blood pressure can be best defined as:
  - a. The force exerted by the arterial blood vessel walls against the blood as the blood circulates around the body.
  - b. The force exerted by the blood against the arterial blood vessel walls as the blood circulates around the body.
  - c. The force exerted by an inflated blood pressure cuff over the brachial artery.
2. High blood pressure or hypertension is defined as:
  - a. Systolic blood pressure greater than 140 mmHg or diastolic of more than 90 mmHg.
  - b. Systolic blood pressure less than 120 mmHg or diastolic of less than 80 mmHg.
  - c. Systolic blood pressure of 120 mmHg and diastolic of 80 mmHg.
3. Systolic pressure can be best defined as:
  - a. Appearance of sound
  - b. Disappearance of sound
  - c. Upper number when the heart beats
  - d. Lower number when the heart relaxes
  - e. a and c
  - f. b and d

4. Diastolic pressure can be best defined as:
  - a. Appearance of sound
  - b. Disappearance of sound
  - c. Upper number when the heart beats
  - d. Lower number when the heart relaxes
  - e. a and c
  - f. b and d
  
5. Choosing the appropriate cuff size is important and impacts the blood pressure readings by:
  - a. Cuff is too small yields a blood pressure that is too high
  - b. Cuff is too big yields a blood pressure that is too low
  - c. Cuff is too small yields a blood pressure that is too low
  - d. Cuff is too big yields a blood pressure that is too high
  - e. a and b
  - f. c and d
  
6. What causes hypertension?
  - a. 95% not known and 5% underlying disease
  - b. 60% genetics and 40% lifestyle
  - c. 95% underlying disease and 5% not known
  
7. Where do you position the blood pressure cuff?
  - a. At the level of the heart by centering the bladder over the carotid artery.
  - b. At the level of the heart by centering the bladder over the brachial artery.
  - c. At the level of the heart by centering the bladder over the coronary artery.
  
8. The maximum inflation level of the cuff is:
  - a. 10 mmHg above the point where the radial pulse disappears.
  - b. 20 mmHg above the point where the radial pulse disappears.
  - c. 30 mmHg above the point where the radial pulse disappears.
  
9. During blood pressure measurement the air in the cuff should be released at a steady rate of:
  - a. 10 mmHg per beat
  - b. 5 mmHg per beat
  - c. 2 mmHg per beat
  
10. Blood pressure of all adults should be measured whenever it is appropriate by trained healthcare professionals to:
  - a. screen for hypertension
  - b. assess cardiovascular risk
  - c. monitor antihypertensive treatment
  - d. all the above