Medicines quiz November 2022

Have a go at this medicines quiz. The answers are below but try not to cheat! Good luck! Adrienne

1. Bisoprolol is used for lowering your cholesterol TRUE OR FALSE
2. Ramipril is used for lowering blood pressure TRUE OR FALSE
3. Bisoprolol should not be given to people with poorly controlled asthma TRUE OR FALSE
4. Taking a statin is the only effective way to reduce your cholesterol TRUE OR FALSE
5. Taking your medicine at regular times is not really that important, as long as you take it every day TRUE OR FALSE
6. Amiodarone is a strong anti-arrhythmic drug which can control dangerous heart rhythms effectively TRUE OR FALSE
7. You are at risk of dangerous heart rhythms if you forget to take your medicines TRUE OR FALSE
8. Dapagliflozin is effective in reducing the amount of fluid in your body if you have heart failure TRUE OR FALSE
9. Once you have an ICD implanted, you do not need to take medicines TRUE OR FALSE
10. One of the side effects of ramipril is you can have a constant cough TRUE OR FALSE
11. FALSE- bisoprolol is a beta blocker and slows your heartbeat down. It can also reduce the amount of work your heart has to do. It is a great drug to use in people with heart failure and can lower your blood pressure and treat chest pain. If you can tolerate it, bisoprolol is a marvellous drug!
12. TRUE – ramipril is the drug of choice to treat high blood pressure, according to the National Institute of Care and health Excellence (NICE). It is also great to use in heart failure and can be started after 2 days following a heart attack.
13. TRUE – if you have poorly controlled asthma (known as brittle asthma), you should not take bisoprolol, as this drug could make you have an asthma attack. However, some asthmatic people can tolerate low doses, which should be monitored by a cardiologist.
14. FALSE – research has shown that regular exercise and weight reduction with a healthy diet can be effective enough in reducing your cholesterol. Some people prefer to try these measures before they need to take medication.
15. FALSE – you should take all your medicines as prescribed. If you take a medicine twice a day, this may mean that the effects of the medicine have worn off after 12 hours. However, this is not always the case. Some people cannot tolerate higher doses of medicines, so the dose is split, and smaller doses are taken twice a day.
16. TRUE – amiodarone is very helpful in controlling dangerous heart rhythms which have not been well controlled on beta blockers like bisoprolol. Amiodarone has quite a few side effects, although not everyone who takes it will experience these. Careful monitoring of your liver, kidney and thyroid function is required when you take amiodarone. You need to protect your skin from strong sunlight too.
17. TRUE – although the risk is small, it is still a risk. The more doses of medicine you miss, the higher the risk of a dangerous heart rhythm occurring.
18. TRUE – dapagliflozin was originally used for diabetic patients to control their blood sugar. However, it was also very good at removing excess fluid from the body (fluid overload), so this is now used to treat fluid overload in patients with heart failure. Dapagliflozin has been proven to reduce the amount of hospital admissions caused by fluid overload.
19. FALSE – medicines will almost always be part of your treatment. They help the heart to function as effectively as possible and reduce the workload of the heart. An ICD or CRT-D is in addition to medicines.
20. TRUE – ramipril can cause an irritating, constant cough. This is one of the most common side effects of Angiotensin-Converting Enzyme (ACE) inhibitors like ramipril. Not everyone will experience a cough, and in some people, the cough will not be too bothersome. If the cough can be tolerated, it is proven to be the best drug to take for heart failure. If the cough is very annoying or intolerable, you can take different medicines which will work in a similar way. These are called Angiotensin 2 Receptor Blockers (ARB’s).