Appropriate Use of Self-Monitoring Devices: The Pharmacy Technician’s Role

Posttest

1. Which of the following is NOT a way in which home health monitoring devices benefit patients?

A. The devices make it easy for patients to take readings without having to visit a health care provider.
B. The devices save time, and often, the cost associated with a clinic visit.
C. The devices decrease the likelihood that patients will contact a health care provider if their results fall outside the normal range***
D. The devices help health care providers identify developing health care problems, disease exacerbations, or medication failures early.

Correct Answer: C

Home health monitoring devices benefit patients in numerous ways. Their convenience makes it easy for patients to take accurate readings without having to visit a health care provider. The devices save time, and often, the cost associated with a clinic visit. They also increase the likelihood that patients will contact a health care provider if their results fall outside the normal range. In turn, health care providers can identify developing health care problems, disease exacerbations, or medication failures early. Providers can also take action to restore patients’ health or adjust medication.

2. Which of the following statements is correct concerning blood pressure monitoring?

A. Taking blood pressure in a familiar setting is not important for patients who have white coat hypertension.
B. People who do not have diabetes or long-term kidney disease and are aged 60 years and older should maintain a blood pressure of less than 150/90 mmHg***
C. Patients can measure blood pressure at any time of day and compare measurements reliably.
D. All of the above are correct

Correct Answer: B

People who do not have diabetes or long-term kidney disease and are aged 60 years and older should maintain a blood pressure of less than 150/90 mmHg (JNC 8)
3. Which patients are at increased risk for experiencing low blood pressure or hypotension?

A. Those with Parkinson’s disease
B. Those with Alzheimer’s disease
C. Those with electrocardiogram abnormalities
D. All of the above***

Correct Answer: D
One-third of elderly people are hypotensive. People diagnosed with Parkinson’s disease, stroke, transient ischemic attacks, myocardial infarction, electrocardiogram (EKG) abnormalities, and Alzheimer’s disease are at greatest risk.

4. Select the statement that best defines type 1 diabetes:

A. Patients who have type 1 diabetes are unable to produce insulin from pancreatic cells***
B. Patients who have type 1 diabetes can produce some insulin.
C. Patients who have type 1 diabetes are usually older and obese.
D. None of the above

Correct Answer: A
Patients who have type 1 diabetes cannot produce insulin; pancreatic beta cells do not function appropriately.

5. Which of the following is correct concerning heart rate monitoring?

A. According to the American Heart Association, a target heart rate zone during exercise should be 50% to 85% of the maximum heart rate***
B. Exercise should always take place at one’s maximum heart rate
C. A healthy 20-year-old’s maximum heart rate should be 100
D. None of the above

Correct Answer: A
An appropriate heart rate goal is age and disease specific. Target heart rate zones during physical activity are recommended to be 50% to 85% of MHR.
6. In what disease or condition is resting heart rate often elevated?

A. Diabetes
B. Asthma
C. Heart failure***
D. None of the above

Correct Answer: C

Patients who develop heart failure—a condition in which the heart is unable to pump sufficiently to maintain blood flow to meet the body’s demands—have elevated heart rates even when they are sedentary. A resting heart rate greater than 70 bpm is associated with an increased risk of heart attack or other acute heart problems.

7. At what point should patients with asthma who are experiencing difficulty breathing use their rescue inhaler?

A. When peak flow is greater than 90% of baseline
B. When peak flow is greater than 80% of baseline
C. When peak flow is less than 90% of baseline
D. When peak flow is less than 80% of baseline***

Correct Answer: D

When a patient’s peak flow is less than 80% baseline, a rescue inhaler is typically part of an asthma/breathing disorder action plan.

8. Which of the following methods (or sites) for measuring body temperature is the least precise?

A. Oral
B. Rectal
C. Axillary***
D. All of the above equally accurate

Correct Answer: C

Axillary temperatures are typically lower and less precise compared with oral and rectal measurements, but when patients are uncooperative, have mouth sores, or are otherwise unreceptive to rectal or oral thermometers, this method may be the only option.
9. Which of the following patients should be referred to the pharmacist?

A. A patient with a blood pressure of 120/80 mmHg
B. A patient with a blood glucose between 70 mg/dL and 180 mg/dL.
C. A patient with a temperature of 99.9°F.
D. A patient with a fever greater than 104°F***

Correct Answer: D

Any patient with a fever greater than 104°F (40°C) should be referred to the pharmacist. Also, the pharmacist should be notified if an infant (less than 3 months old) has a fever of 100.4°F (38°C) or higher. Fevers with earache, nausea, vomiting, or diarrhea are also possible medical emergencies that require the pharmacist’s attention.4

10. Which of the following is not a general guideline for helping patients with home health monitoring equipment?

A. Always ask the patient specifically what disease or condition they wish to monitor.
B. Recommend that patients whose readings are abnormal discontinue their medications***
C. Open the product’s package and review the directions with the patient.
D. Ask patients to demonstrate technique.

Correct Answer: B

Pharmacy technicians should refer patients with troublesome symptoms or symptoms that may indicate a medication problem to the pharmacist. Importantly, pharmacy personnel should never encourage or advise a patient to change or stop medicines without speaking to their health care provider.