

**Alabama Department of Public Health
Cardiovascular Health Program**

Blood Pressure 101 for Healthcare Providers
*Applicants for Pharmacy CEs must make a score
higher than 75 on this test.*

Post Test

Name: _____ **Date:** _____

Email address: _____

State: _____

Profession: _____

1. The ideal blood pressure reading is less than:

- 100/70
- 110/75
- 120/80
- 130/85

2. Hypertension is usually diagnosed after 3 readings of 140/90 or higher.

- True
- False

3. Go to the emergency room if your blood pressure is equal to or higher than:

- 150/95
- 160/100
- 180/110
- 200/120

4. Lowering your blood pressure by 10 millimeters of mercury will lower your risk of heart attack or stroke by 30-50%.

- True
- False

5. Hypertension, or high blood pressure, may lead to many other chronic diseases, including:

- Heart Disease
- Kidney Failure
- Eye Diseases
- Alzheimer's Disease
- Cancer
- All of the above

6. Hypertension usually has no symptoms.

- True
 False

7. Factors that can raise your blood pressure from 10-50 millimeters of mercury during a blood pressure reading are:

- Using a blood pressure cuff that is too small
 Having feet, arm, and back unsupported
 Talking while pressure is taken
 Having a full bladder
 All of the above

Please send completed test to:
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