

## Module 12: Secondary Stroke Prevention

# QUIZ

- You may use your binder as a reference to answer these questions
- Submit your completed quiz to the Nurse Clinician or designate for marking
- Your test will be returned to you to keep in your binder

Name: \_\_\_\_\_ Date: \_\_\_\_\_

1. What are the 5 A's in the Smoking Cessation Model? (5 points)

- A \_\_\_\_\_
- A \_\_\_\_\_
- A \_\_\_\_\_
- A \_\_\_\_\_
- A \_\_\_\_\_

2. \_\_\_\_\_ is the most significant modifiable risk factor for stroke.

- a. diabetes
- b. high LDL
- c. hypertension
- d. alcoholism

3. In non-diabetic individuals, the Canadian Hypertension Education Program states to treat to a target blood pressure of \_\_\_\_\_ ?
- 120/80 mmHg
  - less than 130/80 mmHg
  - less than 135/85 mmHg
  - less than 140/90 mmHg
4. Statins act as the first line agents in the treatment of dyslipidemia. Possible effects include:
- anti-inflammatory properties that may help to stabilize the lining of the blood vessels
  - statins may help relax blood vessels thus contributing to lower blood pressure
  - statins may have a blood thinning effect thus reducing the risk of blood clots
  - all of the above

## TRUE/FALSE Questions

(circle the correct letter)

- T F 5. All patients with ischemic stroke or transient ischemic attack should be prescribed antiplatelet therapy for secondary prevention of recurrent stroke unless there is an indication for anticoagulation.
- T F 6. Medication management in stroke prevention usually involves a combination of medications, often including an antihypertensive, a statin and an antithrombotic.
- T F 7. TIA is not a medical emergency as long as the CT scan is negative.
- T F 8. An accumulation of 30 to 60 minutes of brisk walking or other dynamic exercise 5 to 7 days each week is recommended to reduce stroke risk.
- T F 9. Smoking doubles the risk for ischemic stroke.
- T F 10. Patients with stroke and atrial fibrillation should be treated with warfarin at a target INR of 4.5, range 4.0-5.0.

SCORE: \_\_\_\_\_ / 14

Nurse Clinician/Designate signature: \_\_\_\_\_