

Volume: 271 Questions

Question: 1

For which of the following life-threatening adverse effects is it MOST important to ensure that you have obtained informed consent? The patient has been prescribed lovastatin (Mevacor/Altacor).

- A. Asthenia
- B. Pruritis
- C. Rhabdomyolysis
- D. Lupus-like syndrome

Answer: C

Explanation: Rhabdomyolysis is the rapid breakdown of skeletal muscle fiber and is associated with statin use. Mortality can rise to 20% in some patients. Asthenia, a known adverse effect of lovastatin, indicates muscular weakness and may be important as an early indication of rhabdomyolysis but is not, of itself, life-threatening. Pruritis is itching and is non-life-threatening. All of the above have been reported for lovastatin. The other most common adverse effects of lovastatin are headache, blurry vision, flatulence, dyspepsia, myalgia, cramping, abdominal pain and photosensitivity. A lupus-like syndrome has not been reported for lovastatin.

Question: 2

A 72 year old woman has been prescribed Boniva. What is the best way for this prescription to be taken?

- A. Right before bedtime.
- B. With minimum water and in the evening at least two hours after a meal
- C. Anytime during the day with no food requirements
- D. In the morning at least 30 minutes before any meal and with a full glass of water.

Answer: D

Explanation: Bisphosphonates like Boniva (ibandronate sodium) are best absorbed on an empty

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stomach with a large amount of water to minimize gastrointestinal upset and esophageal irritation.

Question: 3

A patient arrives and asks you about his Depacon prescription. Which of the following is important to determine and why?

- A. Whether the patient takes Clonazepam and has a history of absence seizure, because these may increase with Depacon.
- B. Whether the patient drinks alcohol, because alcohol increases the CNS depressive effect blood concentration of valproate.
- C. Both A and B are correct.
- D. Neither A nor B are correct.

Answer: C

Explanation: Clonazepam, when taken with Depacon (valproate), does increase the risk of absence seizures in patients with a history of absence seizure. Also, alcohol use increases the depressive effects of Depacon. Any patient on Depacon requires monitoring for neurologic status.

Question: 4

Which of the following is the correct epinephrine dosage with an infusion rate of 30 mL/hr and an epinephrine concentration of 1 mg in 250 mL of a solution of 5% dextrose in water?

- A. 2 mcg/min
- B. 4 mcg/min
- C. 10 mcg/min
- D. 135 mcg/min

Answer: A

Explanation: 2 mcg/min. 1 mg of epinephrine in 250 mL of solution = 0.004 mg/mL. (1 mg / 250 mL) At an infusion rate of 30 mL/hr, 0.12 mg will be infused every hour (0.004 mg/mL x 30 mL/hr). 0.12 mg/hr is equivalent to 0.002 mg/min (0.12 mg/hr x 1 hr / 60 min.). 0.002 mg/min

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is equivalent to 2 mcg/min (1mg = 1000 mcg).

Question: 5

Which of the following drugs is a beta-adrenergic blocker?

- A. Busiperone
- B. Budenoside
- C. Bisoprolol
- D. Phenoxybenzamine

Answer: C

Explanation: Bisoprolol is a beta-adrenergic blocker. Busiperone is an anxiolytic. Budenoside is a corticosteroid. Phenoxybenzamine is an alpha-adrenergic blocker.

Question: 6

Which of the following is the correct nitroglycerin dosage with an infusion rate of 9 mL/hr and a nitroglycerine concentration of 50 mg in 250 mL of a solution of 5% dextrose in water (D5W)?

- A. 30 mcg/min
- B. 60 mcg/min
- C. 25 mcg/min
- D. 100 mcg/min

Answer: A

Explanation: 50 mg of nitroglycerine in 250 mL of solution = 0.2 mg/mL (50 mg / 250 mL). At an infusion rate of 9 mL/hr, 1.8 mg will be infused every hour (0.2 mg/mL x 9 mL/hr). 1.8 mg/hr is equivalent to 0.03 mg/min (1.8 mg/hr x 1hr / 60min). 0.03 mg/min is equivalent to 30 mcg/min (1 mg = 1000mcg).

Question: 7

Which of the following creams reduces contraceptive effectiveness?

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- A. Clindamycin
- B. Vagifem
- C. Miconazole
- D. Metronidazole

Answer: A

Explanation: Clindamycin is the only one of the listed creams that is known to reduce the effectiveness of diaphragms and condoms, thereby decreasing the effectiveness of these birth control approaches.

Question: 8

Which of the following should be used on a short-term basis due to the risk of physical and psychological dependence?

- A. Sustiva
- B. Edrophonium
- C. Ambien
- D. None of the above; these are all very safe medications.

Answer: C

Explanation: Ambien is recommended only for short term use on the order of 7-10 days because of a risk of physical and psychological dependence. Sustiva (efavirenz) is a non-nucleoside reverse transcriptase inhibitor not known to cause dependence. Edrophonium is the generic name for Enlon, an anti-cholinesterase, also not known to cause dependence.

Question: 9

Your patient has a prescription for Glucophage/metformin (850 mg three times a day (TID)). His doctor added Glyburide to increase glycemic control. What is the maximum dose of metformin in combination with another hypoglycemic?

- A. 1000 mg TID
- B. 2000 mg every day

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C. Nothing; they cannot be combined.

D. Whatever dose is needed to reduce blood sugar to below 126 mg/dL.

Answer: B

Explanation: Metformin should not be given at more than 2000 mg each day. Glucose regulation often requires combinations of agents, and while blood sugars below 126 mg/dL are a reasonable goal, the maximum recommended dosages of hypoglycemic(s) should not be exceeded.

Question: 10

Which of the following vitamins is water-soluble?

A. Vitamin E

B. Vitamin D

C. Vitamin K

D. Vitamin B12

Answer: D

Explanation: Vitamin B12 is the only water-soluble vitamin listed; Vitamins E, D and K are fat-soluble.

Question: 11

For which of the following pediatric conditions has the FDA (Food and Drug Administration) approved the use of decongestants?

A. Allergic rhinitis and the common cold, for children over the age of 2.

B. Sinusitis and allergic rhinitis, for children over the age of 5.

C. Sinusitis, rhinitis and the common cold, for children over the age of 12.

D. Sinusitis for any child.

Answer: A

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Explanation: Decongestants are only approved by the FDA for allergic rhinitis and the common cold. Decongestants are NOT approved for sinusitis. Decongestants should not be used for children under 2 years of age.

Question: 12

A patient on phenelzine (Nardil; 15 mg tablets) asks you if there is any food he should avoid. You can tell him:

- A. There is no problem; you can eat anything you want.
- B. You should stay away from peanut butter.
- C. You should stay away from high fat foods because it decreases absorption of the drug.
- D. Any foods with tyramine should be avoided.

Answer: D

Explanation: Phenelzine should not be taken with food because it is an MOA (monoamine oxidase) inhibitor, and certain foods containing tyramine (cheese, yogurt, chocolate, soy, poultry and meats) should be avoided.

Question: 13

A patient is diagnosed with iron-deficiency anemia and is given iron supplements. They ask if they should take it with food. Your response is:

- A. Iron is best absorbed when taken with milk.
- B. Iron should be taken with food to increase absorption and minimize gastric upset.
- C. Iron is best taken with water only and at least one hour before eating.
- D. None of the above is correct.

Answer: B

Explanation: Iron is best absorbed in an acidic environment but can cause stomach upset on an empty stomach. Therefore the best advice is that iron should be given with food for maximum absorption and patient comfort.

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Question: 14

Which are the most serious adverse effects associated with Lithium?

- A. Hepatitis
- B. Stevens-Johnson Syndrome
- C. Sinus node dysfunction
- D. None of the above

Answer: C

Explanation: Lithium is not associated with serious liver dysfunction or Stevens-Johnson syndrome. It is associated with a number of cardiac arrhythmias and circulatory collapse as well as seizures, syncope and coma.

Question: 15

Which of the following drugs would be likely to be used in an elderly patient with hypertension? The patient doesn't remember the name of the pill, and only remembers that it is a pretty little pink, oval pill, and she is certain it is not one of those "water pills." Which of the following is most likely her medication?

- A. 0.5 mg alprazolam/Xanax
- B. 80 mg/12.5 mg Diovan HCT
- C. 500 mg Amoxil
- D. 200 mg Augmentin

Answer: B

Explanation: Of the drugs listed, only Diovan HCT (Valsartan/Hydrochlorothiazide) is an anti-hypertensive and comes as a small pink oval pill. Amoxil (Amoxicillin) is an antibiotic, and the 500mg dose is a large pink tablet. Augmentin (200 mg) is a round pink pill and is a combination of amoxicillin and clavulanate K. Alprazolam/Xanax is an anxiolytic, and the 0.5 mg pill is oval, but not pink.

Question: 16

Which of the following vitamins are excreted in the urine?

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- A. Vitamin A
- B. Vitamin B2
- C. Vitamin E
- D. Vitamin D

Answer: B

Explanation: Vitamin B2 can turn urine a bright yellow color. Vitamins A, D and E are fat-soluble and therefore are not excreted in the urine.

Question: 17

A patient of yours is on tegaserod. Which of the following co-morbidities would indicate a need for caution?

- A. Alzheimer's Disease
- B. Gallstone
- C. Concurrent viral infections
- D. Pre-existing cataracts

Answer: B

Explanation: Tegaserod (Zelnorm) is a partial 5HT4 agonist used to treat constipation in patients with IBS. Its use is contraindicated in gallbladder disease.

Question: 18

A patient comes to you in her 3rd trimester and says that she forgot to tell you about one of her medications; it is trandolapril. She is now concerned about the safety of her unborn child. What can you tell her?

- A. If the doctor prescribed it, it is safe.
- B. Trandolapril is contraindicated during pregnancy. We will find a substitute for you while you are pregnant.
- C. There is no contraindication to taking Trandolapril while pregnant.

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D. Trandolapril is contraindicated for women who are breastfeeding, but not for women who are pregnant.

Answer: B

Explanation: Trandolapril(Mavik) is a Category D drug and is contraindicated in pregnancy and lactation.

Question: 19

Which of the following is a combination of amlodipine and benazepril?

A. Premphase

B. Vusion

C. Truvada

D. Lotrel

Answer: D

Explanation: Lotrel is an antihypertensive combination of amlodipine and benazepril. Premphase is a conjugated estrogen/progestin combination. Vusion is a steroid free combination of miconazole and sodium bicarbonate used to treat diaper rash. Truvada is an anti-viral combination containing emtricitabine and tenofovir.

Question: 20

Which of the following has a "black box warning" associated with it?

I. Parenteral tobramycin

II. Gadolinium-based contrast agents

III. Topical tacrolimus

IV. Salmeterol

A. I and II only

B. II and III only

C. All have black box warnings associated with them

D. None of the listed agents have black box warnings associated with them.

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Answer: C

Explanation: All of the listed drugs are associated with black box warnings. Tacrolimus has the potential for oto- and nephrotoxicity. Salmeterol has an increased risk of asthma-related death. Gadolinium-based contrast agents increase the risk of nephrogenic systemic fibrosis in patients with acute or chronic severe renal insufficiency. Tacrolimus has been associated with skin cancer and lymphoma.

Question: 21

A clinic specializing in congestive heart failure has asked you to monitor outcomes on a number of elderly patients. They use both nesiritide and tezosentin and would like your input on these drugs. You can tell them:

- A. Tezosentin is an endothelin-receptor dual agonist but has been shown to be ineffective in improving dyspnea or reducing the risk of cardiovascular events.
- B. Nesiritide is a recombinant human B-type natriuretic peptide and should not be used in patients with low cardiac filling pressures.
- C. Both A and B are correct.
- D. A is correct, but B is incorrect. The filling pressure may safely be less than 90mm Hg as long as the patient is continuously monitored.

Answer: C

Explanation: Both statements A and B are correct.

Question: 22

A patient has a prescription for lansoprazole. What is the likely diagnosis?

- I. GERD
- II. Duodenal ulcer
- III. Crohn's disease
- IV. UC

- A. I and III are likely diagnoses
- B. I and II are likely diagnoses
- C. III and IV are likely diagnoses