

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

AAMA_CMA Exam

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

AAMA_CMA Exam

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?

AAMA_CMA Exam

- 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

AAMA_CMA Exam

- 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

AAMA_CMA Exam

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.

AAMA_CMA Exam

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?

AAMA_CMA Exam

- 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.

AAMA_CMA Exam

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.

AAMA_CMA Exam

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

AAMA_CMA Exam

D. Lansoprazole is not used in any of these conditions.

Answer: B

Explanation: Lansoprazole inhibits gastric acid secretion and is indicated for hyperacidity conditions. GERD (gastro esophageal reflux disease) and a duodenal ulcer would be indications for the use of lansoprazole. Crohn's disease and UC (ulcerative colitis) would not be indications.

Question: 23

A patient is taking Nimotop (nimodopine) 60 mg PO q 4hrs. Nimotop is available as a 30 mg capsule. The label reads: Take two capsules 2 times a day with meals. What is the error on the label?

- A. The capsules should be taken every 4 hours.
- B. The capsule should never be taken by mouth.
- C. The capsules should not be taken except 1 hour before meals or 2 hours after meals
- D. None of the above

Answers: A,C

Explanation: 60mg PO q 4hrs means that two 30 mg capsules should be taken by mouth every 4 hours. PO means by mouth (per OS). Nimotop should be taken on an empty stomach.

Question: 24

As a medication assistant, you are given an order that reads: Hydromorphone, 80 mg, PO q 4hrs. What is wrong with this order?

- A. It represents an overdose.
- B. It is correct as written for severe pain.
- C. Hydromorphone is only given by injection.
- D. Hydromorphone is only given as a rectal suppository.

Answer: A

Explanation: Hydromorphone comes in 8 mg doses and is given in doses only up to 3-4mg every 4 hours. 80 mg every 4 hrs is an overdosing error. Hydromorphone is available as an injection,

AAMA_CMA Exam

an oral solution, a rectal suppository and in a tablet form.

Question: 25

You are asked to monitor a multiple myeloma patient on IV melphalan. Which of the following lab parameters need to be determined to appropriately monitor the patient?

- A. Serum glucose levels.
- B. Creatinine clearance.
- C. Serum potassium levels
- D. Platelet counts

Answer: D

Explanation: Melphalan is an alkylating agent and is known to induce thrombocytopenia. The treatment should be discontinued if the platelet count falls below 100,000/mm³.

Question: 26

Which of the following warnings are appropriate for tetracycline?

- I. Do not take antacid with tetracycline
- II. Do not take with milk to avoid stomach upset.
- III. Avoid sunlight.
- IV. If prolonged therapy is anticipated, regular blood testing will be required.

- A. I and II only
- B. II and III only
- C. III only
- D. All are true.

Answer: D

Explanation: Tetracycline has known photosensitivity reactions. It also should NOT be taken with any milk or dairy products, antacids or laxatives. Prolonged therapy may induce a hemolytic anemia, neutropenia, thrombocytopenia and TTP.

AAMA_CMA Exam

Question: 27

A patient is taking 40 mg PO of simvastatin with her evening meal. She comes to you to ask about what she read on the Internet about adverse effects, saying that for the last 2-3 weeks, her legs felt like they were cramping. Which of the following tests would you recommend?

- A. Liver function tests
- B. A CBC (complete blood count) and a full Comp Metabolic (chemistries) test
- C. Total simvastatin urine concentrations
- D. Creatine phosphokinase (CPK), the MM isoenzyme.

Answers: A,D

Explanation: A patient on a statin complaining of muscle cramping should have her liver function tested and CPK-MM tested for evidence of muscle damage. One of the serious adverse effects of a statin is rhabdomyolysis, and the patient's cramping may be symptomatic. CPK-MM levels are a good indicator of skeletal muscle damage occurring during rhabdomyolysis.

Question: 28

Of the following terms is another term for Vitamin K?

- I. Mephyton
- II. Phytonadione
- III. Pyridoxine

- A. I only
- B. I and II only
- C. All three are terms for Vitamin K.
- D. None of the three listed are terms for Vitamin K.

Answer: B

Explanation: Mephyton is the brand name of phytonadione or Vitamin K and is used to treat the hypoprothrombinemia due to anti-coagulant therapy.

Question: 29

A patient using minocycline approaches you asking what possible side effects there might be.

AAMA_CMA Exam

What could you tell him?

- I. Hemolytic anemia
- II. Pericarditis
- III. Dental problems

- A. I only
- B. II only
- C. II and III only.
- D. All are possible side effects.

Answer: D

Explanation: Minocycline, a tetracycline anti-infective used particularly in penicillin sensitive patients to treat gonorrhea, syphilis and acne, has all the listed as possible side effects.

Question: 30

Which of the following medications would be appropriate to treat a Candida infection in a child of 12 years?

- A. Tobramycin
- B. Fluconazole
- C. Ampicillin
- D. Clindamycin

Answer: B

Explanation: Tobramycin is an anti-bacterial and interferes with protein synthesis. Ampicillin is another anti-bacterial and a beta-lactamase inhibitor. Clindamycin is a lincosamide anti-bacterial. Fluconazole is the only anti-fungal listed. Fluconazole is effective against Candida and Cryptococcus and can be used in children.

Question: 31

What is the most common and most serious adverse effect of sulindac (Clinoril)?

- I. GI bleeding
- II. Hyperkalemia

III. Hyponatremia

- A. I only
- B. II and III only
- C. I and II only
- D. III only

Answer: C

Explanation: The most common and serious side effects of sulindac, a COX-1 enzyme inhibitor, are undetected GI bleeds and hyperkalemia (high serum potassium), which can lead to arrhythmias. Hyponatremia (low serum sodium) is not a known side effect of sulindac.

Question: 32

Which of the following would be best considered for the treatment of acute migraines?

- A. Loxapine
- B. Etanercept
- C. Sumatriptan
- D. Eptifibatide

Answer: C

Explanation: Sumatriptan is a selective 5HT₁ agonist and is a vascular headache suppressant. Etanercept is an anti-rheumatic agent, loxapine is an anti-psychotic and eptifibatide is an anti-platelet agent.

Question: 33

For which of the following conditions would QVAR be indicated?

- I. COPD
- II. Community acquired pneumonia
- III. Asthma

- A. I only