

Cardiovascular disease and HIV: self-assessment quiz

Test your knowledge by completing the self-assessment quiz. You could do this before reading the article then return to this afterwards to see how much you have learned.

Add the completed questionnaire to your professional portfolio and remember to make a record of how many hours this work has taken.

- Which of the following can cause CVD? (tick all that apply)
 - Maternal varicella zoster/chickenpox infection
 - Streptococcal throat infections
 - Maternal use of some anticoagulants
 - Wolff-Parkinson-White syndrome
- Deaths due to CVD accounted for approximately what percentage of worldwide deaths in 2013?
 - 10%
 - 25%
 - 30%
 - 66%
- Over the last 30 years age-standardised death rates in the UK have ..?
 - Risen
 - Fallen
 - Remained static
- Which of the following contribute to atherosclerosis? (tick all that apply)
 - Higher LDL cholesterol
 - Lower HDL cholesterol
 - Higher HDL cholesterol
 - Lower serum triglycerides
- According to the JBS2 guidelines, which of the following statements are true? (tick all that apply)
 - Fasting blood samples should be taken to measure lipids
 - A reduction in HDL cholesterol is recommended
 - Cholesterol lowering drug therapy is beneficial for those with existing CVD
 - All adults over 40 years of age should have their lipids measured, as routine practice in Primary care.
- The protein-based by-product released when clots that have formed on atheromatous plaques are broken down is called?
 - Fibrinogen
 - D-dimer
 - Plasminogen
 - CRP
- Name three clinical markers used in the detection of atherosclerotic disease?

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- Which of the following factors are associated with advancing age? (tick all that apply)
 - Dyslipidaemia
 - Coronary artery calcification
 - Glucose-related disorders
 - Hypertension
- Antiretroviral therapy with viral suppression has the potential to contribute to which of the following? (tick all that apply)
 - Reduced markers of endothelial inflammation
 - Increased risk of dislipidaemia
 - Reduced insulin sensitivity
 - Reduced risk of CVD related medical events.
- Describe how it is thought that emotional stress increases CVD risk?

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- Is this statement true or false?
For all adults aged <80 years hypertension should be suspected when blood pressure is persistently elevated $\geq 140/90$ mmHg?

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- Which of the following statements are true in relation to smoking cessation?
 - The use of nicotine replacement therapies increases likelihood of stopping smoking
 - HIV professionals are well placed to assess and support smoking cessation
 - Brief interventions are not considered beneficial
 - The use of e-cigarettes has been widely proven to increase likelihood of stopping smoking

Answers to the quiz questions can be found on page 23.