

## Assignments- USMLE-Style MCQs on Blood Pressure Measurement

**1. A 55-year-old man with hypertension presents for a follow-up visit. You plan to measure his blood pressure. Which of the following is the most appropriate patient preparation before obtaining an accurate reading?**

- A) Have the patient stand for 5 minutes before the measurement
- B) Ensure the patient has exercised 15 minutes prior to the reading
- C) Allow the patient to rest quietly for at least 5 minutes in a seated position
- D) Instruct the patient to keep their legs crossed and arm unsupported
- E) Encourage the patient to talk while the blood pressure is being measured

**Answer:** C) Allow the patient to rest quietly for at least 5 minutes in a seated position

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**2. A 62-year-old woman presents for routine evaluation. Blood pressure measurement shows a significant difference between readings in both arms. Which of the following is the best next step?**

- A) Repeat blood pressure measurement in both arms
- B) Use the lower blood pressure reading for diagnosis
- C) Immediately start antihypertensive medication
- D) Measure blood pressure in the legs instead
- E) Perform an echocardiogram to rule out heart failure

**Answer:** A) Repeat blood pressure measurement in both arms

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**3. A 48-year-old man with no prior history of hypertension presents for an annual check-up. His initial blood pressure reading is 150/95 mmHg. What is the most appropriate approach to confirm the diagnosis of hypertension?**

- A) Start antihypertensive therapy immediately
- B) Measure blood pressure on two or more separate occasions
- C) Perform a single 24-hour ambulatory blood pressure monitoring
- D) Check only diastolic blood pressure for future readings
- E) Repeat the measurement immediately after the first reading

**Answer:** B) Measure blood pressure on two or more separate occasions

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**4. A 35-year-old man presents for a wellness visit. He is seated with his back unsupported, legs crossed, and his arm hanging down while his blood pressure is measured. How might these factors affect the reading?**

- A) The reading will be falsely low

- B) The reading will be falsely high
- C) There will be no significant effect on the reading
- D) The systolic pressure will be low, but diastolic pressure will be high
- E) The diastolic pressure will be low, but systolic pressure will be high

**Answer:** B) The reading will be falsely high

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**5. A 67-year-old man with diabetes and chronic kidney disease presents for a follow-up visit. His blood pressure is measured using an automatic cuff over a long-sleeved shirt. How might this impact the reading?**

- A) The reading will be falsely low
- B) The reading will be falsely high
- C) The reading will be unaffected
- D) The diastolic pressure will be more accurate than the systolic pressure
- E) The systolic pressure will be falsely low, while the diastolic pressure remains unchanged

**Answer:** B) The reading will be falsely high