

PROGRAM:	ERASMUS+
ACTION / SUBPROGRAM:	Key Action 2 / Strategic Partnerships
PROJECT TITLE:	“OSH+ for the European Agriculture sector - Stimulating growth in rural areas through capacity building for providers (and beneficiaries) of occupational medicine and OSH services”
DOCUMENT:	C2-Training Course for Occupational Medicine physicians - Individual Exercise

C2-Training Course for Occupational Medicine physicians

Module 8 - Cardiovascular Diseases for Employees working in Agriculture

Individual Exercise

1. Which of the following cardiovascular diseases have a higher incidence in farmers, as shown by recent studies, and, as such, are of great importance to the occupational health physician?
 - a. Valvular diseases
 - b. Hypertension
 - c. Coronary artery disease
 - d. Pulmonary embolism
 - e. Heart failure
2. Which of the following measures are to be taken for a proper prophylaxis of hypertension?
 - a. Encouraging intense physical effort
 - b. Smoking cessation
 - c. Normal BMI (less than 18.5kg/m²)
 - d. Reducing salt intake (<5 g/day)
 - e. Regular monitoring of blood pressure (including encouraging of home monitoring)
3. What are the target values of blood pressure? Which are the grades of hypertension?
 - a. Target values of BP: <150/100 mmHg in general population,
 - b. Grade I hypertension: Systolic BP of 160-179 mmHg and Diastolic BP of 100-109 mmHg
 - c. Grade III Hypertension: Systolic BP of over 180 mmHg and Diastolic BP of over 110 mmHg
 - d. Target values of BP: <140/90 mmHg in general population
 - e. Target values of BP: <140/85 mmHg in diabetics.
4. Which of the following statements about cardiovascular risk factors in farmers are false?
 - a. The SCORE chart analyzes overall cardiovascular mortality
 - b. Heat waves are a risk factor for myocardial infarction in farmers
 - c. Exposure to noise leads to an increased risk of hypertension
 - d. A fluctuating economical environment does not represent a risk for cardiovascular diseases in farmers.
 - e. In dyslipidemias, the main target of treatment is HDL-Cholesterol.
5. Which of the following statements regarding cardiovascular risk factors in farmers are true?
 - a. Dyslipidemia is defined as a level of total Cholesterol > 190 mg/dl, LDL Cholesterol > 115 mg/dl, HDL Cholesterol < 40 mg/dl and/or TGL > 150 mg/dl
 - b. Smoking is one of the most important modifiable cardiovascular risk factors
 - c. In the present moment, the aging of the agricultural workforce does not represent a risk for developing cardiovascular disease in farmers.
 - d. Obesity is defined as a Body Mass Index > 24 kg/m²
 - e. Diabetes can be associated with a greater cardiovascular risk

6. Which of the following statements about coronary artery disease is true?
 - a. Coronary artery disease can be divided in two main entities: Stable coronary artery disease (SCAD) and Myocardial Infarction (MI)
 - b. The main aetiology is represented by rupture of blood vessels due to hypertension
 - c. Risk factors for SCAD include smoking, age, male gender, dyslipidemia, comorbidities such as hypertension and diabetes.
 - d. The symptoms of typical angina are: sharp, localized chest pain, radiating to the left shoulder and cubital margin of the right arm.
 - e. Persons with SCAD must be excluded from farming activities involving intense labour
7. Which of the following statements about congestive heart failure are true?
 - a. Typical Symptoms are represented by: Dyspnoea, Orthopnoea/Paroxysmal Nocturnal dyspnoea, Fatigue, Reduced exercise tolerance, Oedema
 - b. Transthoracic Echocardiography has limited diagnostic value.
 - c. Intense physical effort must be avoided at all cost
 - d. Exposure to intense microclimate variations must be avoided
 - e. Salt intake does not influence heart failure
8. Cardio Pulmonary Resuscitation includes:
 - a. Recognition of cardiac arrest: Check for responsiveness, breathing and pulse (breathing and pulse can be checked for simultaneously)
 - b. Activating the Emergency Resposne System is rarely necessary.
 - c. Compression-ventilation ratio without advanced airway-endotracheal tube or laryngeal mask (1 or 2 rescuers): 30 compressions for 2 ventilations
 - d. Compression-ventilation ratio without advanced airway-endotracheal tube or laryngeal mask (1 or 2 rescuers): 100-120 compressions for 2 ventilations
 - e. It is not recommended for untrained rescuers to use the automated external defibrillator (AED).
9. Prophylaxis of cardiovascular diseases in farmers includes:
 - a. Limiting or excluding intense physical effort
 - b. Adapting workload to persons with a greater risk of CVD
 - c. Regularly using automated external defibrillators
 - d. Smoking cessation
 - e. Maintaining normal cholesterol levels
10. Prophylaxis of cardiovascular diseases in farmers does not include:
 - a. Smoking cessation
 - b. Avoiding significant microclimate variations
 - c. Discouraging home monitoring of blood pressure due to hypochondria
 - d. Ankle brachial pressure index (ABPI/ABI) measurement
 - e. Excluding farmers with aggravating comorbidities from farm work.

1.	2.	3.	4.	5.	6.	7.	8.	9.	10.
b,c,e	b,d,e	c,d,e,	b,d	a,b,e	a,c,e	a,c,d	a,c	a,b,d,e	c