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Qatar Council for Healthcare Practitioners (QCHP) Pharmacy Qualifying Exam

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Question 1. (Single Select)

Which of the following may be covered under Part A of Medicare?

- A: blood glucose strips
- B: hospital stay
- C: insulin
- D: heparin for home dialysis

Correct Answer: B

Explanation:

Medicare Part A, often referred to as hospital insurance, primarily covers inpatient care in hospitals, skilled nursing facility care, hospice care, and limited home health services. Understanding what each part of Medicare covers can help beneficiaries make informed decisions about their health care needs.

When considering the options listed: blood glucose strips, hospital stay, insulin, and heparin for home dialysis, it's clear that "hospital stay" is the correct answer regarding coverage under Part A of Medicare.

Part A specifically addresses costs incurred during an inpatient hospital stay, which may include a semi-private room, meals, general nursing, drugs as part of your inpatient treatment, and other hospital services and supplies. This is in contrast to outpatient or prescription drug coverage, which are typically covered under Medicare Part B and Part D, respectively.

For example, blood glucose strips and insulin are generally considered to be part of outpatient care or prescription drug coverage, used daily by individuals with diabetes to manage their condition. These items are not covered under Part A; instead, they would be covered under Medicare Part B (for the strips as durable medical equipment) and Part D for insulin, unless the insulin is used with an insulin pump, which might then be covered under Part B.

Similarly, heparin used for home dialysis would not be covered under Part A, as Part A only covers institutional settings. However, Medicare Part B could cover external durable medical equipment and supplies needed for home dialysis, and certain necessary medications like heparin could be covered under Part B as well.

In conclusion, while Medicare covers a wide array of health care services, it's important to

understand the distinctions between parts of Medicare and what they cover to ensure proper usage and to avoid unexpected expenses. Part A is primarily focused on covering costs associated with hospital stays and is the correct answer to the question about coverage.

Question 2. (Single Select)

The heart condition characterized by severe, often constricting pain affecting the pectoral region caused by lack of oxygen to heart cells is which of the following?

- A: arrhythmia
- B: arteriosclerosis
- C: atherosclerosis
- D: angina

Correct Answer: D

Explanation:

Angina, correctly identified as the heart condition in the provided question, is primarily characterized by severe and often constricting chest pain. This pain, typically felt in the pectoral or chest region, is medically referred to as angina pectoris. The fundamental cause of this pain is the insufficient supply of oxygen to the heart muscle cells (myocardium). When the heart muscle doesn't receive enough oxygenated blood, it leads to the characteristic pain or discomfort of angina.

The main mechanism behind the reduction in blood and oxygen supply to the heart in cases of angina is usually the narrowing of the coronary arteries due to atherosclerosis. Atherosclerosis involves the build-up of fatty deposits, or plaques, inside the walls of the arteries, which can reduce or block the flow of blood. Besides atherosclerosis, other risk factors such as hypertension (high blood pressure), diabetes, high cholesterol, and smoking can exacerbate the condition by further impairing arterial health and heart function.

Angina is often triggered by physical exertion, emotional stress, or any other factors that increase the heart's demand for oxygen. It can manifest as a pressure, heaviness, tightness, or squeezing sensation in the chest. The discomfort may also radiate to the shoulders, arms, neck, jaw, or back. Typically, angina is relieved by rest or medication such as nitroglycerin, which helps to widen the blood vessels and improve blood flow to the heart muscle.

Angina is a symptom of coronary artery disease (CAD), the most common type of heart disease. It serves as a warning sign that a person is at increased risk of more serious heart problems, such as heart attacks. Therefore, it is crucial for individuals experiencing symptoms of angina to seek medical evaluation and treatment to manage the underlying causes and reduce the risk of heart attack or other complications. Treatment strategies may include lifestyle changes, medications, and possibly procedures like angioplasty or surgery to restore adequate blood flow to the heart.

In summary, angina is a significant medical condition indicating compromised heart health due to reduced blood flow and oxygen to the heart, primarily caused by atherosclerosis and other cardiovascular risk factors. Prompt diagnosis and management are essential to prevent more severe heart-related events.

Question 3. (Single Select)

The condition in which a person hears well with one ear but does not hear well with the other ear is known as which of the following?

- A: deafness
- B: unilateral hearing loss
- C: bilateral hearing loss
- D: being hard of hearing

Correct Answer: B

Explanation:

The condition in which a person has significantly better hearing in one ear compared to the other is known as unilateral hearing loss. This type of hearing impairment affects only one ear, leaving the other ear with normal or near-normal hearing capabilities. The disparity in hearing ability between the two ears can lead to challenges in locating the origin of sounds, understanding speech in noisy environments, and maintaining balance in some cases.

Unilateral hearing loss can be caused by a variety of factors including genetic predispositions, illnesses, injuries, or exposure to loud noises affecting only one ear. It can occur suddenly or develop gradually over time. The severity of hearing loss can range from mild to profound, and it may affect different frequencies of sound differently.

Diagnosis of unilateral hearing loss typically involves a series of hearing tests conducted by an audiologist. These tests help to quantify the degree of hearing loss in each ear and to identify the frequencies that are most affected. Treatment options vary depending on the underlying cause and the severity of the condition. They may include the use of hearing aids, medical interventions, or in some cases, surgical procedures to improve hearing function in the affected ear.

It is important to distinguish unilateral hearing loss from other types of hearing impairments, such as bilateral hearing loss, where both ears are affected, or being hard of hearing, which generally refers to a mild to moderate hearing loss in both ears. Understanding the specific type of hearing loss is crucial for effective management and treatment to enhance the individual's quality of life and communication abilities.

Question 4. (Single Select)

Which of the following medications is a urinary incontinence agent?

- A: Detrol
- B: Floxin
- C: Keflex
- D: Vibramycin

Correct Answer: A

Explanation:

Detrol, the trade name for tolterodine, is specifically designed to treat symptoms of urinary incontinence. Urinary incontinence, the involuntary leakage of urine, can be highly disruptive to daily activities and can occur for various reasons, including muscle problems and nerve damage. Tolterodine belongs to a class of medications known as antimuscarinics or anticholinergics, which work by relaxing the bladder muscle. This relaxation helps decrease urinary urgency, frequency, and the incidence of incontinence episodes.

The mechanism of action of Detrol involves blocking the muscarinic receptors in the bladder. These receptors typically respond to the neurotransmitter acetylcholine, which, when bound, causes the bladder to contract. By inhibiting this action, tolterodine decreases the bladder's involuntary contractions, thus managing the symptoms of overactive bladder (OAB), including

urgency, frequency, and leakage.

On the other hand, the other medications listed—Floxin (ofloxacin), Keflex (cephalexin), and Vibramycin (doxycycline)—are antibiotics used to treat bacterial infections. Floxin and Keflex are primarily used to target a variety of bacterial infections including those affecting the urinary tract, but their main function is to eliminate bacteria, not to control muscle contractions of the bladder. Vibramycin is also an antibiotic, widely used to treat infections like bacterial urinary tract infections, respiratory infections, and others, but again, it does not address the underlying issues of urinary incontinence.

Therefore, when comparing these medications, Detrol is uniquely suited for and directly indicated in the management of symptoms associated with urinary incontinence and overactive bladder, making it the correct answer to the question about which medication is a urinary incontinence agent. The other medications, while important for treating infections, do not have the properties to manage or treat urinary incontinence directly.

Question 5. (Single Select)

If the markup of a bottle medication that cost the pharmacy \$1.60 per bottle is 250%, what will the consumer pay for one bottle of this medication?

- A: \$2.00
- B: \$2.40
- C: \$5.60
- D: \$10.00

Correct Answer: C

Explanation:

To understand how much a consumer will pay for a bottle of medication, it's essential to comprehend how markup is calculated in retail pricing. Markup refers to the percentage added to the cost price of goods to cover overhead and profit. In this scenario, the pharmacy has a markup of 250% on a medication that costs them \$1.60 per bottle.

First, to find the amount added as markup, multiply the cost price by the markup percentage. Here, the cost is \$1.60 per bottle, and the markup is 250%. Calculating this, we have:

Markup amount = Cost Price × Markup Percentage

$$\text{Markup amount} = \$1.60 \times 250\%$$

$$\text{Markup amount} = \$1.60 \times 2.5$$

$$\text{Markup amount} = \$4.00$$

This \$4.00 is the additional amount added to the original cost of the bottle to arrive at the final selling price. To find the selling price, add the markup amount to the original cost price:

Selling Price = Cost Price + Markup Amount

$$\text{Selling Price} = \$1.60 + \$4.00$$

$$\text{Selling Price} = \$5.60$$

Therefore, a consumer will pay \$5.60 for one bottle of this medication. This price includes the original cost of the bottle to the pharmacy and the added markup to cover overhead and profit, ensuring the pharmacy's operational sustainability.



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