Example of a Case-Based Question

Case-based questions identify a specific scenario related to the continuing education activity content. These questions are asked at the start and after the conclusion of the educational event in order to measure possible changes in learner competence. Below is an example of a case, followed by a question related to the case/CME activity that helps assess competence.

A 67-year-old man with newly diagnosed NYHA Class II heart failure has treatment initiated with an angiotensin converting enzyme inhibitor (ramipril) and a $\beta$-blocker (metoprolol). Over a period of 3 months, both agents are titrated to standard recommended doses. The patient is tolerant of both agents, but there is only very modest improvement in hemodynamic parameters and clinical symptoms (e.g., exercise capacity).

What is a reasonable course of action for this patient?

a. Increase both drugs to maximum tolerated doses
b. Add an angiotensin receptor blocker to therapy
c. Switch $\beta$-blockers
d. Consider genetic testing for polymorphisms that may suggest treatment reasons for poor responses and potentially effective treatment alternatives