

100 Multiple-Choice Quiz about Tachycardia

1. What does the term "tachycardia" mean?

- A. Slow heart rate
- B. Irregular breathing
- C. Fast heart rate
- D. High blood pressure

2. What is considered a normal resting heart rate for most adults?

- A. 20–40 beats per minute
- B. 60–100 beats per minute
- C. 110–140 beats per minute
- D. 150–180 beats per minute

3. Which part of the heart normally controls heart rhythm?

- A. Left ventricle
- B. Aorta
- C. Sinoatrial (SA) node
- D. Mitral valve

4. Which symptom is commonly associated with tachycardia?

- A. Hair loss
- B. Chest pain
- C. Blurred hearing
- D. Joint swelling

5. Which type of tachycardia originates in the ventricles?

- A. Sinus tachycardia
- B. Atrial flutter
- C. Ventricular tachycardia
- D. Supraventricular tachycardia

6. Which condition can trigger sinus tachycardia?

- A. Exercise
- B. Sleep
- C. Hypothermia
- D. Relaxation

7. What heart rate generally defines tachycardia in adults?

- A. Above 50 bpm
- B. Above 75 bpm
- C. Above 100 bpm
- D. Above 200 bpm

8. Which test records the electrical activity of the heart?

- A. MRI
- B. CT scan
- C. Electrocardiogram (ECG)
- D. Colonoscopy

9. Which electrolyte imbalance may contribute to tachycardia?

- A. High calcium only
- B. Low potassium
- C. Low iron only
- D. High vitamin D

10. Which medication class is commonly used to slow heart rate?

- A. Antibiotics
- B. Beta-blockers
- C. Antifungals
- D. Steroids

11. What does SVT stand for?

- A. Severe ventricular tension
- B. Supraventricular tachycardia
- C. Systemic vascular thrombosis
- D. Sinus ventricular trauma

12. Which lifestyle factor can increase the risk of tachycardia?

- A. Meditation
- B. Excess caffeine
- C. Adequate sleep
- D. Balanced diet

13. Which chamber of the heart pumps oxygenated blood to the body?

- A. Right atrium
- B. Left ventricle
- C. Right ventricle
- D. Left atrium

14. Which symptom may occur during severe tachycardia?

- A. Fainting
- B. Rash
- C. Toothache
- D. Constipation

15. Which arrhythmia is characterized by chaotic atrial activity?

- A. Ventricular tachycardia
- B. Atrial fibrillation
- C. Bradycardia
- D. Heart block

16. What is palpitations?

- A. Swelling of the legs
- B. Awareness of heartbeat
- C. Lung infection
- D. Loss of vision

17. Which hormone can increase heart rate during stress?

- A. Insulin
- B. Estrogen
- C. Adrenaline
- D. Melatonin

18. Which condition may cause secondary tachycardia?

- A. Anemia
- B. Healthy sleep
- C. Proper hydration
- D. Yoga

19. Which device may be implanted to correct dangerous ventricular tachycardia?

- A. Cochlear implant
- B. Pacemaker only
- C. Implantable cardioverter-defibrillator (ICD)
- D. Feeding tube

20. Which action may help stop some SVT episodes?

- A. Drinking soda
- B. Vagal maneuvers
- C. Running quickly
- D. Eating candy

21. Which tachycardia is usually a normal response to exercise?

- A. Ventricular fibrillation
- B. Sinus tachycardia
- C. Torsades de pointes
- D. Heart block

22. Which test may continuously monitor heart rhythm for 24–48 hours?

- A. Holter monitor
- B. Ultrasound of the abdomen

- C. Bone scan
- D. Colonoscopy

23. Which substance is a stimulant that may trigger tachycardia?

- A. Nicotine
- B. Fiber
- C. Calcium
- D. Water

24. What is a possible complication of untreated tachycardia?

- A. Stroke
- B. Broken bone
- C. Cataracts
- D. Appendicitis

25. Which heart chamber receives oxygen-rich blood from the lungs?

- A. Left atrium
- B. Right ventricle
- C. Left ventricle
- D. Right atrium

26. Which medical emergency involves chaotic ventricular activity?

- A. Atrial flutter
- B. Ventricular fibrillation
- C. Sinus rhythm
- D. Heart murmur

27. Which symptom suggests reduced blood flow from tachycardia?

- A. Dizziness
- B. Sneezing
- C. Itchy skin
- D. Ear ringing

28. Which mineral is important for normal heart rhythm?

- A. Potassium
- B. Zinc only
- C. Copper only
- D. Fluoride

29. Which condition is characterized by a rapid but regular heartbeat?

- A. Sinus tachycardia
- B. Asystole
- C. Cardiac arrest only
- D. Heart block

30. Which age group can experience tachycardia?

- A. Adults only
- B. Elderly only
- C. Children only
- D. All age groups

31. Which imaging test evaluates heart structure?

- A. Echocardiogram
- B. Mammogram
- C. Eye exam
- D. Skin biopsy

32. Which emotional state commonly causes temporary tachycardia?

- A. Anxiety
- B. Calmness
- C. Sleep
- D. Relaxation

33. What is the primary function of the ventricles?

- A. Filter blood
- B. Pump blood out of the heart
- C. Produce hormones
- D. Store oxygen

34. Which rhythm disorder may cause sudden cardiac death?

- A. Ventricular tachycardia
- B. Mild sinus arrhythmia
- C. Sinus bradycardia in athletes
- D. Respiratory variation

35. Which factor can worsen tachycardia symptoms?

- A. Dehydration
- B. Adequate hydration
- C. Sleep
- D. Meditation

36. Which procedure destroys abnormal heart tissue causing arrhythmias?

- A. Angioplasty
- B. Cardiac ablation
- C. Appendectomy
- D. Dialysis

37. Which type of tachycardia often starts and stops suddenly?

- A. SVT
- B. Sinus rhythm
- C. Bradycardia
- D. Heart block

38. Which symptom requires emergency evaluation during tachycardia?

- A. Mild thirst
- B. Severe chest pain

- C. Dry lips
- D. Hiccups

39. Which chamber receives deoxygenated blood from the body?

- A. Right atrium
- B. Left atrium
- C. Left ventricle
- D. Aorta

40. Which drug may be given during emergency arrhythmia treatment?

- A. Adenosine
- B. Ibuprofen
- C. Antacid
- D. Vitamin C

41. Which type of tachycardia originates above the ventricles?

- A. Supraventricular tachycardia
- B. Ventricular fibrillation
- C. Asystole
- D. Heart block

42. Which health habit may reduce tachycardia episodes?

- A. Smoking
- B. Stress management
- C. Excess alcohol use
- D. Sleep deprivation

43. Which condition can mimic tachycardia symptoms?

- A. Panic attack
- B. Broken finger
- C. Cataract
- D. Kidney stone only

44. What does "arrhythmia" mean?

- A. Bone disease
- B. Abnormal heart rhythm
- C. Lung infection
- D. Liver inflammation

45. Which diagnostic test uses exercise to assess heart rhythm?

- A. Stress test
- B. Eye exam
- C. Allergy test
- D. Hearing test

46. Which condition can increase the risk of atrial fibrillation?

- A. Hypertension
- B. Perfect hydration
- C. Healthy exercise habits
- D. Balanced diet

47. Which emergency treatment delivers an electrical shock to restore rhythm?

- A. Defibrillation
- B. Dialysis
- C. Intubation
- D. Suturing

48. Which symptom is common in atrial fibrillation?

- A. Irregular pulse
- B. Tooth sensitivity
- C. Ear pain
- D. Leg fracture

49. Which beverage may worsen tachycardia in sensitive individuals?

- A. Energy drinks
- B. Water
- C. Milk
- D. Herbal tea without caffeine

50. Which structure separates the left and right sides of the heart?

- A. Septum
- B. Tendon
- C. Cartilage
- D. Bronchus

51. Which rhythm problem may be inherited?

- A. Long QT syndrome
- B. Sprained ankle
- C. Astigmatism
- D. Osteoporosis

52. Which symptom may accompany reduced oxygen delivery during tachycardia?

- A. Shortness of breath
- B. Hair growth
- C. Sneezing
- D. Nail discoloration only

53. Which part of the nervous system increases heart rate?

- A. Sympathetic nervous system
- B. Digestive system
- C. Skeletal system
- D. Lymphatic system

54. Which thyroid disorder may cause tachycardia?

- A. Hyperthyroidism
- B. Hypoglycemia only
- C. Arthritis

D. Cataracts

55. Which condition is most dangerous if untreated?

- A. Ventricular fibrillation
- B. Mild sinus tachycardia
- C. Respiratory sinus arrhythmia
- D. Occasional skipped beat

56. Which pulse finding may indicate tachycardia?

- A. Rapid pulse
- B. Absent breathing only
- C. Cool skin only
- D. Weak grip strength

57. Which medication may trigger tachycardia as a side effect?

- A. Decongestants
- B. Calcium supplements only
- C. Eye drops only
- D. Antacids only

58. Which medical term means a slow heart rate?

- A. Tachycardia
- B. Bradycardia
- C. Arrhythmia
- D. Hypertension

59. Which chamber pumps blood to the lungs?

- A. Right ventricle
- B. Left ventricle
- C. Left atrium
- D. Aorta

60. Which symptom may occur if tachycardia severely lowers blood pressure?

- A. Shock
- B. Rash
- C. Tooth decay
- D. Sneezing

61. Which condition involves rapid atrial contractions with a sawtooth ECG pattern?

- A. Atrial flutter
- B. Sinus rhythm
- C. Asystole
- D. Heart block

62. Which activity may naturally increase heart rate temporarily?

- A. Climbing stairs
- B. Sleeping deeply
- C. Meditation
- D. Resting quietly

63. Which condition may require synchronized cardioversion?

- A. Unstable tachycardia
- B. Mild headache
- C. Seasonal allergies
- D. Muscle strain

64. Which symptom is less likely with mild sinus tachycardia?

- A. No symptoms at all
- B. Cardiac arrest
- C. Slight palpitations
- D. Mild anxiety

65. Which condition involves extra electrical pathways in the heart?

- A. Wolff-Parkinson-White syndrome
- B. Osteoarthritis

- C. Asthma
- D. Pneumonia

66. Which body response can cause tachycardia during infection?

- A. Fever
- B. Low appetite only
- C. Sleepiness only
- D. Hiccups

67. Which specialist commonly treats tachycardia?

- A. Cardiologist
- B. Dermatologist
- C. Ophthalmologist
- D. Podiatrist

68. Which term refers to a sensation of skipped heartbeats?

- A. Palpitations
- B. Edema
- C. Cyanosis
- D. Hemorrhage

69. Which lifestyle change may improve heart rhythm control?

- A. Quitting smoking
- B. Increasing nicotine intake
- C. Sleep deprivation
- D. Heavy alcohol use

70. Which ECG finding is associated with atrial fibrillation?

- A. Irregularly irregular rhythm
- B. Perfectly regular rhythm
- C. Flat line only
- D. Slow pulse only

71. Which blood vessel carries blood from the heart to the body?

- A. Aorta
- B. Vena cava
- C. Pulmonary vein
- D. Capillary

72. Which condition may increase heart rate because of low oxygen levels?

- A. Lung disease
- B. Healthy sleep
- C. Meditation
- D. Relaxation

73. Which medical device records intermittent heart rhythms over weeks?

- A. Event monitor
- B. Thermometer
- C. Spirometer
- D. Glucometer

74. Which factor can provoke tachycardia in hospitalized patients?

- A. Pain
- B. Quiet rest
- C. Relaxation
- D. Adequate hydration

75. Which condition may occur when tachycardia decreases cardiac output?

- A. Fatigue
- B. Improved stamina
- C. Better concentration
- D. Increased appetite

76. Which heart valve lies between the left atrium and left ventricle?

- A. Mitral valve
- B. Tricuspid valve
- C. Pulmonary valve
- D. Aortic arch

77. Which medication type may prevent blood clots in atrial fibrillation?

- A. Anticoagulants
- B. Antibiotics
- C. Antihistamines
- D. Laxatives

78. Which arrhythmia may cause a pulse too fast to count accurately?

- A. Ventricular tachycardia
- B. Sinus bradycardia
- C. Respiratory rhythm
- D. Heart murmur

79. Which hormone-producing gland may contribute to tachycardia if overactive?

- A. Thyroid gland
- B. Salivary gland
- C. Sweat gland
- D. Lacrimal gland

80. Which sign may indicate poor circulation during severe tachycardia?

- A. Pale skin
- B. Bright green eyes
- C. Improved memory
- D. Increased appetite

81. Which type of tachycardia is often related to emotional stress?

- A. Sinus tachycardia
- B. Asystole
- C. Ventricular standstill
- D. Complete heart block

82. Which electrolyte besides potassium is important for heart rhythm?

- A. Magnesium
- B. Iron only
- C. Fluoride only
- D. Chlorine gas

83. Which symptom can occur due to decreased blood flow to the brain?

- A. Confusion
- B. Hair loss
- C. Back itching
- D. Nosebleeds only

84. Which rhythm may require CPR if the patient collapses?

- A. Ventricular fibrillation
- B. Mild sinus tachycardia
- C. Normal sinus rhythm
- D. Respiratory sinus arrhythmia

85. Which condition may cause tachycardia because of blood loss?

- A. Hemorrhage
- B. Healthy hydration
- C. Meditation
- D. Resting quietly

86. Which chamber pumps oxygenated blood into the aorta?

- A. Left ventricle

- B. Right ventricle
- C. Right atrium
- D. Pulmonary artery

87. Which treatment may be used for recurrent SVT?

- A. Catheter ablation
- B. Tonsillectomy
- C. Dialysis
- D. Eye surgery

88. Which factor may increase the likelihood of tachycardia in older adults?

- A. Heart disease
- B. Perfect fitness only
- C. Normal hydration
- D. Quiet sleep

89. Which sign is common during an episode of SVT?

- A. Sudden racing heartbeat
- B. Broken bone
- C. Hearing loss
- D. Skin rash

90. Which emergency medication may treat ventricular arrhythmias?

- A. Amiodarone
- B. Acetaminophen
- C. Penicillin
- D. Vitamin B12

91. Which medical term means absence of cardiac electrical activity?

- A. Asystole
- B. Tachycardia

- C. Hypertension
- D. Angina

92. Which condition can trigger tachycardia because of low blood sugar?

- A. Hypoglycemia
- B. Hypercalcemia
- C. Osteoporosis
- D. Cataracts

93. Which lifestyle habit supports heart health?

- A. Regular exercise
- B. Smoking
- C. Heavy stimulant use
- D. Chronic sleep deprivation

94. Which symptom is most characteristic of palpitations?

- A. Fluttering heartbeat sensation
- B. Skin blistering
- C. Joint swelling
- D. Blurred hearing

95. Which condition may cause tachycardia because the heart works harder for oxygen?

- A. Fever
- B. Relaxation
- C. Sleep
- D. Quiet meditation

96. Which arrhythmia often has no obvious symptoms?

- A. Atrial fibrillation
- B. Cardiac arrest
- C. Severe shock
- D. Ventricular standstill

97. Which preventive measure may reduce tachycardia triggers?

- A. Limiting caffeine
- B. Increasing nicotine use
- C. Heavy alcohol intake
- D. Sleep deprivation

98. Which condition involves twisting ventricular rhythms often linked to prolonged QT interval?

- A. Torsades de pointes
- B. Sinus tachycardia
- C. First-degree heart block
- D. Respiratory sinus arrhythmia

99. Which emergency symptom during tachycardia should never be ignored?

- A. Loss of consciousness
- B. Mild hunger
- C. Dry lips
- D. Hiccups

100. What is the overall goal of tachycardia treatment?

- A. Restore safe heart rhythm and prevent complications
- B. Increase blood sugar only
- C. Reduce bone density
- D. Eliminate all exercise