

Supplementary Table IA. Hypertension knowledge test (HKT)

Name.....

Date.....

**Instructions:** *This test is designed to help you and your clinician to know what you understand about hypertension and its management. This will facilitate your clinician to engage in better health communication according to your needs. Read each item below and circle the option that you think is correct. If you do not know the answer then circle the option 'Do not Know'.*

1. If someone's blood pressure is 120/80, it is
  - a. High
  - b. Low
  - c. Normal,
  - d. Pre-hypertension
  - e. Do not know
2. Dietary changes that are useful to control hypertension
  - a. Consuming more fruits, vegetables and whole grains
  - b. Red meat, egg, milk, cheese
  - c. Confining to liquid diet.
  - d. Go on fasting intermittently
  - e. Do not know
3. For patients with high B.P., reducing salt intake.
  - a. Helps in bringing down the B.P.
  - b. Increases the B.P.
  - c. Does not have any impact
  - d. Is dangerous
  - e. Do not know
4. Once someone has high blood pressure, it usually lasts for
  - a. Two years
  - b. 5-10 years.
  - c. 10-15 years.
  - d. Rest of their life.
  - e. Do not know
5. People with high blood pressure should take their medicine
  - a. Every day and lifelong without break.
  - b. A course for one wk.
  - c. Only when the B.P. is high.
  - d. Until the B.P. gives normal reading.
  - e. Do not know
6. What happens when B.P. shoots up very high crossing its limits?
  - a. Leads to paralysis
  - b. Leads to holes in the heart
  - c. Damages the bones
  - d. Both a & b
  - e. Do not know
7. Doctor needs to be informed about the medicines that a B.P. patient is using
  - a. When undergoing surgical procedures
  - b. When going for X-Ray
  - c. When consulting doctor for uncontrolled fever
  - d. When one has severe throat infection
  - e. Do not know

8. Which of the following is not a cause of high B.P.?
  - a. Obesity
  - b. Excessive anger
  - c. Smoking
  - d. Hereditary.
  - e. Do not know
9. The fact about High blood pressure is that
  - a. It is normal phenomenon in every person.
  - b. It causes serious health problems if left untreated.
  - c. It is seen only in old people
  - d. It is seen in people who are short tempered
  - e. Do not know
10. Risk of hypertension can be reduced by
  - a. Smoking occasionally
  - b. Consuming limited quantity of alcohol everyday
  - c. Avoiding physical activity
  - d. Reducing the weight
  - e. Do not know
11. Medicines for hypertension
  - a. Can be suggested by a relative who has been taking medicines for high B.P. for prolonged period
  - b. Cannot deviate from the prescribed medication under any circumstance.
  - c. For any reason, if the prescribed medicine is unavailable, the medicines used by other hypertensive patients can be taken temporarily.
  - d. When one forgets to carry the medicine while going out, it can be skipped.
  - e. Do not know
12. In a patient of hypertension, If suddenly one side of face starts drooping, speech becomes difficult, arm becomes weak then its possibly
  - a. Brain stroke
  - b. Heart attack
  - c. Heart failure
  - d. Kidney failure
  - e. Do not know
13. Commonly used drugs to treat hypertension
  - a. Beta blockers and diuretics
  - b. Diuretics and hormones
  - c. Vasodilators and steroids
  - d. Sodium carbide and calcium carbonate
  - e. Do not know
14. Which one of the following is wrong?
  - a. Medications should be taken on time every day.
  - b. When the B.P. is normal, medication can be stopped.
  - c. Take the medicine irrespective of other problems like fever or cold.
  - d. Doctor should know all the medications being taken.
  - e. Do not know
15. What should be done if a person misses a dose of medication?
  - a. It is good to take skipped dose along with the next dose together
  - b. Skip the next dose also and start fresh from next day morning
  - c. Take the dose as early as possible.
  - d. It is good to skip routinely to avoid over dosage
  - e. Do not know

16. Warning signal during a heart attack
  - a. Person suffers from fever & chills
  - b. Person experiences headache.
  - c. Person suffers from dizziness, pain in the chest and shortness of breath.
  - d. Person suffers from swelling of feet
  - e. Do not know
17. Which of the following is correct?
  - a. Decrease medication dosage when the symptoms disappear
  - b. Medication can be skipped once in a way
  - c. Have a routine for taking medication
  - d. Increase the dosage when the symptoms are severe.
  - e. Do not know
18. Hypertension is blood pressure recording more than
  - a. 100/80
  - b. 110/70
  - c. 120/80
  - d. 140/90
  - e. Do not know
19. Lifestyle modifications for treating Hypertension include
  - a. Resting a lot
  - b. Regulating diet and exercise
  - c. Living in quiet locality
  - d. Controlling anger.
  - e. Do not know
20. Which of the following statement is wrong?
  - a. Eat less red meat and sweets
  - b. Eat foods that are high in magnesium, potassium, and calcium
  - c. Eat foods with more sodium
  - d. Eat more whole grain products and fish
  - e. Do not know
21. Damage caused by high blood pressure to body
  - a. Heart attack, heart failure, brain stroke.
  - b. Damage of blood vessels, eyes, kidneys.
  - c. Gaining lot of weight
  - d. Both A and B are true
  - e. Do not know
22. All are true statements about hypertension except
  - a. Genes, obesity, stress are some of risk factors
  - b. Walking long distances is harmful for patients with high B.P.
  - c. Headaches, chest pain, breathing difficulty can be symptoms when B.P. is high
  - d. It can sometimes be a 'silent killer' with very little symptoms
  - e. Do not know