

ASHA/Health Care Provider Pre Training Test

Name of ASHA/Health Care Provider:	Date:
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Please respond to the following questions with a (Tick ✓ mark).

1. CHIRI - intervention focuses on supporting people with hypertension to manage their disease better by addressing the main disease management issues, such as:
 - a. physical inactivity and un-healthy diet
 - b. taking medication
 - c. knowing about risk factors for hypertension
 - d. all of the above (a, b and c)

2. Are the following statements about hypertension true or false? (Tick ✓)

Statement	TRUE	FALSE
People with high blood pressure USUALLY don't have any symptoms		
People with high blood pressure USUALLY have headaches		
People with high blood pressure USUALLY have a lot of stress in their life.		
People with high blood pressure USUALLY smoke and drink alcohol		
People with high blood pressure USUALLY feel tired and dizzy		
People with high blood pressure USUALLY need to see their health care provider at least every 3 months		
People with high blood pressure USUALLY are more likely to have a stroke		

3. The following box shows the risk factors of hypertension. Please tick which risk factors can be changed by making lifestyle changes to our everyday life?

Risk factors hypertension	Can be CHANGED	Can NOT be changed
Diet		
Alcohol consumption		
Age		
Level of physical activity		
A family history of hypertension		
Cholesterol		
Weight /Waist circumference		
Sex		
Diabetes		

4. If uncontrolled, Hypertension can lead to more serious health problems. Which of these health problems can be caused by hypertension?

Health problems	CAUSED by hypertension	NOT caused by hypertension
Heart attack		
Kidney failure		
Stroke		
Blindness		
Nerve damage		

5. Some of the following actions could prevent you from getting hypertension. Please tick which of these do you think can be helpful? (**Tick ✓**)

Actions/items	CAN prevent	Can NOT prevent
Eating healthy diet		
Reaching a reasonable body weight		
Keeping active		
Eating vegetables and fruit		
Increasing your physical activity		
Avoiding Smoking and alcohol		
Limiting salt intake		
Using brown rice and whole grains		

6. How many minutes of moderate intensity physical activity (such as brisk walking so your heart is beating faster) should you aim to do every day? (Circle)
- a. 15 minutes
 - b. 30 minutes
 - c. 45 minutes
 - d. 60 minutes

7. Select TRUE or FALSE for the following statements (**Tick ✓**)

Statements	TRUE	FALSE
Eating a wide variety of foods can improve your health		
Cooking and eating large portions of rice in most meals is very important as rice has lots of nutrients and it does not harm our body		
A healthy person should perform 60 minutes of physical activity (walk etc.) every day		
Using smokeless tobacco (snuff, gutka, betel etc.) are better than using cigarette and bidis		
Heavy alcohol intake has no effect on hypertension		
Being stressed all the time is directly related to high blood pressure		
You should have your blood pressure checked by the doctor at the PHC at least once per year		

----END OF QUESTIONNAIRE--

ASHA/Health Care Provider Training (Post-test)

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