



Name:

Date:

PHC:

Village:

Post training Knowledge and training program evaluation - ASHA/CHW CHIRI study:

A: Knowledge

A. Which of the following is correct (you can tick more than one):

- Cardiovascular diseases are diseases of stomach and intestine
- Cardiovascular diseases are diseases of the heart and blood vessels
- Cardiovascular diseases occur suddenly
- Cardiovascular diseases can be prevented

B. Choose the correct statement:

- Blood pressure is the stress that one feels when they are anxious
- Blood pressure is the force of blood pushing against the walls of the arteries.
- High blood pressure gets cured when the patient takes rest
- High blood pressure cannot be diagnosed

C. High blood pressure is defined as BP

- Less than 120/80 mmHg
- Less than 130/89 mmHg
- Greater than 140/90mmHg
- Greater than 135/85 mmHg



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D. Which of the following are incorrect?

- High BP can cause cancer
- High BP can cause stroke
- High BP can be treated
- High BP can be controlled by eating more salt

E. Which of the following are correct?

- High BP can be controlled by rigorous physical activity
- High BP can be controlled by cycling more than 20 minutes in a day
- High BP can be controlled by sitting calmly at one place for 30 minutes each day
- High BP can be controlled by increasing salt consumption

F. Choose the correct symptoms of heart attack

- Chest pain
- Sweating
- Vomiting
- Fits

G. Stroke occurs when there is

- Damage to the heart
- Damage to the kidneys
- Damage to the brain
- Injury to eyes

H. Which of the following can prevent a person from getting cardiovascular diseases

- Reduce fat in meals
- Reduce vegetable intake
- Quit tobacco use
- Reduce physical activity

I. If a person has high blood pressure where would you refer him/her?

- 104 service
- Primary health centre
- Private clinic
- Anganwadi worker



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C. Skill

1. Which is the correct method to measure BP?



2. Which is the correct method to measure body weight?



3. BMI stands for

- Basal metabolic index
- Body mass index
- Blood metabolic index



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D: TRAINING PROGRAM EVALUATION

1. Was the training information presented clearly and at a level you could understand?

- Yes
 No

2. Did the trainers demonstrate knowledge and answer questions appropriately?

- Yes
 No

3. Was the training material (such as: ASHA/HCP handbook) useful?

Not very useful	Not useful	Neither	Useful	Very useful
<input type="checkbox"/>				

4. Were the activities (such as: discussion in pairs) useful?

Not very useful	Not useful	Neither	Useful	Very useful
<input type="checkbox"/>				

5. Were the practice sessions useful (learning how to measure BP and weight)?

Not very useful	Not useful	Neither	Useful	Very useful
<input type="checkbox"/>				

6. How well do you think you have understood the roles and responsibilities of group convenor and supporter?

Not very useful	Not useful	Neither	Useful	Very useful
<input type="checkbox"/>				

7. How well you think the training program has prepared you for providing support to your community?

Not very well	Not well	Neither	Well	Very well
<input type="checkbox"/>				



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8. How well you think you have learned the following concepts from the training?

	Not very well	Not well	Neither	Well	Very well
Aims of the CHIRI intervention					
Benefit to the participants					
Benefit to the community					
How to measure blood pressure					
How to measure waist circumference using a tape measure					
Giving some advice to your community about diet and exercise					
Goal setting					
Solving barriers and problems					

9. How useful do you think the resources and training you have received assisted you with convening the meetings for this program? (explaining the importance of the program to the community and getting people to attend the meetings)

Not very useful	Not useful	Neither	Useful	Very useful
<input type="checkbox"/>				

10. How useful do you think the resources and training you have received assisted you to support the people with hypertension in the community.

Not very useful	Not useful	Neither	Useful	Very useful
<input type="checkbox"/>				

11. How useful do you think the resources and support the participants have received assisted them with making positive behaviour changes to help them manage their hypertension

Not very useful	Not useful	Neither	Useful	Very useful
<input type="checkbox"/>				

12. How useful do you think participants' handbook is in helping participants setting and monitoring the goals?

Not very useful	Not useful	Neither	Useful	Very useful
<input type="checkbox"/>				



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13. How confident are you that you will be able to run the different parts of the program including:

	Not at all confident (1)	Not confident (2)	Neither (3)	Confident (4)	Very confident (5)
Organising and conducting small group meetings					
Setting the ground-rules					
Using effective communication and motivational skills					
Helping group members in setting goals					
Ongoing goal monitoring					
Ongoing blood pressure monitoring					
Promoting community activities and connections (such as: community physical activity events and advocating for changes in dietary habits)					

Are there any further comments you wish to make about this training program:

THANK YOU FOR ATTENDING THE TRAINING PROGRAM