Module 4: Blood Pressure Screenings: Assessing BP and Interpreting Readings

Introduction

Please answer the questions below before you begin the NHCI Community Health Workers (CHW) Pilot Program Module.

 Your answers are completely confidential and will only be used to improve future NHCI CHW Pilot Program training and education.

1. What is the standard unit for measuring blood pressure?
    a) <mark>Millimeters of mercury (mmHg)</mark>
    b) Pounds per square inch (psi)
    c) Cubic centimeters (cc)
    d) Decibels (dB)
    e) Don't know

2. Which of the following is NOT a component of properly measuring blood pressure?

    a) Using a validated and properly calibrated blood pressure device
    b) Placing the cuff around the bare forearm
    c) Positioning the individual's arm at heart level
    d) <mark>Having the community member rest for one minute prior to the first reading</mark>
    e) Don't know

3. Please select True or False for the following statement: Blood pressure should be measured after the individual has rested for at least 5 minutes.

    a) <mark>True</mark>
    b) False
    c) Don't know

4. How many times should blood pressure be measured during a single assessment?

    a) Once
    b) <mark>At least twice</mark>
    c) Four times
    d) It varies depending on the individual's condition
    e) Don't know

5. How would you interpret a blood pressure reading of 130/85 mmHg?

    a) Normal blood pressure
    b) Elevated blood pressure
    c) <mark>Stage 1 hypertension</mark>
    d) Stage 2 hypertension
    e) Don't know

6. What does the top number (systolic pressure) represent in a blood pressure reading?

a) The pressure in the arteries when the heart contracts
b) The pressure in the arteries when the heart is at rest
c) The difference between systole and diastole
d) The average pressure in the arteries over time
e) Don't know

7. What does the bottom number (diastolic pressure) represent in a blood pressure reading?

a) The pressure in the arteries when the heart contracts
b) The pressure in the arteries when the heart is at rest
c) The difference between systole and diastole
d) The average pressure in the arteries over time
e) Don't know

8. Please select True or False for the following statement: Blood pressure readings should be interpreted independently, without considering other factors or the individual's medical history.

a) True
b) False
c) Don't know

9. Which of the following blood pressure readings falls within the normal range?

a) Lower than 120/80 mmHg
b) 140/90 mmHg
c) 120/80 mmHg
d) 160/100 mmHg
e) 130/85 mmHg
f) Don't know

10. What actions should be taken if a blood pressure reading and repeat reading falls within the hypertensive range? Please select all that apply.

a) Advise the individual to follow-up with the health care team
b) Recommend lifestyle modifications for blood pressure control
c) Encourage the patient or community member to monitor blood pressure as advised by the health care team
d) All of the above
e) Don't know

We thank you for your time spent taking this assessment. Your response has been recorded.