

PLANK 5

TOOL: BP at Goal Patient Questionnaire (Fletcher Allen Healthcare/University of Vermont)

Please circle one answer for each question

1. Do you consider your BP to be under control?

yes no don't know

2. At what value would you consider your BP to be under control?

120/70 130/80 140/90 150/100 don't know

3. What problems do you see that stops your BP being controlled?

Circle all that apply

- a. I do not know my BP goal
- b. I do not know what my BP is or how to measure it
- c. I do not know how to decide if my BP is well controlled
- d. I do not know what to do when my BP is not at goal
- e. I do not know how to talk to my doctor about BP control
- f. My blood pressure medications make me feel bad
- g. My blood pressure medications are too expensive
- h. I do not have time or do not like to exercise
- i. I do not know what diet to follow
- j. I have difficulty following the diet prescribed by my doctor
- k. I have too many other things to worry about

Date _____

