PLANK 5
TOOL: BP at Goal Patient Questionnaire (Fletcher Allen Healthcare/University of Vermont)

QUESTIONNAIRE EVALUATING PHYSICIAN’S ASSESSMENT OF THE PATIENT’S KNOWLEDGE AND BEHAVIORS ABOUT BLOOD PRESSURE

BP AT GOAL PATIENT QUESTIONNAIRE

Mark on the corresponding scale of 0-10 with 0 being least important and 10 being most important your assessment of your patients’ perception of the following barriers to their BP being at goal.

a. I do not know my BP goal
   0_________________________10

b. I do not know what my BP is or how to measure it
   0_________________________10

c. I do not know how to decide if my BP is well-controlled
   0_________________________10

d. I do not know what to do when my BP is not at goal
   0_________________________10

e. I do not know how to talk to my doctor about BP control
   0_________________________10

f. My blood pressure medications make me feel bad
   0_________________________10

g. My blood pressure medications are too expensive
   0_________________________10

h. I do not have time or do not like to exercise
   0_________________________10

i. I do not know what diet to follow
   0_________________________10

j. I have difficulty following the diet prescribed by my doctor
   0_________________________10

k. I have too many other things to worry about
   0_________________________10

Date ________

# ___