

Lembar Kuesioner

Nama Responden : _____

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Tingkat Pengetahuan Tentang Hipertensi (Tekanan Darah Tinggi)

No	Pernyataan	Benar	Salah
1.	Hipertensi merupakan suatu penyakit dimana tekanan darah mencapai 140/90		
2.	Hipertensi dapat menyebabkan stroke		
3.	Hipertensi dapat disebabkan oleh keturunan		
4.	Merokok merupakan salah satu faktor penyebab hipertensi		
5.	Gejala yang ditemui pada penderita hipertensi adalah sakit kepala, rasa berat ditengkuk dan mudah marah		
6.	Makanan yang asin dapat menyebabkan hipertensi		
7.	Makan buah dan sayur merupakan makanan yang dianjurkan pada penderita hipertensi		
8.	Hipertensi hanya terjadi pada lansia		
9.	Aktifitas fisik seperti jalan secara rutin setiap haridapat menurunkan tekanan darah		
10.	Hipertensi hanya bisa diobati dengan obat		

Tingkat Pengetahuan Tentang Diabetes Melitus

No	Pernyataan	Benar	Salah
1.	Diabetes mellitus merupakan penyakit yang hanya terjadi pada orang tua.		
2.	Diabetes melitus (DM) adalah penyakit dimana terjadi peningkatan kadar gula darah diluar batas-batas normal ?		
3.	Orang yang memiliki riwayat hipertensi berisiko tinggi terkena penyakit diabetes mellitus		
4.	Kurangnya aktifitas fisik bisa menyebabkan diabetes ?		
5.	Penumpukan lemak yang berlebihan (Obesitas/Gemuk) bisa menyebabkan diabetes ?		
6.	Sering mengonsumsi makanan yang manis secara berlebih		

Kuesioner Hipertensi Lansia

Michael Rajnik



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