

# Act In Time to Heart Attack Signs Program Report Form

Project Coordinator: \_\_\_\_\_

Affiliation:  Prospect Community Empowering Center  VA Healthy Pathways Coalition  
 VA Business Coalition on Health  Other

Church or Business Name: \_\_\_\_\_

Address: \_\_\_\_\_

Phone: \_\_\_\_\_ FAX: \_\_\_\_\_

Email: \_\_\_\_\_

Program offered:

Date: \_\_\_\_\_ Time: \_\_\_\_\_ Number of attendees: \_\_\_\_\_

In what setting was the program offered?

_____ Health Department	_____ Place of Worship
_____ Library	_____ Work site
_____ Senior Center	_____ Free Clinic
_____ Community Health Center	_____ Rural/ Migrant Health Center
_____ Hospital	_____ Other (please specify) _____
_____ Physician's Office	_____

How was the program publicized?

_____ Newspaper	_____ Newsletters	_____ Other (please specify): _____
_____ Radio	_____ Church bulletin	_____
_____ TV	_____ Posters	_____

Type of audience that attended (check all that apply):

_____ General public	_____ Residents	_____ Other (please specify): _____
_____ Patients	_____ Employees	_____

Thank you for your help with tracking and evaluating this important educational program.

***Within 5 days of your program, please return  
completed pre/post- tests and Program Report Form to:***

Laura Wimmer  
Division of Chronic Disease Prevention and Control  
Virginia Department of Health  
109 Governor Street, 10<sup>th</sup> floor  
Richmond VA 23219  
804-864-7884

# **Act In Time to Heart Attack Signs**

## **Pre-Test /Post-Test**

### **Instructions & Answer Key**

For the “Act In Time to Heart Attack Signs” toolkit pre/post test please:

- Make two copies of the pre/post-test for each participant-one copy to use as a pre-test and one to use as a post-test. If possible, use different colored paper for the pre and post-tests. This will make it easier to sort through them later.
- Have participants take the pre-test prior to reviewing the printed materials or the video.
- Allow participants to review the printed materials and video.
- Have participants take the post-test.
- Allow participants to grade their own post-test.
- Make sure the “Program Report Form” is complete.

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Division of Chronic Disease Prevention and Control  
Virginia Department of Health  
109 Governor Street, 10<sup>th</sup> floor  
Richmond VA 23219  
804-864-7884  
[Laura.Wimmer@vdh.virginia.gov](mailto:Laura.Wimmer@vdh.virginia.gov)

#### Answer Key

1. a
2. d
3. a
4. d
5. b
6. c
7. c
8. e
9. b
10. b

# Act In Time to Heart Attack Signs

## Heart Attack signs awareness video education kit

*Pre-Test* \_\_\_\_\_ *Post-Test* \_\_\_\_\_ *Date* \_\_\_\_\_ *Time* \_\_\_\_\_

Circle the one best response

- How soon after noticing symptoms of heart attack should you call 9-1-1?
  - 5 minutes at the most
  - 1 hour
  - 5 hours
  - 1 day
- The pain of a heart attack may be described as:
  - Uncomfortable pressure or fullness in the center of the chest
  - An elephant sitting on your chest
  - Pain or discomfort in the arms, jaw or back
  - All of the above
  - None of the above
- Indigestion can be a warning sign of a heart attack.
  - True
  - False
- Which of the following is NOT a warning sign of a heart attack?
  - Chest discomfort or pressure
  - Arm/shoulder, back, or neck discomfort
  - Shortness of breath
  - Double vision or inability to focus eyes
  - All of the above
- How soon after noticing symptoms of a heart attack do you need treatment by a doctor to prevent or limit heart damage?
  - 5 minutes
  - 1 hour
  - 5 hours
  - 1 day
- Heart Disease is the number 1 cause of death in American:
  - Men
  - Women
  - Both men and women
  - Neither men or women
- A woman's chance of heart attack increases significantly:
  - After having children
  - If she colors or dyes her hair
  - After menopause
  - Is the same through out her life
  - Women are not at risk for heart attack

- Which of the following should you do to reduce your chances of having a heart attack?
  - Quit smoking
  - Control high blood pressure and cholesterol
  - If overweight, lose weight
  - Get regular exercise
  - All of the above
- Damage to the heart from a heart attack can be repaired.
  - True
  - False
- What should you do if someone is experiencing the warning signs of a heart attack?
  - Eat dinner
  - Call 9-1-1, immediately
  - Drive the person to the hospital, immediately
  - Call the person's doctor, immediately
  - None of the above

Please help us make sure we are reaching all types of Virginians.

Demographic Questions:

What is your age?

- Under 18**  
 **18-24**  
 **25-34**  
 **35-44**  
 **45-54**  
 **55-64**  
 65 or older

Are you?  Male  Female:

**What is your race?**

- Caucasian (White)**  
 **African-American (Black)**  
 **American Indian**  
 **Asian American/Pacific Islander**  
 Hispanic/Latino  
 Other)

Which County/City do you live in?

\_\_\_\_\_

**Official Use Only** \_\_\_\_\_