

Appendix 1

The questionnaire to analyze the patients' self-management and health status in the last 6 months

Questionnaire

Dear Mr./ Ms:

Thank you for participating in our survey, which aims to analyze your self-management and health status in the last 6 months, so that we can make a more effective plan for the health management of patients after coronary heart disease stent operation and promote people's health.

The principle of voluntary participation in this study, if you are willing to participate in this study, please answer the project questions truthfully, it will be very important to the objective conclusion, we promise to keep your information confidential, thank you very much!

I.Basic information

At discharge:

cholesterol----mmol/L ;LDL(Low density lipoprotein) ----mmol/L; HDL(High density lipoprotein) ----mmol/L;BMI(Body mass index)----

Recently:

cholesterol ----mmol/L; LDL----mmol/L ;HDL----mmol/L ; BMI----

Cholesterol standard : 3.11 mmol/L-5.17 mmol/L .

1). ≥ 5.17 mmol/L Not met; 2). < 5.17 mmol/L Met standard

LDL 1.8 mmol/L-3.36 mmol/L.1). ≥ 1.8 mmol/L Not met; 2) < 1.8 mmol/L Met standard

HDL 0.83-1.97mmol/L. 1). < 0.9 mmol/L Not met ; 2). ≥ 0.9 mmol/L Met standard

BMI: 1)Light < 18 2; 2) Normal 19-25; 3) Overweight 26-28; 4) 29-32 fat ; 5) Extreme overweight > 32 .

1. Gender: 1). male 2). Female

2. age: 1) < 30 ; 2) 30-39 ; 3)40-49; 4) 50-59 ; 5) 60-69; 6) > 70 .

3. History of Diabetes 1). Yes; 2) No

4. History of hypertension. 1). Yes; 2) No

5. Total number of supports .1)1 ; 2) 2; 3) 3 ; 4) 4 or more

6. whether the PCI is for emergency. 1). Yes; 2) No

7.How long is it from the first PCI . 1) In 1year ; 2) 1-2years ; 3) 3-5year ; 4)More than 5 years

8. Occupation 1) farmer; 2) Worker; 3)Teacher ; 4) Student

- 5)civil servants/businesses; 6)Freelance ; 7) Housewife; 8) Retirement
- 9. Education: 1)Illiteracy; 2)primary ; 3) secondary; 4) university
- 10. Medical insurance. 1)self-expense 2)Agricultural insurance 3)Commercial insurance
- 4)Provincial and municipal health insurance
- 11. Marital status. 1) unmarried; 2)Married ; 3) Divorce; 4) Widowed
- 12. Residence. 1) live alone; 2) live with family; 3)Nursing institution
- 13. Place of residence. 1) suburb; 2) Rural ; 3) City ; 4) Other
- 14. Post-operative symptoms. 1)no ; 2) Chest tightness and fatigue; 3) discomfort;

II. CSMS scale

A. Habits Management

1. follow the advice on quitting smoking

1) never ; 2) almost no; 3) sometimes; 4) often; 5) always

Criteria for scoring : 1 = Smoking more than 6 cigarettes per day; 2=Smoking 3-5 cigarettes per day; 3=Smoking 1-3cigarettes per day; 4=Smoking occasionally; 5= Never smoking

2. follow dietary salt limits

1) never; 2) almost no ; 3) sometime; 4) often; 5) always

3-5g of sodium salt per day according to coronary heart disease dietary requirements

Score 1=Sodium >210 g per month

Score 2 =180-210 g of sodium salt per month

Score 3 =150-179 g of sodium salt per month

Score 4 =120-149 g of sodium salt per month

Score 5=Sodium <120 g per month

3. Comply with recommendations to limit alcohol

1) never ; 2) almost no; 3) sometimes; 4) often; 5) always

Score 1= >60 ml pure alcohol per time (beer >520 ml, wine >180; liquor >45 ml)

Score 2=40 ml-60ml pure alcohol per time (beer 350-520 ml, wine 120-180 ml, liquor 30-45 ml)

Score 3= <40 ml pure alcohol per time (beer 350 ml, wine 120 ml, liquor 30 ml) and regular drinking

Score 4= <40 ml pure alcohol per time (beer 350 ml, wine 120 ml, liquor 30 ml) and

occasional drinking

Score 5=Never drink

4. Compliance with fat and cholesterol limits

1) never ; 2) almost no; 3) sometimes; 4) often; 5) always

(Recommended Dietary Evaluation Form for the Prevention and Control of Blood Lipid Disorders in Chinese Adults 2007)

Project	Score
1. Would you had meat <75 g/d in the last week : 0= no; 1= yes	
2. What kind of meat do you eat : 0= lean , 1= marbled meat ,2= fat ,3= visceral	
3. Number of eggs you eat in the past week: 1=0-3per week ,2=4-7per week ,3= more than 7 per week	
4. Number of fried foods eaten in the past week: 0= not eaten ,1=1-4 times per week ,2=5-7 times per week ,3= more than 7 times per week	
5. Number of times you eat cream pastry in the last 1 weeks :0= not, 1=1-4 times per week ,2 5-7 times per week	
Total score	

Note: According to the CSMS score requirements, fat and cholesterol dietary evaluation table

scores into. Score 1=Dietary Assessment Score > 6 scores;

Score 2= Dietary Assessment Score 4-5;

Score3 =Dietary Assessment Score 3;

Score4=Dietary Assessment Score 2;

Score 5= Dietary Assessment Score 1.

B. symptom management

1. Monitoring of angina attacks (frequency, extent, duration)

1) never; 2) almost no ; 3) sometimes ; 4) often; 5) always

Score 1= Never recorded angina

Score 2= Recorded every 15-30 days

Score 3=Recorded every 7-14 days

Score 4=Recorded every 3-7 days

Score 5= Recorded every 1-2 days

2. Regular monitoring of pulse rate and heart rate

1) never; 2) almost no; 3) sometimes; 4) often ; 5) always

3. Regular monitoring of blood pressure

1) never; 2) almost no; 3) sometimes; 4) often ; 5) always

4. Summarize your illness and write down the questions you need to ask

1) never; 2) almost no; 3) sometimes; 4) often ; 5) always

C. Emotional Cognitive Management

1. Using self-relaxation techniques when feeling nervous and excited

1) never; 2) almost no; 3) sometimes; 4) often ; 5) always

2. Encourage yourself when you feel depressed

1) never; 2) almost no; 3) sometimes; 4) often ; 5) always

3. Have the confidence to keep the disease from affecting oneself

1) never; 2) almost no; 3) sometimes; 4) often ; 5) always

4. Enjoy leisure and entertainment

1) never; 2) almost no; 3) sometimes; 4) often ; 5) always

D. Emergency Management

1. Carry first aid

1) never; 2) almost no; 3) sometimes; 4) often ; 5) always

2. Families learn first aid knowledge

1) never; 2) almost no; 3) sometimes; 4) often ; 5) always

3. When the disease attacks, you can identify and correct self-help

1) never; 2) almost no; 3) sometimes; 4) often ; 5) always

E. Disease Knowledge Management

1. Focus on the side effects of drugs

1) never; 2) almost no; 3) sometimes; 4) often ; 5) always

2. Pay attention to the effect and usage of drugs

1) never; 2) almost no; 3) sometimes; 4) often ; 5) always

3. Learning about disease health in various ways

1) never; 2) almost no; 3) sometimes; 4) often ; 5) always

4. Communicate disease information and feelings with others (including medical staff, patients, etc.)

1) never; 2) almost no; 3) sometimes; 4) often ; 5) always

5.Plans and goals for life, exercise, etc. to overcome disease

1) never; 2) almost no; 3) sometimes; 4) often ; 5) always

F. daily life management

1. Balancing work, activity and rest

1) never; 2) almost no; 3) sometimes; 4) often ; 5) always

2.Participation in recommended activities and exercises

1) never; 2) almost no; 3) sometimes; 4) often ; 5) always

1=Never participate in recommended activities (e.g. walking, swimming, dancing, Taijiquan, climbing stairs, etc)

2=less than 30 minutes per week

3 = 30 to 60 minutes per week

4 = 1 to 3 hours per week

5 =more than 3 hours per week

3. Keep the daily routine

1) never; 2) almost no; 3) sometimes; 4) often ; 5) always

4. Reasonable diet nutrition

1) never; 2) almost no; 3) sometimes; 4) often ; 5) always

G. Treatment Compliance Management

1. Periodic review

1) never; 2) almost no; 3) sometimes; 4) often ; 5) always

1= 0 reviews in the past 3 months

2=1 review in the past 3 months

3= 2 reviews in the past 3 months

4=3 reviews in the past 3 months

5= More than 4 reviews in the past 3 months

2. Obey to the prescribed medication

1) never; 2) almost no; 3) sometimes; 4) often ; 5) always

3. Regular vaccination of recommended vaccines

1) never; 2) almost no; 3) sometimes; 4) often ; 5) always

Influenza Vaccination (0)(1)(2)(3)(4)(5)(6) times

Vaccination against pneumonia (0)(1)(2) times

(Score method : 0=0, 1-2=1 points, 3-4=2 points , 5-6=3 points;

Vaccination against pneumonia :0=0, 1=2 points; The two vaccine scores are added to the entry score)

Results:

The total score is 135, and then converted according to percentage. Less than 35 points for poorly self-health management; Scores from 35 to54.99 means poor self-management; scores from55 to74.99 for commonly self-management ; scores from75 to 89.99 for good self-management , More than 90 for excellent self-management.