



**CENTRAL LUZON DOCTORS' HOSPITAL - EDUCATIONAL INSTITUTION, INC**

**Romulo Highway, San Pablo, Tarlac City**

**Tel No. (045) 982-5019/982-5052/982-0264 Fax No. (045) 982-0780/982-2757**



## **DEPARTMENT OF NURSING**

### **SURVEY QUESTIONNAIRE**

#### **GENERAL INSTRUCTIONS TO RESPONDENTS**

1. This survey aims to gather information about your participation in wellness programs in your barangay. Your answers will remain confidential and will be used only for academic purposes.
2. For questions with boxes, place a check mark (✓). For statements using a scale, select the option that best represents your situation or opinion.

#### **PART I — PROFILE OF RESPONDENTS**

Instructions: Please check (✓) the answer that corresponds to your personal profile.

**Name:**

**Address:**

##### **1. Age**

- ☐ 60–64
- ☐ 65–69
- ☐ 70–74
- ☐ 75–79
- ☐ 80 and above

##### **2. Gender**

- ☐ Male
- ☐ Female

##### **3. Monthly Income**

- ☐ Below ₱5,000
- ☐ ₱5,001–₱10,000
- ☐ ₱10,001–₱15,000
- ☐ Above ₱15,000

##### **4. Place or Proximity of Residence to Barangay Health Center (in kilometers)**

- ☐ Within 0.50 km
- ☐ 0.51 – 1.00 km
- ☐ 1.01 – 1.50 km
- ☐ More than 1.50 km

## PART II — LEVEL OF ENGAGEMENT IN WELLNESS PROGRAMS

Instructions: Below are statements describing your participation in Medical Consultations, Preventive Screening, and Access to Essential Health Commodities. **Please rate each statement using the 4-point Likert Scale:**

Scale	Meaning
<b>4 – Strongly Agree</b>	Highly engaged; you <i>always</i> do this. ( <i>Lubhang nakikilahok; palagi mo itong ginagawa.</i> )
<b>3 – Agree</b>	Frequently engaged; you <i>often</i> do this. ( <i>Madalas na nakikilahok; kadalasan mo itong ginagawa.</i> )
<b>2 – Disagree</b>	Minimally engaged; you <i>rarely</i> do this. ( <i>Bahagyang nakikilahok; bihira mo itong gawin.</i> )
<b>1 – Strongly Disagree</b>	Not engaged; you <i>never</i> do this. ( <i>Hindi nakikilahok; hindi mo ito kailanman ginagawa.</i> )

### I. MEDICAL CONSULTATIONS

The following statements describe your participation and experiences in receiving **medical consultations**, including **check-ups**, **follow-ups**, and **health assessments** provided by healthcare professionals in the City Health Center-X.

Statement	1 (Strongly Disagree; Never)	2 (Disagree; Rarely)	3 (Agree; Often)	4 (Strongly Agree; Always)
<b>I visit the health center immediately when I feel unusual symptoms or changes in my health.</b>  <i>(Agad akong pumupunta sa health center kapag nakakaramdam ako ng kakaibang sintomas o pagbabago sa aking kalusugan.)</i>				
<b>I understand the importance of regular consultations for maintaining my health.</b>  <i>(Nauunawaan ko ang kahalagahan ng regular na konsultasyon upang mapanatili ang aking kalusugan.)</i>				
<b>I am able to communicate my health concerns clearly during consultations.</b>  <i>(Naiipahayag ko nang malinaw ang aking mga alalahanin tungkol sa aking kalusugan tuwing may konsultasyon.)</i>				
<b>I follow the advice or treatment plan given to me during consultations.</b>  <i>(Sinusunod ko ang mga payo o plano ng gamutan na ibinigay sa akin tuwing may konsultasyon.)</i>				

<b>I am satisfied with the quality of medical consultations provided at the barangay health center.</b>  <i>(Ako ay nasisiyahan sa kalidad ng mga serbisyong konsultasyong medikal na ibinibigay sa barangay health center.)</i>				
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## I. PREVENTIVE HEALTH SCREENING

The following statements describe your participation in preventive health screening activities such as **blood pressure monitoring, blood sugar testing, cholesterol checks, tuberculosis screening, cancer screening, and other routine assessments** conducted by the City Health Center - X.

Statement	1 (Strongly Disagree; Never)	2 (Disagree; Rarely)	3 (Agree; Often)	4 (Strongly Agree; Always)
<b>I attend health screening activities conducted by the barangay health center.</b> <i>(Dumadalo ako sa mga health screening na isinasagawa ng barangay health center)</i>				
<b>I avail of free preventive tests offered by the barangay (such as blood pressure, cholesterol or blood sugar checks).</b> <i>(Ina-avail ko ang mga libreng preventive test na inaalok ng barangay (tulad ng blood pressure, cholesterol o blood sugar check).</i>				
<b>I am informed about the preventive health screening services available in my barangay.</b> <i>(May sapat akong kaalaman tungkol sa mga preventive health screening na mayroon sa aming barangay)</i>				
<b>I believe that preventive health screening helps detect illnesses early and maintain good health.</b> <i>(Naniniwala ako na ang preventive health screening ay nakatutulong sa maagang pagtuklas ng sakit at pagpapanatili ng mabuting kalusugan.)</i>				
<b>I follow the advice of health workers regarding when I should undergo health screening.</b> <i>(Sinusunod ko ang payo ng mga health worker kung kailan ako dapat magpa-screening.)</i>				

## II. ACCESS TO ESSENTIAL HEALTH COMMODITIES

The following statements describe your experience in receiving and accessing **essential health commodities**, such as **maintenance medicines, vitamins, vaccines, and other health supplies** provided by the City Health Center - X.

Statement	1 (Strongly Disagree; Never)	2 (Disagree; Rarely)	3 (Agree; Often)	4 (Strongly Agree; Always)
<b>I visit the barangay health center to get my needed medicines, vitamins, or health supplies.</b>  <i>(Ako ay pumupunta sa barangay health center upang kunin ang aking mga kinakailangang gamot, bitamina, o iba pang health supplies.)</i>				
<b>I regularly ask or check for updates about the schedule of medicine, vitamin, or vaccine distribution.</b>  <i>(Regular akong nagtatanong o nag-aalam tungkol sa iskedyul ng pamamahagi ng gamot, bitamina, o bakuna.)</i>				
<b>I claim my medicines or vitamins as soon as they are available at the barangay health center.</b>  <i>(Kinukuha ko agad ang aking mga gamot o bitamina kapag ito ay available na sa barangay health center.)</i>				
<b>I follow the instructions of health workers and ask for help when I have difficulty getting my health supplies.</b>  <i>(Sinusunod ko ang mga tagubilin ng mga health worker at humihingi ako ng tulong kapag nahihirapan akong makakuha ng aking health supplies.)</i>				
<b>I monitor my medicine supply and return to the health center for follow-up or additional supplies when needed.</b>  <i>(Binabantayan ko ang aking suplay ng gamot at bumabalik ako sa health center para sa follow-up o karagdagang suplay kapag kinakailangan.)</i>				

### PART III — FACTORS AFFECTING ENGAGEMENT

Instructions: The following statements refer to various factors that may influence your level of engagement in wellness programs. Please rate each item using the same 4-point Likert Scale provided earlier.

#### I. PHYSICAL AND HEALTH CONDITION

These items measure how your physical ability and overall health status affect your participation in wellness programs.

Statement	1 (Strongly Disagree; Never)	2 (Disagree; Rarely)	3 (Agree; Often)	4 (Strongly Agree; Always)
<b>My current physical strength and ability to move affect how often I attend barangay health activities.</b> <i>(Ang aking lakas at kakayahang kumilos ay nakaaapekto kung gaano ako kadalas dumadalo sa mga programang pangkalusugan sa barangay.)</i>				
<b>Pain, discomfort, or body weakness sometimes prevent me from going to the barangay health center.</b> <i>(Ang pananakit ng katawan, panghihina, o hindi komportableng pakiramdam ay minsan pumipigil sa akin na pumunta sa health center.)</i>				
<b>My existing illnesses or medical conditions influence my participation in consultations and screenings.</b> <i>(Ang aking mga karamdaman o sakit ay may epekto sa aking paglahok sa konsultasyon at pagsusuri sa kalusugan.)</i>				
<b>When I feel tired or easily fatigued, I am less motivated to join wellness programs.</b> <i>(Kapag ako ay madaling mapagod, mas nababawasan ang aking gana na sumali sa mga programang pangkalusugan.)</i>				
<b>I am more willing to participate in wellness activities when I believe my health condition will improve from them.</b> <i>(Mas handa akong lumahok sa mga programang pangkalusugan kapag naniniwala akong makabubuti ito sa aking kalusugan.)</i>				

## II. LOGISTICAL AND ENVIRONMENTAL FACTORS

The following statements describe the logistical and environmental conditions that may affect your ability to access the barangay health center, including **distance**, **transportation**, **safety**, and **facility accessibility**.

Statement	1 (Strongly Disagree; Never)	2 (Disagree; Rarely)	3 (Agree; Often)	4 (Strongly Agree; Always)
<b>The barangay health center is easy and convenient for me to reach from my home, including the availability and cost of transportation.</b> <i>(Madali at maginhawa para sa akin ang pagpunta sa barangay health center mula sa aking tahanan, kabilang ang availability at gastos ng transportasyon.)</i>				
<b>The distance to the health center, weather conditions, and safety of the surrounding area do not prevent me from visiting and participating in health programs.</b> <i>(Ang layo ng barangay health center, lagay ng panahon, at kaligtasan sa paligid ay hindi hadlang sa aking pagpunta at pakikilahok sa mga programang pangkalusugan.)</i>				
<b>The schedule of medical services, screenings, and supply distribution at the health center fits well with my daily routine.</b> <i>(Ang iskedyul ng mga serbisyong medikal, screening, at pamamahagi ng mga suplay sa health center ay akma sa aking pang-araw-araw na gawain.)</i>				
<b>The health center's facilities and accessibility make it comfortable and easy for me to stay and move around during services.</b> <i>(Ang mga pasilidad at accessibility ng health center ay nagbibigay ng ginhawa at nagpapadali sa aking pananatili at pagkilos habang naroon ako.)</i>				
<b>The waiting time at the health center is reasonable and does not discourage me from returning for future services.</b> <i>(Makatwiran ang oras ng paghihintay sa barangay health center at hindi ito nakakapagpahina ng aking loob na bumalik para sa mga susunod na serbisyo.)</i>				

### III. SOCIOECONOMIC FACTORS

The statements below focus on how your **financial situation, family support, and socio-economic background** may influence your participation in wellness programs

Statement	1 (Strongly Disagree; Never)	2 (Disagree; Rarely)	3 (Agree; Often)	4 (Strongly Agree; Always)
<b>I have enough financial resources to join wellness activities and preventive health programs.</b> <i>(May sapat akong pera upang makasali sa mga wellness activity at pang-iwas na check-up.)</i>				
<b>I can afford transportation for medical checkups, consultations, and health screenings.</b> <i>(Kaya kong magbayad ng pamasaha para sa check-up, konsultasyon, at screening.)</i>				
<b>I am able to buy medicines and health supplies when they are needed.</b> <i>(Kaya kong bumili ng gamot at mga kailangang gamit para sa kalusugan.)</i>				
<b>My family and work experience help me understand health information and manage my health better.</b> <i>(Tumutulong ang aking pamilya at karanasan sa trabaho upang mas maintindihan at maalagaan ko ang aking kalusugan.)</i>				
<b>Even though there are times when finances are challenging, I still try to prioritize my health.</b> <i>(Kahit minsan ay may hrap sa pera, sinisikap ko pa ring unahin ang aking kalusugan.)</i>				

### IV. INFORMATION AND AWARENESS

This section measures your **knowledge and understanding of wellness programs, preventive services, and health resources available for senior citizens in Barangay Tibag**. Read each statement carefully and select the response that best describes your experience or opinion using the 4-point Likert Scale:

Statement	1 (Strongly Disagree; Never)	2 (Disagree; Rarely)	3 (Agree; Often)	4 (Strongly Agree; Always)
<b>I am aware that Barangay Tibag provides wellness programs specifically for senior citizens.</b> <i>(Ako ay may kaalaman na ang aming barangay ay may mga programang pangkalusugan at wellness para sa mga senior citizen.)</i>				

<b>I know where and from whom to ask for health-related information or assistance in the barangay.</b> <i>(Alam ko kung saan at kanino ako maaaring lumapit sa barangay para sa impormasyon o tulong ukol sa kalusugan.)</i>				
<b>I am informed about the schedule of medical consultations, screenings, and health activities for senior citizens.</b> <i>(Ako ay may kaalaman sa iskedyul ng mga konsultasyon, pagsusuri, at gawaing pangkalusugan para sa mga senior citizen.)</i>				
<b>I find the health information given by barangay health workers easy to understand.</b> <i>(Madali kong nauunawaan ang mga impormasyong pangkalusugan na ibinibigay ng mga barangay health worker.)</i>				
<b>I feel confident using the health information I receive to take care of my health.</b> <i>(May kumpiyansa akong gamitin ang impormasyong pangkalusugan na aking natatanggap upang alagaan ang aking kalusugan.)</i>				

#### PART IV. PROPOSED COMMUNITY-BASED HEALTH PROGRAMS AND INTERVENTIONS

The following statements describe possible community-based health programs and nursing interventions that may be implemented in the barangay to improve senior citizens' participation in wellness programs.

STATEMENTS	1 (Strongly Disagree)	2 (Disagree)	3 (Agree)	4 (Strongly Agree)
<b>A. Medical Consultations</b>				
<b>A regular Senior Citizen Medical Consultation Program should be implemented in the barangay.</b> <i>(Dapat magkaroon ng regular na programang konsultasyong medikal para sa mga senior citizen sa barangay.)</i>				
<b>A follow-up and reminder program for medical consultations should be established for senior citizens.</b> <i>(Dapat magpatupad ng programang paalala at follow-up para sa konsultasyong medikal ng mga senior citizen.)</i>				
<b>Home-based medical consultations should be provided for senior citizens who are unable to visit the barangay health center.</b> <i>(Dapat magbigay ng home-based medical consultation para sa mga senior citizen na hindi makapunta sa health center.)</i>				



<b>B. Preventive Screening</b>				
<b>A regular barangay preventive health screening program for senior citizens should be conducted.</b> <i>(Dapat magsagawa ng regular na preventive health screening program para sa mga senior citizen sa barangay.)</i>				
<b>A mobile or community-based screening program should be implemented for senior citizens with mobility limitations.</b> <i>(Dapat ipatupad ang mobile o community-based screening para sa mga senior citizen na may limitasyon sa paggalaw.)</i>				
<b>A barangay health education program explaining the importance of preventive screening should be conducted.</b> <i>(Dapat magsagawa ng programang pang-edukasyon tungkol sa kahalagahan ng preventive screening.)</i>				
<b>C. Access to Essential Health Commodities</b>				
<b>A senior citizen-priority program for the distribution of medicines, vitamins, and health supplies should be implemented.</b> <i>(Dapat magpatupad ng programang prayoridad para sa mga senior citizen sa pamamahagi ng gamot at health supplies.)</i>				
<b>A medicine monitoring and refill support program for senior citizens should be established.</b> <i>(Dapat magtatag ng programang pagsubaybay at suporta sa maintenance medicines ng mga senior citizen.)</i>				
<b>A home delivery or assisted claiming program for medicines and health supplies should be provided for senior citizens with physical limitations.</b> <i>(Dapat magbigay ng programang home delivery o assisted claiming ng gamot at health supplies para sa mga senior citizen na may limitasyon sa paggalaw.)</i>				