

Please answer the following PRE/POST test questions for this course



KAP Pre/Post-test
nEUROcare CPD Course 1 – Neurology and medical care of neurodegenerative disorders
Lecture 5 – Lifestyle modification

A Knowledge, Attitudes, and Practices (KAP) survey is a great tool for assessing the effectiveness of educational interventions such as a communication course. Below are ten questions designed for healthcare professionals to rate their own knowledge, attitudes, and practices regarding neurology and medical care of neurodegenerative disorders.

These questions are structured to measure the respondent's self-assessment on a scale from 1 to 10.

Knowledge

1. How well do you understand the risky lifestyle approaches related to neurodegenerative disorders (NDDs)?
(1 = Not at all, 10 = Completely)

1 2 3 4 5 6 7 8 9 10

2. How would you rate your knowledge of health-promoting lifestyle practices tailored to individual needs for those with NDDs? (1 = No knowledge, 10 = Extensive knowledge)

1 2 3 4 5 6 7 8 9 10

3. How confident are you in identifying the necessary lifestyle modifications in NDDs?
(1 = Not confident at all, 10 = Extremely confident)

1 2 3 4 5 6 7 8 9 10

4. How well do you understand the role of nutrition, supplements, and weight-related approaches in managing NDDs? (1 = Not at all, 10 = Completely)?

1 2 3 4 5 6 7 8 9 10

5. How would you rate your understanding of the mental health-related needs of individuals with NDDs?
(1 = No understanding, 10 = Thorough understanding)

1 2 3 4 5 6 7 8 9 10

Attitudes

6. How important do you believe it is to adopt health-promoting lifestyle practices tailored to individual needs in preventing health hazards associated with NDDs? (1 = Not important at all, 10 = Extremely important)

1 2 3 4 5 6 7 8 9 10

7. How strongly do you agree with the importance of diet and nutritional status (i.e. malnutrition, obesity, sarcopenia) in the pathogenesis of NDDs (1 = Strongly disagree, 10 = Strongly agree)

1 2 3 4 5 6 7 8 9 10

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8. How strongly do you agree that lifestyle modifications, such as physical activity and cognitive enhancement, are essential for managing NDD? (1 = Strongly disagree, 10 = Strongly agree)
- 1 2 3 4 5 6 7 8 9 10
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Practices

9. How confident are you in implementing lifestyle modifications, including daily living and social interaction, for patients with NDD? (1 = Not confident at all, 10 = Extremely confident)
- 1 2 3 4 5 6 7 8 9 10
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10. How effectively can you recognize the most common nutritional status related syndromes in elderly (malnutrition, cachexia, sarcopenia, frailty, sarcopenic obesity)? (1 = Not effectively at all, 10 = Very effectively)
- 1 2 3 4 5 6 7 8 9 10
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