**A Silesian Center for Heart Diseases Mechanical Valve Knowledge Questionnaire (SCHDMVKQ) concerning the knowledge of the postoperative management of mechanical heart valve**

**Please feel free to respond to the following set of questions. The poll is anonymous and serves scientific purposes. Please mark the "x" next to the selected answer, or enter a response in the designated place.  
Thank you in advance for the sincere and full answers.**

**1. Gender  
 □ a woman □ a man  
2. Age  
□ 18 to 40 years   
□ 41 to 64 years   
□ 65 to 70 years   
□ over 71 years   
3. Education  
□ elementary  
□ vocational  
 □secondary  
 □ higher  
4. Place of residence  
□ city □village  
5. Professional activity  
 □yes □no  
6. Type of cardiac surgery ..............................  
7. Do you think that normal blood pressure for you is:**

**□160/100 mmHg**

**□120/80 mmHg**

**□80/50 mmHg**

**□221/110 mmHg**

**8. Do you think that normal heat rate for you is:  
□110/min**

**□45/min**

**□67/min**

**□140/min  
9. Do you think it is necessary for you to receive anticoagulant treatment?  
□ yes □no □ does not know  
10. What do you think is the purpose of anticoagulant treatment?  
□ prevention of atrial fibrillation  
□ preventing the formation of thrombosis and congestion in arteries and veins  
□ prevention of bleeding  
11. What do you think is the dose of anticoagulant?  
 □ 3mg and 5mg  
 □ 2mg  
 □ 5mg and 10mg  
12. Do you think anticoagulants should be taken at regular intervals?  
 □yes □no □do not know  
13. Who do you think decides to modify the anticoagulant?  
 □ family doctor  
 □ only cardiologist  
 □ himself / herself**

**14. Do you think that drinking alcohol is a contraindication when taking anti-coagulants?**

**□yes □no □do not know**

**15. Do you think it is advisable to use INR measuring instruments at home?**

**□yes □no □do not know**

**16. Do you think INR control is advisable?  
 every two weeks  
 once a month,  
 every two months**

**17. Do you think the low INR increases the risk of thrombotic complications?**

**□yes □no □do not know**

**18. Do you think high INR effectively prevents thrombosis, but increases the risk of bleeding?**

**□yes □no □do not know**

**19. What complications do you think may occur if the INR is below 2.0?  
Ischemic stroke of the brain  
 yes □no  
Atrial fibrillation  
 yes □no  
 Impaired function of artificial valve  
 yes □no  
Renal failure  
 yes □no  
Embolism in the lower limbs  
 yes □no**

**20. What complications do you think may occur if the INR is greater than 5.0?**

**stroke**

**□ yes  no**

**gastrointestinal bleeding**

**□ yes  no**

**bleeding from the urinary tract**

**□ yes  no**

**21. Which of the following could be the result of an overdose of anticoagulants?**

**bleeding from the nasal mucosa or gums  
 yes □no  
ease of bruising without injury or after minor injury  
 yes □no  
hemoptysis  
 yes □no  
 black stool  
 yes □no**

**22. Do you think the following drugs change the effect of anticoagulants?**

**aspirin  
 yes □no □do not know  
diclofenac  
 yes □no □do not know  
vitamin K  
□Yes □no □do not know  
omeprazole  
 yes □no □ do not know**

**23 . What do you think of the following herbal remedies that alter the effects of anticoagulants?  
garlic,  
 yes □ no □do not know  
ginseng  
 yes □no □do not know  
green tea  
 yes □no □ do not know  
hawthorn  
 yes □ no □ do not know**

**24. Which of the following foods do you think will change the effects of anticoagulants?  
sauerkraut  
 yes □no □ do not know  
spinach  
 yes □ no □do not know  
brussels sprouts  
 yes □no □do not know  
cauliflower  
 yes □no □ do not know**

**25. How do you feel which of the following symptoms may mean that you develop an infection in your body?  
when fever persists, especially when accompanied by chills  
 □yes □ no  
26. How do you feel which of the following can predispose to infectious endocarditis? when dyspnoea, weakness,  
 □yes □no  
when there is a lack of appetite, weight loss  
 □yes □ no  
tooth removal  
 □yes □no  
removal of tartar  
□yes □no  
 surgical procedure on infected skin, removal of abscess  
 □yes □no  
 implantation of the tooth  
 □yes □no  
27. Which of the following statements do you think are true?  
systematic visits to the clinic and contact with the physician contribute to more effective anti-coagulant therapy  
 □yes □no  
always tell your dentist that you are taking anticoagulants  
 □yes □no  
 anticoagulants should be taken for life  
 □yes □no  
 all injuries, including sports, can be dangerous  
 □yes □no**

**28. Do you think the following statement is true?**

**Patients taking anticoagulants should wear a cardiac valve patient ID with a blood document attached to it.**

**□yes  no**