

## Appendix 2 Hypertension Patient Interview Guide

### **Introduction**

We are studying what it is like for patients to live with hypertension (“pressure”) and receive care at this hospital. We would like to ask you some questions about your experience with “pressure” (high blood pressure) and taking care of it. The interview will take less than an hour, and the interview will be recorded to ensure all of your responses captured without distortion, but the interview will be confidential. You will have the opportunity to stop the interview or skip a question whenever you want.

*Key questions for the interview are numbered, and questions in italics are probe questions.*

1. Please tell me a little about yourself.  
*On a typical day, what do you do from the time you wake up until you go to bed?*
2. How did you learn that you have “pressure” (high blood pressure)?  
*Where did you learn that you have “pressure” (high blood pressure)?  
Who was with you at that time?  
How did you feel when you first learned this?*
3. Why is it important to know you have “pressure” (high blood pressure)?  
*What does it mean to you?*
4. Since being diagnosed with “pressure”, how do you take care of yourself?  
*How often do you visit the health facility?  
Do you seek care for “pressure” from other providers, e.g., traditional healers, herbalists, or spiritualists??  
What’s easy?  
What’s hard?*
5. Other than health care providers, does anyone help you with taking care of your “pressure” (high blood pressure)?  
*Who helps you?  
How do they help you?*
6. I’d like to know how you take your medication for hypertension. Please tell me how you last swallowed your medication.
7. Tell me about your experiences going to the health facility to seek care for pressure.  
*How do you get to the health care facility?  
How do you feel about the reception and waiting to see a health care provider (nurse, doctor)?  
What do you expect when you go to the health care facility?  
What do you like about the health care facility?  
Are there times when the experience at the health care facility was different from your expectations?*
8. On a typical day, what do you eat?  
*Do you eat or not eat certain foods to help your pressure?*
9. Tell me what kinds of physical activities you do in a week.  
*Is any of it exercise to help your hypertension?*
10. Are there any types of support you would like to get for your “pressure” (high blood pressure)?

*From the health care facility?*

*From family or friends?*

11. Is there anything else you would like to tell me about your “*pressure*” (high blood pressure)?

Thank you for your time.