Email video and quiz answers with your name, number, and email to : [Sxa1018@miami.edu](mailto:Sxa1018@miami.edu)

**Please answer the first question and your choice of either the second or third question in your video submission:**

1) Why do you want to volunteer with the Shop Docs? 2) Why is minority healthcare important to you? 3)What are health disparities?

**The Shop Docs Volunteer Quiz**

**Please take this short hypertension tool kit quiz in order to volunteer with The Shop Docs**

1. **What is a normal blood pressure reading?**
   1. Systolic: less than 120 mmHg and Diastolic: Less than 80 mmHg
   2. Systolic: more than 120 mmHg and Diastolic: more than 80 mmHg
   3. Whatever you want the blood pressure to be.
   4. Whatever the patient wants the blood pressure to be
2. **Name one Healthy Living pointer that you can give to a barbershop patron.**
   1. Be active every day for 30 minutes, maintain a healthy body weight, or learn to cope
   2. with stress
   3. Eat foods high in sodium and saturated fat.
   4. When one is stressed, eat less food.

**3. When measuring blood pressure of a Barbershop Patron, he/she should:**

* 1. Sit still, have arm on a flat service at heart level, and put cuff on bare upper arm.
  2. Stand up, have arm down, and put cuff on top of clothing on arm.
  3. Run around, place arm on lap, and put cuff on bare upper arm.

**4. True or False: one negative outcome from hypertension is an increased risk for heart disease and stroke**

True

False

**5. True or False: When communicating with patient, volunteers should use open body language, maintain eye contact, avoid the word practice when working in the shop, give the client full attention, and follow the lead of the client.**

True

False