

Caregiver Insight Tool

This tool is designed to evaluate caregivers' experiences in supporting cardiovascular conditions. Please adapt as necessary.

*What do **caregivers experience** as they support patients with heart conditions through the process of accessing, receiving care and maintaining health?*

Demographic Questions

- What is your age?
- What is your gender?
- What is your highest level of education?
- What is your race/ethnicity?
- What is your relationship with the patient? How long have you known the patient?
- Do you have your own medical condition(s) that also require care?
- Self-described household income
- Would you say your family/household: struggles to get by, barely get by, lives comfortably, or lives very comfortably?

Care Questionnaire

- So [patient name] is your *[relationship to patient]*, correct? How did you come to step in and help them navigate the medical process of caring for their heart condition?
 - Was this before or after the heart condition diagnosis?
- Can you talk about what *type* of assistance you give [patient name], and how often?
 - What is going well? What is challenging?
 - Are there additional resources/supports you need to play this role as caretaker/supporter?
- What actions does [patient name] do that support or impede their heart health?
 - How well do you feel [patient name] understands their condition?
- How well do you feel you understand their condition?
 - When you have a question about their condition, who do you reach out to, and how?
- What is [patient name] currently doing to care for or even improve their heart health?
 - Is there anything that makes it challenging for them to do that consistently?
 - Is there anything that might help them take better care of their heart/better to manage their condition?
 - Anything doc recommended that they're *not* doing? *Why?*

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- Taken together—*reference positive behaviors such as medications, monitoring + lifestyle changes*—how well do you feel [patient name] is managing their heart condition today?
- Does it feel like [patient name] is receiving high-quality care for their heart condition?
- Is there anything you wish could be different about the care they're receiving?

Exploring Telehealth Usability + Feasibility

Our research team is exploring the use of a smartphone app designed to facilitate the management of heart conditions between patients and their doctors. We want to know whether this app would be easy to use and whether the functions would be useful for patients and their care team.

- How would a digital toolkit change the way you care for [patient name]?
 - Do you imagine it would make your role as a supporter/caregiver easier or more difficult?
 - Are there any features that you would integrate to facilitate your care for [patient name]?
- One feature of the app is that it would allow a patient like [patient name] to take their blood pressure at home. They could also log information about their condition—how they're feeling and whether any of their relevant symptoms have changed. Is that something you think you could help [patient name] manage?
 - Any challenges you think you might encounter trying to help [patient name] use an app like that?
- Are there other aspects of [patient name] heart health management you think could be made easier by using a smartphone app—such as receiving medication reminders or sending other types of information electronically to their doc?

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