

Self-care Quiz Score Key/Answer Sheet

Directions: Fill in the circle with your answer for each question.

1. **Self-care is taking care of your own health for treatment of minor health problems.**
 True False Don't know
2. **I can get up to 5 self-care medications for minor health symptoms that I might have.**
 True False Don't know
3. **Ibuprofen tablets are available through self-care.**
 True False Don't know
4. **To use the Self-care program, I have to fill out a "green sheet."**
 True False Don't know
5. **If I answer "yes" to a question on a symptom evaluation chart, I must use sick call.**
 True False Don't know
6. **I can share self-care medications with my battle buddies.**
 True False Don't know
7. **Information about over-the-counter (OTC) medications is located in the Soldier Health Maintenance Manual.**
 True False Don't know
8. **The pharmacist can answer questions that I may have about OTC medications.**
 Yes No Don't know
9. **If I have severe pain and vomiting, I should:**
 get medical help right away.
 use the Self-care program.
 Don't know
10. **If I have a symptom that is not in the book, I should use:**
 the Self-care program.
 sick call.
 Don't know

Self-care Quiz Score Key/Answer Sheet:

The Score Key/Answer Sheet is optional. It can be used to score the quiz manually on a post-test of a small group. It can be adapted to meet your needs. It is recommended that this form be printed on heavy stock paper for durability.

If you have the computer software and equipment (such as a scanner, database, etc.), the Score Key/Answer Sheet can be formatted and used to score the quiz electronically.

Instructions for using the Score Key/Answer Sheet:

1. The darkened circles on the Score Key/Answer Sheet are the correct answers for the quiz.
2. Completely punch out the darkened circles. Place the Score Key/Answer Sheet over the participant's quiz. Line up the question numbers on the Score Key/Answer Sheet so that they match the question numbers on the quiz being scored.
3. Strike through or place a mark *in* the punched out circles of each answer.
4. Tally the results. Incorrect answers are easily identified with a strike-through or a mark in a blank circle. Correct answers are identified with a strike-through or a mark in a filled-in circle.
5. A score of 7 or more correct answers is considered as passing. A score of 6 or less indicates remedial action is needed.