



### Educational Resources to Help Patients Adhere to their HF Self-Care Plans<sup>1</sup>

Use this tool to provide patients with necessary resources to manage their HF. The resources should be provided during the patients' conversation with their clinician prior to their discharge/leaving the doctor's office. Providing patients/caregiver with all of the appropriate information up front will help them better understand their condition and take ownership in managing their HF, which has the potential to prevent the patient from being unnecessarily readmitted. This tool should also be used in combination with the teach-back method. The teach-back method helps the patient fully understand the information the clinician has provided them and also increases their likelihood to adhere to the clinician's instructions.

Clinician should:		Available Tools
<b>General</b>	<ul style="list-style-type: none"> <li>• Develop a trusting, open and non-judgmental relationship</li> <li>• Motivate patient to engage in self-care strategies</li> <li>• Involve the patient perspective and goals into self-care plan</li> <li>• Develop a treatment plan that takes into consideration patient's religious/cultural beliefs</li> <li>• Use the teach-back method to ensure patient understanding of medications</li> </ul>	<p><b>Patient Tools:</b></p> <ul style="list-style-type: none"> <li>• <a href="#">CardioSmart Patient Resources</a></li> <li>• <a href="#">Qualidigm Living with Heart Failure: Education for Patients, Families and Caregivers</a></li> <li>• <a href="#">Qualidigm HF Educational Booklet</a></li> <li>• <a href="#">HFSA Taking Control of Heart Failure</a></li> <li>• <a href="#">HFSA Self-care: Following Your Heart Failure Treatment Plan and Dealing with Your Symptoms</a></li> </ul> <p><b>Patient and Provider to do together:</b></p> <ul style="list-style-type: none"> <li>• <a href="#">CardioSmart My Heart Health Plan</a></li> <li>• <a href="#">CardioSmart Explorer App</a></li> <li>• <a href="#">TMF Heart Failure Self-Management Zones</a></li> <li>• <a href="#">Qualidigm HF Zones Worksheet</a></li> </ul>
<b>Medications</b>	<ul style="list-style-type: none"> <li>• Educate patient/caregiver on dose, type and frequency of prescribed medications</li> <li>• Educate patient/caregiver about medication benefits, side-effect management, duration of therapy, and expectations</li> <li>• Provide patient medication handouts and visual reminders such as trackers or pill organizers</li> <li>• Confirm that the patient's primary support (spouse, child or friend) understands and can help with medication regimen</li> </ul>	<p><b>Patient and Provider do together:</b></p> <ul style="list-style-type: none"> <li>• <a href="#">HFSA Patient Medicines Module</a></li> <li>• <a href="#">Med Action Plan for Heart Failure</a></li> <li>• <a href="#">AHRQ Pill Card</a></li> </ul> <p><b>Patient Tools:</b></p> <ul style="list-style-type: none"> <li>• <a href="#">CardioSmart Find a Drug</a></li> <li>• <a href="#">CardioSmart Med Reminder</a></li> </ul>

<sup>1</sup> Resources from the H2H Community.



	<ul style="list-style-type: none"> <li>• Ask patients about difficulties with taking medications</li> <li>• Discuss the links between medication management and patient's daily habits</li> </ul>	
<b>Physical Activity</b>	<ul style="list-style-type: none"> <li>• Encourage a more active lifestyle at home and at work</li> <li>• Encourage patient to participate in an exercise program</li> <li>• Provide guidelines for activity that are tailored to patient's needs, abilities, and preferences</li> <li>• Identify strategies to overcome exercise barriers</li> <li>• Provide a pedometer</li> </ul>	<p><b>Patient Tools:</b></p> <ul style="list-style-type: none"> <li>• <a href="#">CardioSmart Exercise Activities for You</a></li> <li>• <a href="#">CardioSmart How to Start</a></li> <li>• <a href="#">HFSA Exercise and Activity with Heart Failure</a></li> <li>• <a href="#">CardioSmart Cardiac Rehabilitation Fact Sheet</a></li> <li>• <a href="#">Cardiosmart Cardiac Rehabilitation Overview</a></li> <li>• <a href="#">Cardiosmart Video: Your Journey Back To Heart Health</a></li> <li>• <a href="#">AACVPR Cardiac Rehabilitation Fact Sheet</a></li> </ul>
<b>Diet</b>	<ul style="list-style-type: none"> <li>• Educate patient to increase fruits, vegetables, whole grains, and protein in their diet</li> <li>• Educate patient to limit alcohol to 1 drink per day</li> <li>• Educate patient on appropriate portion sizes</li> </ul>	<p><b>Patient Tools:</b></p> <ul style="list-style-type: none"> <li>• <a href="#">CardioSmart Start Eating Better</a></li> <li>• <a href="#">CardioSmart Grocery Shopping Tips</a></li> <li>• <a href="#">CardioSmart Tips for Eating Out</a></li> <li>• <a href="#">USDA Choose My Plate</a></li> <li>• <a href="#">NHLBI Healthy Weight On The Go</a></li> <li>• <a href="#">HHS Heart Healthy Foods</a></li> <li>• <a href="#">CardioSmart How to Limit your Fluids</a></li> </ul>
<b>Sodium Intake</b>	<ul style="list-style-type: none"> <li>• Educate patient about terminology (i.e. salt is sodium)</li> <li>• Inform patient about the danger of high sodium foods</li> <li>• Educate patient on how to read food labels</li> <li>• Encourage and teach patient on how to follow-low sodium diet at home and when dining out</li> </ul>	<p><b>Patient Tools:</b></p> <ul style="list-style-type: none"> <li>• <a href="#">CardioSmart How to Read Food Labels to Cut Back on Sodium</a></li> <li>• <a href="#">CardioSmart Sodium Diary</a></li> <li>• <a href="#">HFSA Following a Low-Sodium Diet</a></li> <li>• <a href="#">Sodium Intake Fact Sheets</a></li> <li>• <a href="#">CardioSmart How to Limit your Sodium</a></li> </ul>
<b>Smoking Cessation</b>	<ul style="list-style-type: none"> <li>• Encourage/support patient to quit smoking</li> <li>• Reinforce the importance of not smoking</li> <li>• Emphasize harmful effects of smoking</li> </ul>	<p><b>Patient Tools:</b></p> <ul style="list-style-type: none"> <li>• <a href="#">CardioSmart How to Quit Smoking</a></li> <li>• <a href="#">AMA Action Plan for Quitting Smoking</a></li> <li>• <a href="#">SmokeFree.Gov</a></li> </ul>



<b>Co-Morbid Conditions</b>	<ul style="list-style-type: none"><li>• Educate patient on co-morbid conditions and their relation to HF</li><li>• Educate patient on need to manage medication regimen for all conditions</li><li>•</li></ul>	<b>Patient Tools:</b> <ul style="list-style-type: none"><li>• <a href="#">CardioSmart Managing other Diseases</a></li><li>• <a href="#">HFSA Managing Other Chronic Conditions</a></li><li>• <a href="#">CardioSmart High Blood Pressure Fact Sheet</a></li><li>• <a href="#">CardioSmart High Cholesterol Fact Sheet</a></li></ul>
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