

In order to fulfill the requirement for the **Heart Failure Education** follow the table below to view the appropriate module based on job class. Links to the all videos are on page 2 of this document. After viewing the videos assigned, print the post-test by job class, answer the questions, and turn in the post-test for tracking metrics. Happy learning!!

CHI FRANCISCAN HEALTH - HEART FAILURE PROGRAM

HEART FAILURE EDUCATION

CCN Requirements

QUALIDIGM & DR. ROSEMARY PETERSON VIDEOS

VIDEO	Provider	RN	LPN	Therapy	Social Work	Dietician	CNA
<u>Dr. Peterson Module 1</u> The Diagnosis and Management of Heart Failure	X	X	X				
<u>Qualidigm Module 1</u> Understanding the Science of Heart Failure	X	X	X	X	X	X	
<u>Qualidigm Module 2</u> Evaluating Patients with Heart Failure	X	X	X	X	X	X	
<u>Qualidigm Module 3</u> Six Key Recommendations for Patients with Chronic Heart Failure	X	X	X	X	X	X	X
<u>Qualidigm Module 4</u> Teaching Your Patients	X	X	X	X	X	X	X
<u>Qualidigm Module 5</u> Discussing Palliative and End of Life Care	X	X	X	X	X		

CHI Franciscan Health – Heart Failure Provider Education - Module 1

“The Diagnosis and Management of Heart Failure” Dr. R. Peterson

The link below will access the educational video by Dr. Rosemary Peterson. This is the first of three modules that will be provided to the Franciscan Medical providers. The second and third modules are pending. This is a private link and is not searchable on YouTube. To access this video you will need to enter this address into your web browser.

<http://youtube/HWJuFjXXKaI>

Heart Talk: Teaching Your Patients to Live with Heart Failure

Evidence-based Education for Health Care Professionals from Qualidigm - This video series, comprised of five modules, is intended for health care professionals and licensed practitioners who work with patients with heart failure. After viewing the series, viewers should understand the pathology of diastolic and systolic heart failure, the treatment of acute and chronic heart failure, and the components of evaluating patients with heart failure. Viewers will also understand the key recommendations for patients with heart failure so that they can stay healthy and stay out of the hospital.

Module 1: Understanding the Science of Heart Failure

<http://www.youtube.com/watch?v=y7u4v1TVwc4&feature=related>

Module 2: Evaluating Patients with Heart Failure

<http://www.youtube.com/watch?v=Zcdsls2u-1M&feature=related>

Module 3: Six Key Recommendations for Patients with Chronic Heart Failure

<http://www.youtube.com/watch?v=3ntR3ARFQZY&feature=related>

Module 4: Teaching Your Patients

<http://www.youtube.com/watch?v=z1fHECd-IFY&feature=related>

Module 5: Discussing Palliative and End of Life Care

<http://www.youtube.com/watch?v=GSo7bIY3LI4&feature=related>

** Qualidigm Website – something that may be helpful, depending on your mode of education, is toward the end of this document - Power Point Slides that match the You Tube videos.

<http://www.qualidigm.org/index.php/current-initiatives/heart-talk-videos/heart-talk-teaching-your-patients-to-live-with-heart-failure/>

Heart Failure Video CNA Post Test

(Created for the Continuing Care Network)

1. Weighing people daily is like an early warning system for monitoring heart failure?
 - a. True
 - b. False

2. Which of the following are dietary sources of Salt (Sodium)?
 - a. Sea salt
 - b. Salad dressing
 - c. Ham and bacon
 - d. All of the above
 - e. a & c only

3. Reporting weight changes to the nurse/charge nurse is important if:
 - a. There is no change in weight over a one day period
 - b. There is a 3 pound weight change over a one day period
 - c. There is a 3 pound weight change over a one week period
 - d. There is no policy for monitoring weights at our facility

4. If there is an order to weigh the patient daily, it is important to: (circle all that apply)
 - a. Weigh the patient after they have urinated
 - b. Have on the same amount of clothing on the patient when being weighed
 - c. Weigh the patient in the evening, just before bed
 - d. Use the same scale each time the patient is weighed
 - e. All of the above

5. Patients with a diagnosis of Heart Failure should remain on bedrest?
 - a. True
 - b. False

Name _____ CNA

Heart Failure Video Social Worker - Post Test

(Created for the Continuing Care Network)

1. Options for therapy of the patient in Stage A include compassionate end-of-life care/hospice?
 - a. True
 - b. False

2. To begin a discussion with the patient or family, I should understand that?
 - a. End-of-life discussions are always kept to a minimum
 - b. The entire conversation can be accomplished in one sitting
 - c. Conversations need to be ongoing
 - d. All of the above

3. Match the “Stages” with the appropriate information:
 - 1) Stage A _____ a. Refractory HF requiring specialized interventions
 - 2) Stage B _____ b. Structural heart disease but without signs or symptoms of HF
 - 3) Stage C _____ c. At high risk for HF without structural heart disease or symptoms of HF
 - 4) Stage D _____ d. Structural heart disease with prior or current symptoms of HF

4. One of the things that can be helpful when beginning a discussion about end-of-life with a patient is to encourage patients to think about “What’s most important?”:
 - a. True
 - b. False

5. Symptoms of decreased Cardiac Output: (Circle all that apply)
 - a. Fatigue
 - b. Dizziness
 - c. Decrease mentation
 - d. Orthopnea

6. The best way to assure that the patient/family understands the information that I am sharing is:
 - a. That they nod their head to my questions
 - b. They answer “Yes” when I ask if they understand
 - c. They are able to teach back to me the information that I have shared
 - d. It is best not to prolong the encounter when discussing bad news.

Name _____ Social Worker

Heart Failure Video - Therapy - Post Test

(Adapted for the Continuing Care Network from Qualidigm)

1. According to Dr. Ryan, Heart Failure is defined as, “an impaired ability of the left ventricle to pump blood.”
 - a. True
 - b. False
2. What are the characteristics of acute Heart Failure?
 - a. Shortness of Breath (SOB)
 - b. Edema
 - c. Fatigue
 - d. All of the above
 - e. a & b only
3. Match the “Zones” with the appropriate definition:

1) Green Zone _____	A. Hard time breathing, chest pain, feeling faint
2) Yellow Zone _____	B. Weight gain of 1 lb. in one day, no SOB
3) Red Zone _____	C. Coughing, weight gain of 3 lbs. in one day, SOB
4. The AHA Stages of Heart Failure indicate that regular exercise should be included in all but:
 - a. Stage A
 - b. Stage B
 - c. Stage C
 - d. Stage D
 - e. Actually all stages include regular exercise
5. The best way to assure that the patient/family understands the information that you are sharing is:
 - a. That they nod their head to my questions
 - b. They answer “Yes” when I ask if they understand
 - c. They are able to teach back to me the information that I have shared
 - d. It is best not to prolong the encounter when discussing bad news.

Name _____ Type of therapy _____

Heart Failure Video Dietary - Post Test

(Adapted for the Continuing Care Network from Qualidigm)

1. According to Dr. Ryan, Heart Failure is defined as, “an impaired ability of the left ventricle to pump blood.”
 - a. True
 - b. False
2. What are the characteristics of acute Heart Failure?
 - a. Shortness of Breath (SOB)
 - b. Edema
 - c. Fatigue
 - d. All of the above
 - e. a & b only
3. Match the “Zones” with the appropriate definition:
 - 1) Green Zone _____ A. Hard time breathing, chest pain, feeling faint
 - 2) Yellow Zone _____ B. Weight gain of 1 lb. in one day, no SOB
 - 3) Red Zone _____ C. Coughing, weight gain of 3 lbs. in one day, SOB
4. Sodium restriction is a mainstay of Heart Failure therapy:
 - a. True
 - b. False
 - c. I have heard that this philosophy may be changing
5. The following food/condiment choices should be restricted: (Circle all that apply)
 - a. Cheese
 - b. Adobo seasoning
 - c. Pickles
 - d. Sea salt
6. The best way to assure that the patient/family understands the information that I am sharing is:
 - a. That they nod their head to my questions
 - b. They answer “Yes” when I ask if they understand
 - c. They are able to teach back to me the information that I have shared
 - d. It is best not to prolong the encounter when discussing bad news.

Name _____ Job Title _____

Heart Failure Video Provider - Post Test

(Created for the Continuing Care Network)

1. Heart Failure is the #1 DRG in the United States?
 - a. True
 - b. False
2. BNP or brain natriuretic peptide?
 - a. Is released when a patient has a cerebral vascular accident
 - b. Is a measurement of stretch and volume in the heart
 - c. Has limitations if the patient is obese, elderly, or has renal dysfunction
 - d. All of the above
 - e. b & c only
3. Match the "Medications" with the appropriate physiologic action:
 - 1) ACEI _____ A. Decreases renin release
 - 2) Beta-blocker _____ B. Decreases sodium & water retention
 - 3) Aldosterone Antagonist _____ C. Blocks conversion of angiotensin I → II
4. Conditions that can lead to the development of Heart Failure are:
 - a. Coronary artery disease
 - b. Hypertension
 - c. Cardiomyopathy
 - d. Diabetes mellitus
 - e. All of the above
5. Symptoms of volume overload are:
 - a. DOE, Lower extremity edema, and PND
 - b. Fatigue, dizziness, and decrease mentation
 - c. Thirst, flaky and dry skin
 - d. Polyphagia, polydipsia, polyuria
6. Medications that are used to manage chronic Heart Failure:
 - a. ACE-I or ARB
 - b. Any of the B-blockers
 - c. Aldosterone Antagonist
 - d. Diuretics
 - e. a, c, d only
 - f. All of the above

Name _____ MD

Heart Failure Video RN/LPN - Professional Post Test

(Adapted for the Continuing Care Network from Qualidigm)

1. According to Dr. Ryan, Heart Failure is defined as, “an impaired ability of the left ventricle to pump blood.”
 - a. True
 - b. False
2. What are the characteristics of acute Heart Failure?
 - a. Shortness of Breath (SOB)
 - b. Edema
 - c. Fatigue
 - d. All of the above
 - e. a & b only
3. Match the “Zones” with the appropriate definition:

1) Green Zone _____	A. Hard time breathing, chest pain, feeling faint
2) Yellow Zone _____	B. Weight gain of 1 lb. in one day, no SOB
3) Red Zone _____	C. Coughing, weight gain of 3 lbs. in one day, SOB
4. Conditions that can lead to the development of Heart Failure are:
 - a. Coronary artery disease
 - b. Hypertension
 - c. Cardiomyopathy
 - d. Diabetes mellitus
 - e. All of the above
5. Ejection Fraction (EF) indicates the percentage of blood that is pushed out of the left ventricle with each contraction of the heart.
 - a. True
 - b. False
6. Medications that are used to manage chronic Heart Failure:
 - a. ACE-I or ARB
 - b. B-blocker
 - c. Aldosterone Antagonist
 - d. Diuretics
 - e. a & c only
 - f. All of the above

Name _____ RN/LPN



Attestation of Heart Failure Training Completion

As a CCN Provider _____ (Organization name). I hereby attest that I have completed all the necessary courses to the Heart Failure program.

VIDEO	Provider	RN	LPN	Therapy	Social Work	Dietician	CNA
<u>Qualidigm Module 1</u> Understanding the Science of Heart Failure	X	X	X	X	X	X	
<u>Qualidigm Module 2</u> Evaluating Patients with Heart Failure	X	X	X	X	X	X	
<u>Qualidigm Module 3</u> Six Key Recommendations for Patients with Chronic Heart Failure	X	X	X	X	X	X	X
<u>Qualidigm Module 4</u> Teaching Your Patients	X	X	X	X	X	X	X
<u>Qualidigm Module 5</u> Discussing Palliative and End of Life Care	X	X	X	X	X		
<u>Dr. Peterson Module 1</u> The Diagnosis and Management of Heart Failure	X	X	X				

What % of your organization (employees and contracted staff) has completed training and education on heart failure as designed: (Goal is 90-100% for each category with an expectation for all new employees to review)

Provider's _____ % RN _____ % LPN _____ % CNA _____ %

Therapist _____ % Social Work _____ % Dietician _____ %

By signing below, you attest that your organization will furnish training logs including new employee training upon request to CCN-CLT to validate that training was completed.

Print name of organization representative

Organization

Signature

Date Signed

(Please sign and return via e-mail to tianamorton@chifranciscan.org or fax at 253-428-8465 Attn: Tiana)