

Quiz	Answers	Resources
<b>Day of Discharge</b>		
1. What is your life's goal?	1. The patient should spend some perception and guide to the knowledge they have at discharge.	American Heart Association <a href="http://www.heart.org/HEARTORG/Conditions/HeartFailure/Heart-Failure-Tools-Resources_UCM_002049_Article.jsp#.WL6rgtIrKUK">http://www.heart.org/HEARTORG/Conditions/HeartFailure/Heart-Failure-Tools-Resources_UCM_002049_Article.jsp#.WL6rgtIrKUK</a>
2. List three things that you want to know more about CHF. a) Any answer is ok	2. Patient's interest in learning.	
3. What type of Heart Failure do you have? a) Stiff Heart b) Weak	3. Answer is page 11 in the CHF book.	Types of Heart Failure <a href="https://www.khanacademy.org/science/health-and-medicine/circulatory-system-diseases/heart-failure/v/what-is-heart-failure">https://www.khanacademy.org/science/health-and-medicine/circulatory-system-diseases/heart-failure/v/what-is-heart-failure</a>
4. Name one way your life will change with this condition. a) I will reach my life's goal b) I will control my life c) I will weight myself daily d) I will eat different food	4. This answer will be used as an educational guide and understanding where the patient's interest are.	Life check <a href="http://www.heart.org/HEARTORG/Conditions/My-Life-Check---Lifes-Simple-7_UCM_471453_Article.jsp#.WL7T1tIrKUK">http://www.heart.org/HEARTORG/Conditions/My-Life-Check---Lifes-Simple-7_UCM_471453_Article.jsp#.WL7T1tIrKUK</a>
5. What is the cause of your heart failure? a) High Blood Pressure b) Pregnancy c) Coronary Artery Disease	5. The answer to this question will be come from the patient's history and discharge summary.	Cause of Heart Failure  <a href="http://www.medicinenet.com/congestive_heart_failure_chf_overview/page3.htm">http://www.medicinenet.com/congestive_heart_failure_chf_overview/page3.htm</a>
<b>Week One</b>		
1. What are the names of the three most important medications for your CHF? a) Lasix b)	1. Patient should be able to respond with three most important medications.  2. Shortness of breath, weight gain, swelling of lower extremities.	American Heart Association <a href="http://www.ksw-gtg.com/aha-heartfailure/#/1/">http://www.ksw-gtg.com/aha-heartfailure/#/1/</a>  Symptom to not ignore

2. What are your symptoms when you are beginning to get in trouble with your CHF?		<a href="http://www.webmd.com/women/features/serious-symptoms#1">http://www.webmd.com/women/features/serious-symptoms#1</a>
3. When do you know you should call your doctor?	3. Describe the symptoms they have experienced that are warning signs to trouble.	Medication Adherence <a href="http://www.heart.org/HEARTORG/Condition/More/ConsumerHealthCare/Medication-Adherence---Taking-Your-Meds-as-Directed_UCM_453329_Article.jsp#.WL7U1tIrKUK">http://www.heart.org/HEARTORG/Condition/More/ConsumerHealthCare/Medication-Adherence---Taking-Your-Meds-as-Directed_UCM_453329_Article.jsp#.WL7U1tIrKUK</a>
4. What are three things you are grateful for?	4. The beginning of gratitude journaling	
5. How will you get to your follow-up appointment	5. Patient should be able confirm appointment time and method of getting to appointment.	Triggers of heart Sudden Onset of Heart Failure  <a href="http://www.webmd.com/heart-disease/heart-failure/avoiding-triggers-for-sudden-heart-failure">http://www.webmd.com/heart-disease/heart-failure/avoiding-triggers-for-sudden-heart-failure</a>  Gratitude Journaling <a href="http://greatergood.berkeley.edu/article/item/tips_for_keeping_a_gratitude_journal">http://greatergood.berkeley.edu/article/item/tips_for_keeping_a_gratitude_journal</a>
<b>Week Two</b>		
1. What time of day do you take the three most important CHF medications?	1. This will be patient specific and they should have a schedule and a mechanism to keep track of when to take them	<a href="http://www.heartfailure.org/prevention/health-tools/#">http://www.heartfailure.org/prevention/health-tools/#</a>
2. How does sodium affect your CHF condition?	2. When there's extra sodium in your bloodstream, it pulls water into your blood vessels, increasing the total amount (volume) of blood inside your blood vessels. When the heart is able to pump as well as it should this extra fluids settle in the extremities and in the lung causing symptom	Sodium Effect on the Heart <a href="https://sodiumbreakup.heart.org/sodium_and_your_health">https://sodiumbreakup.heart.org/sodium_and_your_health</a> <a href="https://nursing.advanceweb.com/sharedresources/advancefornurses/resources/DownloadableResources/nurseweightfeb18.pdf">https://nursing.advanceweb.com/sharedresources/advancefornurses/resources/DownloadableResources/nurseweightfeb18.pdf</a> Sodium Video <a href="https://www.youtube.com/watch?v=uSrzcY9">https://www.youtube.com/watch?v=uSrzcY9</a>

3. What is one way you can lower you salt intake	3. Reducing the consumption of process food is an major way in which you can reduce your sodium intake.	<a href="#">E2Qw</a> Lowering Your Sodium Intake <a href="http://www.eatingwell.com/video/6749/how-to-lower-sodium-in-your-diet/">http://www.eatingwell.com/video/6749/how-to-lower-sodium-in-your-diet/</a>
4. What are two thing you doing to accurately weigh yourself?	4. Dry weight is the weight when your body is not carrying extra fluid. The provider can provide the dry weight number for you.	Accurate Weights <a href="https://www.youtube.com/watch?v=7vIagY9TqgE">https://www.youtube.com/watch?v=7vIagY9TqgE</a>
5. What is your dry weight?	5. This answer should be recorded in the weight tracker and is individualized to each patient. There should be some understanding that weight gain and loose takes place with and without a shift in fluid. The patient's ability to know their body with eating habits is an important concept in self care.	Warning Signs <a href="http://www.heartfailurematters.org/en_GB/Warning-signs/Rapid-weight-gain">http://www.heartfailurematters.org/en_GB/Warning-signs/Rapid-weight-gain</a> <a href="http://www.webmd.com/heart-disease/heart-failure/checking-your-weight-when-you-have-heart-failure">http://www.webmd.com/heart-disease/heart-failure/checking-your-weight-when-you-have-heart-failure</a>
<b>Week Three</b>		
1. Describe your system keep you on track with taking your medications at the right time and day.	1. The patient should to be able demonstrate any type of alarm (in App) or a mechanism to stay on track with taking their medication on a routine.	Medication Adherence <a href="http://www.heart.org/HEARTORG/Conditions/More/ConsumerHealthCare/Medication-Adherence---Taking-Your-Meds-as-Directed_UCM_453329_Article.jsp#.WN0K2dIrKUK">http://www.heart.org/HEARTORG/Conditions/More/ConsumerHealthCare/Medication-Adherence---Taking-Your-Meds-as-Directed_UCM_453329_Article.jsp#.WN0K2dIrKUK</a>  <a href="http://medadherenceresources.com/">http://medadherenceresources.com/</a>
2. Review weigh tracker and Intake and output tracker how have you done with this task?	2. The answer to this question is observed in the app in the section for intake and output. The patient should have recorded daily weights and if they are on fluid restriction intake and output should be	Weight and Intake and Output <a href="http://www.webmd.com/heart-disease/heart-failure/watching-your-fluid-intake-when-you-have-heart-failure">http://www.webmd.com/heart-disease/heart-failure/watching-your-fluid-intake-when-you-have-heart-failure</a>

recorded.

<http://my.clevelandclinic.org/health/articles/monitoring-weight-fluid-intake>

3. **Discuss some diet changes in managing salt intake to prevent fluid build-up in the body.**

- a) Daily diet cola
- b) Fresh vegetables
- c) Fresh fruit

3. The patient should be able to describe some foods that are low in sodium as well as some foods to avoid. (The references provide resources for setting up meal plans and includes foods to avoid.)

Diet Management

[https://www.heart.org/idc/groups/heart-public/@wcm/@hcm/@gwtg/documents/downloadable/ucm\\_309068.pdf](https://www.heart.org/idc/groups/heart-public/@wcm/@hcm/@gwtg/documents/downloadable/ucm_309068.pdf)anagement

Sample diets

<http://www.livestrong.com/article/428352-sample-diet-for-congestive-heart-failure/>

Meal Plan

<https://maryrodavichwvudietetics.wordpress.com/tag/chf-meal-plan/>

<http://www.upmc.com/patients-visitors/education/cardiology/Pages/heart-failure-nutrition.aspx>

4. **What are your limitations with exercise?**

4. Remaining mobile and knowing physical limitations are important knowledge concepts

Exercise

[http://www.heart.org/HEARTORG/Conditions/HeartFailure/PreventionTreatmentofHeartFailure/Lifestyle-Changes-for-Heart-Failure\\_UCM\\_306341\\_Article.jsp#.WN0TyNrKUK](http://www.heart.org/HEARTORG/Conditions/HeartFailure/PreventionTreatmentofHeartFailure/Lifestyle-Changes-for-Heart-Failure_UCM_306341_Article.jsp#.WN0TyNrKUK)

Exercise Guidelines in CHF

[https://www.health.qld.gov.au/\\_data/assets/pdf\\_file/0021/431328/guide\\_exercise\\_chf.pdf](https://www.health.qld.gov.au/_data/assets/pdf_file/0021/431328/guide_exercise_chf.pdf)

<http://www.chfpatients.com/fag/exercises/exercises.htm>

<b>5. How do you stay in contact with friends and family?</b>	<p>This is a personal question and lead the navigator to help with developing contacts and plans</p>	<p>Coping with Feelings</p> <p><a href="http://www.heart.org/HEARTORG/Conditions/More/CardiacRehab/Coping-with-Feelings_UCM_307092_Article.jsp#.WN1UHTlrKUk">http://www.heart.org/HEARTORG/Conditions/More/CardiacRehab/Coping-with-Feelings_UCM_307092_Article.jsp#.WN1UHTlrKUk</a></p> <p><a href="http://www.apa.org/helpcenter/heart-disease.aspx">http://www.apa.org/helpcenter/heart-disease.aspx</a></p>
<b>6. What bring most joy in life and do your record daily gratitude?</b>	<p>The site to the left is an actual Google app. Not sure if that can just be included in the app program? Both of these are free</p>	<p>Gratitude Journaling</p> <p><a href="https://play.google.com/store/apps/details?id=com.bliss.phonegap&amp;hl=en">https://play.google.com/store/apps/details?id=com.bliss.phonegap&amp;hl=en</a></p> <p><a href="http://appcrawlr.com/ios/happier">http://appcrawlr.com/ios/happier</a></p>
<b>Week Four</b>		
<b>1) Do you feel prepared to take over your care?</b>	<p>This question is to confirm the patient's readiness to go solo with managing their care.</p>	<p>Self Care</p> <p><a href="http://www.webmd.com/heart-disease/heart-failure/tc/quick-tips-self-care-for-heart-failure-get-started#1">http://www.webmd.com/heart-disease/heart-failure/tc/quick-tips-self-care-for-heart-failure-get-started#1</a></p> <p><a href="http://circ.ahajournals.org/content/129/3/e293">http://circ.ahajournals.org/content/129/3/e293</a></p>
<b>2) Have you thought about management of your care when you are unable to speak for yourself including Living Will and Healthcare Power of Attorney?</b>		<p>Living Will</p> <p><a href="https://www.hov.org/media/1112/living-will_forms.pdf">https://www.hov.org/media/1112/living-will_forms.pdf</a></p> <p><a href="https://formswift.com/living-will">https://formswift.com/living-will</a></p> <p>Healthcare Power of Attorney</p> <p><a href="https://powerofattorney.com/medical-power-attorney/">https://powerofattorney.com/medical-power-attorney/</a></p>

**3) Congratulation on  
completing My Healthy  
Heart process**