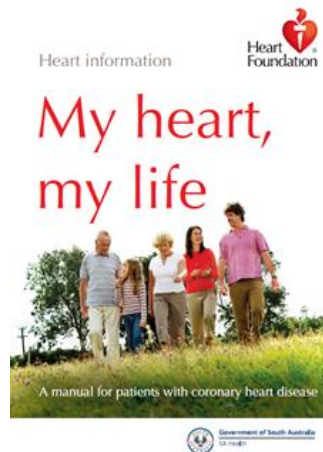




My heart, my life resource

Question & Answer sheet



What is 'My heart, my life'?

'My heart, my life' is a manual for patients with heart disease.

It is the standard discharge resource for South Australian patients with acute coronary syndrome.

The book has been developed to help patients and their families to understand their condition, aid their recovery and prevent subsequent cardiac events.

The resource provides comprehensive, up to date information, all in one book.

What is the aim of 'My heart, my life'?

The resource aims to aid patients and their families to understand and manage their heart health, recognize warning signs of a heart attack and to have an action plan if warning signs occur.

Overall it aims to promote a good quality of life for acute coronary syndrome patients and aid prevention of subsequent cardiac events.

What is included in the content of 'My heart, my life'?

Information is provided on how the heart works, heart disease and its causes.

The warning signs of a heart attack are outlined and an action plan is provided.

In hospital information includes: - medical tests, procedures, surgery, medication, cardiac rehabilitation, and emotions. Check lists are provided for patients to prepare for discharge from hospital.

Patients are provided with information to enable them to take steps towards a positive recovery. Recovery information includes ways to reduce risk factors and to make healthy life style choices.

Support services and organizations are identified and explained.

The 'Take action' section is designed to be interactive. This section can be utilized as a resource to aid discussion between health professionals and patients regarding their recovery and risk factor reduction. It can be shared with health professionals to record results, medications and progress in reducing risk factors. By utilizing the charts and tables in the 'Take action' section, patients can take ownership of their cardiac health and track their progress.

It is important to inform your patients about this section. Encourage them to take their copy to appointments and share it with their GP, Practice Nurse, Cardiologist or Cardiac Rehabilitation Nurse

'My heart, my life' provides a list of useful contacts and pages for patients to record their own notes.

Who is eligible to receive a copy?

SA Health is funding this resource for all patients with a diagnosis of an acute coronary syndrome.

Specifically these patients include:-

- Heart attack (STEMI and NSTEMI)
- Angioplasty/ stent insertion
- Angina
- It also includes patients who undergo open heart surgery – Coronary Artery Bypass Surgery (CABG)
- Diagnosed with coronary heart disease through angiography

Who should give 'My heart, my life' to patients?

'My heart, my life' is provided free of charge to hospitals, Cardiologist and Primary Health Care Centres , for distribution to eligible patients.

Health professionals caring for acute coronary syndrome patients can distribute 'My heart, my life.'

Often it is nursing staff that provide and explain the resource to patients in their care.

It provides an ideal tool to support essential conversations about cardiac recovery.

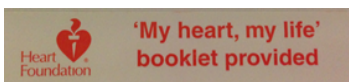
When should 'My heart, my life' be given to patients?

Ideally 'My heart, my life' will be given to patients, as soon as possible, during their acute coronary syndrome admission. Giving the resource early during the admission allows time for the patient and family to absorb the information and ask questions. However for various reasons some patients do not receive a copy during their hospital admission.

Cardiologists and Primary Care health professionals can now provide 'My heart, my life' to any eligible patients, who may have missed receiving a copy whilst in hospital.

Clinical discretion should be used in regard to when patients are given a copy. Evaluation shows that relatives or carers will often read 'My heart, my life' before the patient and retain more information. Feed back from country hospitals is that 'My heart, my life' has been very helpful to patients and family prior to patient transfer to a city hospital.

A roll of stickers, ("My heart, my life booklet provided") is provided with each order of 'My heart, my life'. Stickers can be placed in the case notes to signify that a book has been provided.



What needs to be discussed?

'My heart, my life' can be used as a tool to open discussion with patients about their heart condition.

Several short conversations may be more beneficial than one lengthy conversation.

Opportunities for ongoing discussion may be whilst performing other duties, e.g. whilst making the bed or performing observations.

There have been six identified information topics for discussion with all acute coronary syndrome patients prior to discharge.

The six steps to cardiac recovery conversation should include:-

1. Explain diagnosis and procedure
2. Highlight risk factors relevant to the patient
3. Emphasis importance of Cardiac Rehabilitation Programs
4. Promote medication adherence
5. Educate on warning signs of a heart attack and to ensure patients are confident to implement an action plan
6. Encourage on going Cardiologist and GP follow up



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The back pocket of the resource contains a 'Warning signs of heart attack' and action plan fridge magnet. Nurses have a key role in going through this action plan, especially if the patient delayed before acting on their initial symptoms.

Research informs us that people who have had a heart attack do not respond any quicker to the warning signs of a subsequent heart attack. Knowing what the symptoms are, and what to do next time, is critical information for patients.

And last, but not least, the patient needs to know this is their resource to take home. Encourage your patients to fill in their details inside the front cover.

How can you feel confident discussing 'My heart, my life' with patients?

The first step to improving confidence is to read 'My heart, my life'.

It is appropriate to record one CPD point per hour of clinically relevant reading.

Follow the six identified steps to cardiac recovery guide.

Refer to the ICCNET website to view a 'My heart, my life' power point presentation.

Refer to the Heart Foundation web site www.heartfoundation.org.au/healthinfo

My heart, my life app

In 2014 an app was developed by the Heart Foundation as a support tool to the My heart, my life booklet and is now being promoted to patients and health professionals.

The app is free to download and is available through the App Store and Google Play Store. It is suitable for iPhone, iPad, most Android phones and tablet devices and information will sync between devices.

The app is patient focused to support medication adherence, including medicine reminders and alerts. It also supports management of health stats by recording weight, waist measurements, blood pressure, cholesterol, diabetes and emotional well being. Education about warnings signs of a heart attack, and access to recipes is also included.

How can you provide information to patients with limited English?

If the patient has English speaking family or support people, available to translate, the book can be provide to these support people , with explanation.

Phone or visiting Interpreter services may be able to assist in explaining content of 'My heart, my life'.

'Warning Signs of Heart Attack' and risk factor information are available in Arabic, Cantonese, Croatian, Greek, Italian, Macedonian, Mandarin, Spanish, Turkish, and Vietnamese on the Heart Foundation website www.heartfoundation.org.au

What about rural patients?

Patients diagnosed with acute coronary syndrome are commonly transferred to Adelaide for further investigation by a specialist cardiology team. If appropriate, 'My heart, my life', can be given to these patients, or their family, prior to transfer. When this occurs, it should be documented in the transfer notes so the receiving hospital knows they have already received their copy.

There are a proportion of rural patients who are not transferred to Adelaide. These patients will receive their copy of 'My heart, my life' from their local hospital.

How long has it been available?

The resource was launched in July 2010 and was made available to Adelaide metropolitan public, private (with cardiology focus) and rural hub hospitals in August 2010. These hospitals were provided with training on the resource.

In October 2011 the strategy was extended to all hospitals across SA, with all rural hospitals being able to order copies directly and have access to online training <http://www.iccnetsa.org.au/my-heart-my-life-presentation.aspx>

Currently funding has been approved for all eligible patients in public and private hospitals as well as primary care and Cardiologists until June 30th 2017.

How much does it cost?

The resource is provided free of charge to eligible patients in South Australian hospitals and also in the primary care sector or via Cardiologists.

This is a joint project between the Government of South Australia (SA Health) and the Heart Foundation (SA). It is funded by SA Health until June 2017.

How can Health professionals ensure that ‘My heart, my life’ is appropriately and effectively utilized?

By:-

- Ordering ‘My heart, my life’ and ensuring that it is always available in Primary Health Care Centres, Cardiologist consulting rooms and in all hospitals with acute coronary syndrome patients.
- Ensuring that all acute coronary syndrome patients, in their care, receive a copy of ‘My heart, my life’.
- Ensuring that all acute coronary syndrome patients, in their care, understand how to best utilize ‘My heart, my life’ as an interactive resource.
- Ensuring that all acute coronary syndrome patients, in their care, have engaged in a conversation with a health professional, covering the 6 steps to cardiac recovery topics.

Where can you get further information?

Please do not hesitate to contact the Heart Foundation for further information

- email on sa@heartfoundation.org.au
- phone The heart Foundation’s Health Information Service 1300 36 27 87
- www.heartfoundation.org.au/healthinfo

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