

# My heart, my life e-Learning Reference List



## Module 1: Diagnosis & Procedure

<http://www.heartfoundation.org.au/your-heart/cardiovascular-conditions/Pages/coronary-heart-disease.aspx>

Heart Foundation Management of ACS PowerPoint:

[https://www.heartfoundation.org.au/images/uploads/publications/ACS-guidelines-long-presentation\\_2016\\_v2\\_1.pdf](https://www.heartfoundation.org.au/images/uploads/publications/ACS-guidelines-long-presentation_2016_v2_1.pdf)

<http://emedicine.medscape.com/article/155919-overview>

<https://www.heartfoundation.org.au/your-heart/heart-conditions/angina>

<https://www.heartfoundation.org.au/your-heart/heart-conditions/what-is-coronary-heart-disease>

[https://www.heartfoundation.org.au/images/uploads/publications/CON-087-v4\\_Angina\\_WEB.PDF](https://www.heartfoundation.org.au/images/uploads/publications/CON-087-v4_Angina_WEB.PDF)

<https://www.heartfoundation.org.au/your-heart/heart-conditions/heart-attack>

<https://www.heartfoundation.org.au/images/uploads/publications/CON-100.v5-HeartAttack-LR-secure.pdf>

<https://www.heartfoundation.org.au/your-heart/heart-conditions/what-is-coronary-heart-disease>

<https://www.heartfoundation.org.au/images/uploads/publications/CON-100.v5-HeartAttack-LR-secure.pdf>

<http://www.heartonline.org.au/articles/treatment-management/managing-symptoms>

[https://www.heartfoundation.org.au/images/uploads/publications/PRO-167\\_Hypertension-guideline-2016\\_WEB.pdf](https://www.heartfoundation.org.au/images/uploads/publications/PRO-167_Hypertension-guideline-2016_WEB.pdf)

[https://www.heartfoundation.org.au/images/uploads/main/Your\\_heart/Heart\\_Bypass.pdf](https://www.heartfoundation.org.au/images/uploads/main/Your_heart/Heart_Bypass.pdf)

[https://www.heartfoundation.org.au/images/uploads/main/Your\\_heart/Angiography.pdf](https://www.heartfoundation.org.au/images/uploads/main/Your_heart/Angiography.pdf)

[https://www.heartfoundation.org.au/images/uploads/publications/CON-008-v4\\_Coronary\\_angioplasty\\_WEB.PDF](https://www.heartfoundation.org.au/images/uploads/publications/CON-008-v4_Coronary_angioplasty_WEB.PDF)

[http://www.medicinenet.com/heart\\_valve\\_disease/article.htm#what\\_is\\_valvular\\_heart\\_disease](http://www.medicinenet.com/heart_valve_disease/article.htm#what_is_valvular_heart_disease)

<http://www.imvs.sa.gov.au/wps/wcm/connect/SA+Pathology+Internet+Content/Content/Home/>

SA Pathology Reference Intervals - Document ID: PRC-AUG-019, Issue Date: 20-JUN-2014.

<https://resus.org.au/guidelines/> - This is the 2016 update. However, you cannot specifically get the link for 'ACS: Reperfusion Strategy'. Only the link for all the guidelines or the downloaded Pdf.

<http://www.csanz.edu.au/resources/#investigations-procedures>

[http://www.csanz.edu.au/documents/guidelines/clinical\\_practice/2011\\_HF\\_CSANZ\\_ACS\\_Addendum\\_with\\_algorithm.pdf](http://www.csanz.edu.au/documents/guidelines/clinical_practice/2011_HF_CSANZ_ACS_Addendum_with_algorithm.pdf)

## **Module 2: Patient Risk Factors**

<https://www.heartfoundation.org.au/images/uploads/publications/HF-consumer-Manage-your-heart-stroke-risk.pdf>

[https://www.heartfoundation.org.au/images/uploads/publications/PRO-167\\_Hypertension-guideline-2016\\_WEB.pdf](https://www.heartfoundation.org.au/images/uploads/publications/PRO-167_Hypertension-guideline-2016_WEB.pdf)

<https://www.heartfoundation.org.au/healthy-eating/food-and-nutrition/salt>

<https://www.heartfoundation.org.au/healthy-eating/food-and-nutrition/heart-healthy-eating-tips>

<https://www.heartfoundation.org.au/your-heart/know-your-risks/healthy-weight>

[https://www.heartfoundation.org.au/images/uploads/publications/PRO-167\\_Hypertension-guideline-2016\\_WEB.pdf](https://www.heartfoundation.org.au/images/uploads/publications/PRO-167_Hypertension-guideline-2016_WEB.pdf)

<https://www.heartfoundation.org.au/healthy-eating>

<https://www.heartfoundation.org.au/healthy-eating/food-and-nutrition/fats-and-cholesterol/cholesterol-in-food>

<http://www.heartonline.org.au/articles/treatment-management/managing-symptoms>

<http://www.heartonline.org.au/articles/treatment-management/cardiovascular-risk-factors>

<https://www.cancersa.org.au/about>

<http://ash.org.uk/home/>

<https://www.mja.com.au/journal/2013/198/9/screening-referral-and-treatment-depression-patients-coronary-heart-disease>

<https://www.heartfoundation.org.au/news/heart-disease-patients-face-higher-depression-risk>

<https://www.heartfoundation.org.au/for-professionals/physical-activity>

[https://www.heartfoundation.org.au/images/uploads/publications/CON-072-v3\\_Be\\_active\\_every\\_day\\_WEB.PDF](https://www.heartfoundation.org.au/images/uploads/publications/CON-072-v3_Be_active_every_day_WEB.PDF)

<https://www.heartfoundation.org.au/for-professionals/clinical-information/cardiacc-rehabilitation-for-health-professionals>

<http://www.heartonline.org.au/>

<https://www.heartfoundation.org.au/images/uploads/publications/Improving-the-delivery-of-cardiac-rehabilitation.pdf>

<https://www.heartfoundation.org.au/for-professionals/clinical-information/cardiacc-rehabilitation-for-health-professionals>

<http://www.heartonline.org.au/articles/treatment-management>

<http://www.heartfoundation.org.au/information-for-professionals/aboriginal-health/Pages/default.aspx>

<https://www.heartfoundation.org.au/images/uploads/publications/Absolute-CVD-Risk-Quick-Reference-Guide.pdf>

### **Module 3: Cardiac Rehabilitation**

<https://www.heartfoundation.org.au/images/uploads/publications/Recommended-framework.pdf>

<https://www.heartfoundation.org.au/for-professionals/clinical-information/cardiacc-rehabilitation-for-health-professionals>

<http://www.heartonline.org.au/articles/treatment-management>

<http://www.acra.net.au/cr-services/>

<http://www.heartonline.org.au/articles/treatment-management>

<https://www.heartfoundation.org.au/images/uploads/publications/Recommended-framework.pdf>

<https://www.heartfoundation.org.au/images/uploads/publications/Improving-the-delivery-of-cardiac-rehabilitation.pdf>

[https://www.heartfoundation.org.au/images/uploads/publications/HF.Cardiac\\_Rehab\\_Factsheet\\_WEBHR.pdf](https://www.heartfoundation.org.au/images/uploads/publications/HF.Cardiac_Rehab_Factsheet_WEBHR.pdf)

<http://www.heartonline.org.au/articles/exercise>

<https://www.heartfoundation.org.au/healthy-eating/food-and-nutrition>

<http://www.heartfoundation.org.au/healthy-eating/Pages/default.aspx>

<http://www.heartonline.org.au/articles/exercise>

Austroroads guidelines – Assessing Fitness to Drive: for commercial and private vehicle drivers - <http://www.austroroads.com.au/drivers-vehicles/assessing-fitness-to-drive>

<http://www.austroroads.com.au/drivers-vehicles/assessing-fitness-to-drive/for-private-vehicle-drivers/faq#Notify>

<http://www.heartonline.org.au/articles/exercise>

<https://www.heartfoundation.org.au/after-my-heart-attack>

<http://www.heartonline.org.au/articles/exercise>

<https://www.heartfoundation.org.au/news/heart-disease-patients-face-higher-depression-risk>

Colquhoun DM et al. 2013, Screening, referral and treatment for depression in patients with coronary heart disease, MJA 2013; 198 (9): 483-484. Viewed 16 July 2014 <https://www.mja.com.au/journal/2013/198/9/screening-referral-and-treatment-depression-patients-coronary-heart-disease>

<http://www.heartonline.org.au/articles/patient-education>

<http://www.heartonline.org.au/articles/patient-education>

<http://www.heartfoundation.org.au/your-heart/how-we-can-help/Pages/health-information-service.aspx>

#### **Module 4: Medication Adherence**

<http://www.heartonline.org.au/articles/medications/how-medications-work>

[https://www.heartfoundation.org.au/images/uploads/main/Adherence\\_to\\_medication\\_INF-083-P\\_7\\_factsheet.pdf](https://www.heartfoundation.org.au/images/uploads/main/Adherence_to_medication_INF-083-P_7_factsheet.pdf)

<https://web.archive.org/web/20140215025542/https://www.health.gov.au/internet/main/publishing.nsf/Content/nmp-quality.htm>

Australian Medicines Handbook (AMH) 2017

Heart Foundation (<https://www.heartfoundation.org.au>)

Heart Online (<http://www.heartonline.org.au>)

MIMs Online(<http://www.mims.com.au/index.php/products/mims-online>)

## **Module 5: Warning Signs**

<http://www.heartfoundation.org.au/information-for-professionals/Clinical-Information/Pages/acute-coronary-syndrome.aspx>

<http://www.heartattackfacts.org.au/heart-attack-facts/>

<https://www.heartfoundation.org.au/your-heart/heart-attack-symptoms> - can probably be used for 79&80 too.

<https://www.heartfoundation.org.au/your-heart/heart-attack-symptoms>

Vinik AI & Ziegler D 2007, Circulation, vol. 115, no. 3, p. 388. Viewed 16 July 2014, <http://circ.ahajournals.org/content/115/3/387.full>

## **Module 6: GP Follow-up**

<https://www.heartfoundation.org.au/for-professionals/clinical-information/gp-practice-resources>

<https://www.heartfoundation.org.au/after-my-heart-attack>

Aroesty JM & Kannam JP 2012, 'Patient information: heart attack recovery (beyond the basics)', UpToDate, viewed 17 July 2014,

<http://www.uptodate.com/contents/heart-attack-recovery-beyond-the-basics>

<https://www.heartfoundation.org.au/after-my-heart-attack>

Colquhoun DM et al. 2013, Screening, referral and treatment for depression in patients with coronary heart disease, MJA 2013; 198 (9): 483-484. Viewed 16 July 2014, <https://www.mja.com.au/journal/2013/198/9/screening-referral-and-treatment-depression-patients-coronary-heart-disease>

<https://www.heartfoundation.org.au/after-my-heart-attack>

<http://www.heartfoundation.org.au/your-heart/how-we-can-help/Pages/health-information-service.aspx>

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## **Heart Failure e-learning module references**

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### **Chapter 1: What is heart failure?**

2. National Heart Foundation of Australia. A systematic approach to heart failure care: a consensus statement. Melbourne:National Heart Foundation of Australia, August 2013
3. National Heart Foundation of Australia and the Cardiac Society of Australia and New Zealand (Chronic Heart Failure Guidelines Expert Writing Panel). Guidelines for the prevention, detection and management of chronic heart failure in Australia. Updated October 2011.
4. National Heart Foundation of Australia and Cardiac Society of Australia and New Zealand. Quick reference guide. Diagnosis and management of chronic heart failure. Updated October 2011.
5. Mayo Clinic. "Ejection Fraction what does it measure?" [www.mayoclinic.org/faq](http://www.mayoclinic.org/faq/20058286) 20058286. Accessed Dec 12<sup>th</sup>, 2016
6. <http://www.heartonline.org.au/articles/pathophysiology/pathophysiology-of-acute-coronary-syndrome-and-heart-failure#causes-of-heart-failure>
7. McMurray J et al "ESC Guidelines for the diagnosis and treatment of acute and chronic heart failure 2012 of the European Society of Cardiology. Developed in collaboration with the Heart failure Association (HFA) of the ESC " European Heart Journal : 2012 33. 1787-1847.
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9. <http://www.heartonline.org.au/articles/pathophysiology/pathophysiology-of-acute-coronary-syndrome-and-heart-failure#causes-of-heart-failure>
10. Mehmood Z, Naheed B, Irshad F, et al. Takotsubo cardiomyopathy: a possible metabolic disorder. Heart Metab 2014;62:36–40.
11. <https://www.rhdaustralia.org.au/>
12. <http://www.heartonline.org.au/articles/pathophysiology/pathophysiology-of-acute-coronary-syndrome-and-heart-failure#classification-of-heart-failure>
13. Introduction video-Dr John Russel. National Heart Foundation of Australia <https://youtu.be/VMr9brRrPfE>

## **Chapter 2: Pathophysiology of heart failure**

1. Krum H. "Gilbert Atlas of Heart Failure. 5<sup>th</sup> edition" Lancet 2003. 362;147-58
2. McMurray et al "Pathophysiology of chronic heart failure.: N Eng J Med. 2010 362
3. tootRN. (2014). Renin Angiotensin Aldosterone System (RAAS) - Short and sweet!. [Online Video]. 15 January 2014. Available from: <https://www.youtube.com/watch?v=M0vpn6YVwil&t=12s>. [Accessed: 30 June 2017]. Provided under a Standard YouTube Licence
4. National Heart Foundation of Australia and the Cardiac Society of Australia and New Zealand. Guidelines for the prevention, detection and management of chronic heart failure in Australia" Updated 2011 Diagnostic algorithm for CHF: Page 14
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## **Chapter 3: Investigations**

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## **Chapter 4: Examining the Patient**

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## Chapter 5: Medications Part 1

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2. Australian Medicines Handbook Chapter 6.: Drugs for Heart Failure" 2003
3. National Heart Foundation of Australia and Cardiac Society of Australia and New Zealand. Quick reference guide. Diagnosis and management of chronic heart failure. Updated October 2011.
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1. National Heart Foundation of Australia and the Cardiac Society of Australia and New Zealand (Chronic Heart Failure Guidelines Expert Writing Panel). Guidelines for the prevention, detection and management of chronic heart failure in Australia. Updated October 2011.
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<https://www.youtube.com/watch?v=8m7K3HKqgUE>
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<https://www.youtube.com/watch?v=locuieEC4sg>
7. Heart Failure Matters website <http://www.heartfailurematters.org/en>
8. Patient-Experience/living -with-an-LVAD  
<https://www.youtube.com/watch?v=9xjEB7xadW4>

## **Chapter 8: Self Management Strategies Part 1**

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2. <http://www.heartonline.org.au/articles/treatment-management/managing-symptoms#daily-weighing-and-fluid-management>.
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<https://patient.info/doctor/generalised-anxiety-disorder-assessment-gad7>
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6. <https://www.humanservices.gov.au/customers/services/medicare/chronic-disease-management-plan>.
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<https://www.youtube.com/watch?v=klZwKqXnzSI&index=7&list=PLhryqIMD00EssZVI2o2DCfK7nsvPTLek>.
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## Chapter 10: Co-morbidities and related conditions

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3. <https://www.nps.org.au/australian-prescriber/articles/home-oxygen>
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