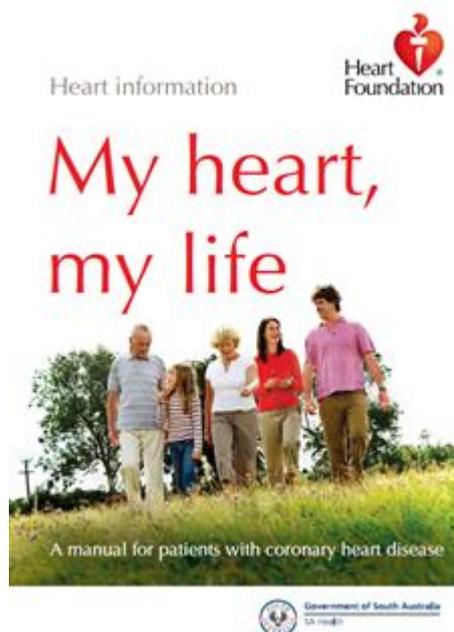


My heart, my life resource

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 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 assist patients and their families to understand and manage their heart health, recognise 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 information is included in 'My heart, my life'?

Information is provided on how the heart functions, heart disease and its causes. The warning signs of a heart attack are outlined and an action plan is provided.

Hospital information includes text around common medical tests, cardiac procedures, surgery, medication, rehabilitation, and emotions.

Checklists are provided to guide patients in their preparation 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 lifestyle choices.

Support services and organisations are identified and explained.

The 'Take action' section is designed to be interactive. This section can be utilised 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 utilising 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 and/or cardiac rehabilitation nurse.

'My heart, my life' provides a list of useful contacts and space for patients to record their own notes, including follow up appointments and rehabilitation program details.

Who is eligible to receive a copy?

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

Specifically, these patients include those who experience:

- Angina
- Heart attack (STEMI and NSTEMI)
- Coronary artery disease diagnosed via coronary angiography
- Angioplasty/stent insertion
- Coronary Artery Bypass Graft surgery (CABG)

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

'My heart, my life' is provided free of charge to hospitals, cardiologist rooms and primary health care centres for distribution to eligible patients.

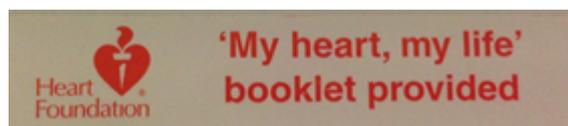
All health professionals caring for acute coronary syndrome patients can distribute 'My heart, my life'. Often it is nursing staff who provide and explain the resource to patients in their care. It provides an ideal tool to support essential conversations about cardiac recovery.

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. Providing 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 with 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. Feedback 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 sheet of stickers ('My heart, my life' booklet provided) is provided with each order of 'My heart, my life'. These stickers can be placed in patient case notes to indicate when 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 can arise whilst performing other duties, e.g. when making a bed or performing observations.

There have been six information topics identified for discussion with all acute coronary syndrome patients prior to discharge. The six steps to cardiac recovery conversations with patients should include:

1. Explain diagnosis and procedure to the patient.
2. Highlight risk factors relevant to the patient.
3. Emphasise the importance of cardiac rehabilitation programs.
4. Promote medication adherence.
5. Education on warning signs of a heart attack and ensure patients are confident to implement an appropriate action plan.
6. Encourage ongoing cardiologist and GP follow-up.

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 previously delayed acting on their initial symptoms.



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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 your confidence is to read 'My heart, my life'. It is appropriate to record one CPD point per hour of clinically relevant reading.
- Follow the guide outlining the six identified steps to cardiac recovery.
- Access the 'My heart, my life' eLearning website: <http://myheartmylife-elearning.com.au/moodle/>.
- Refer to the Heart Foundation website: <http://www.heartfoundation.org.au/information-for-professionals/Clinical-Information/Pages/default.aspx>.
- Call the Heart Foundation's Health Information Service on 1300 36 27 87 for more information or go to their website: <http://www.heartfoundation.org.au/your-heart/how-we-can-help/Pages/health-information-service.aspx>.

'My heart, my life' app

In 2014 an app was developed by the Heart Foundation as a support tool for 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 supports management of health stats by recording weight, waist

measurements, blood pressure, cholesterol, diabetes and emotional wellbeing. 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 provided to these support people, with explanation.

Phone or visiting interpreter services may be able to assist in explanation of 'My heart, my life' content. 'Warning Signs of Heart Attack' and risk factor information sheets 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 is made aware the patient has already received their copy.

There is 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 the primary care sector, including via cardiologists and GPs.

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

How can health professionals ensure that 'My heart, my life' is appropriately and effectively utilised?

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 utilise '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.