

# Site navigation- My heart, my life e-learning

Once you have logged in you can select the module(s) you would like to enter



Six steps to cardiac recovery - information for nurses.

The My heart, my life e-learning site is a resource to support nurses and other health professionals to provide patient education. It contains the key information all cardiac patients should receive prior to leaving hospital following an acute coronary syndrome admission.

The six modules bring together information from the 'My heart, my life' book, and the 'Six steps to cardiac recovery' conversation guide. Each module provides you with evidence based clinical information to increase your knowledge and confidence to have education discussions with your patients.

There are also tips on how to build education conversations into your workflow so that utilisation of time and resources are maximised.

Within each module there is the opportunity to test your knowledge using a quiz. Individual Continuing Professional Development (CPD) can be documented using the certificate of completion associated with each quiz.



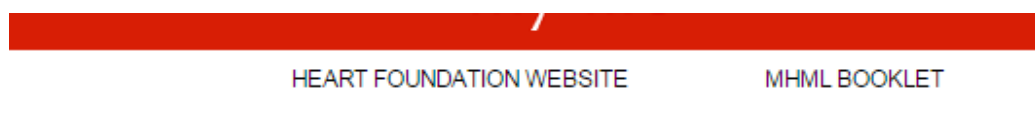
## Module navigation tips

Navigation bar- this has some quick links.



Breadcrumbs- use the breadcrumbs to navigate within each Module.

Select a title to go to that area.



Home ► My courses ► My Heart My Life Modules ► Diagnosis / Procedure

## To open a module

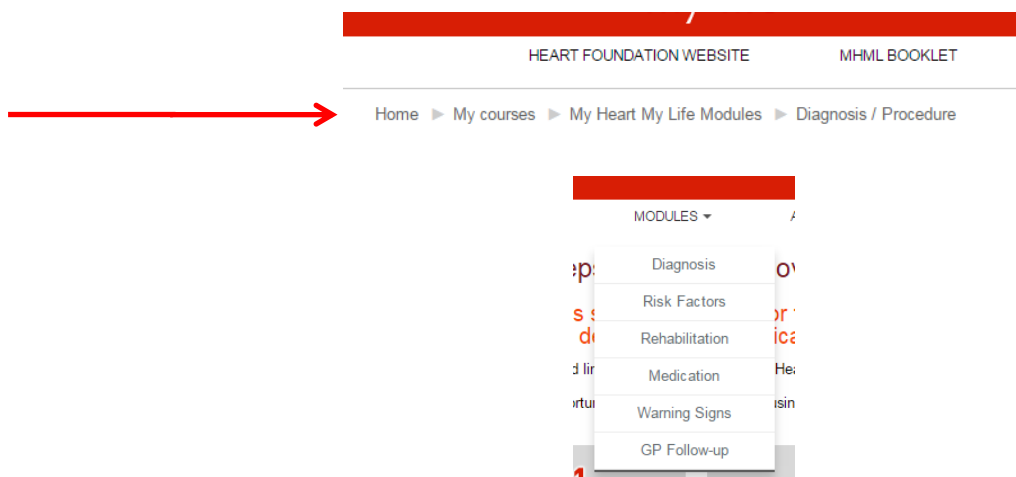
### Option 1

- Click on an icon on the home page.




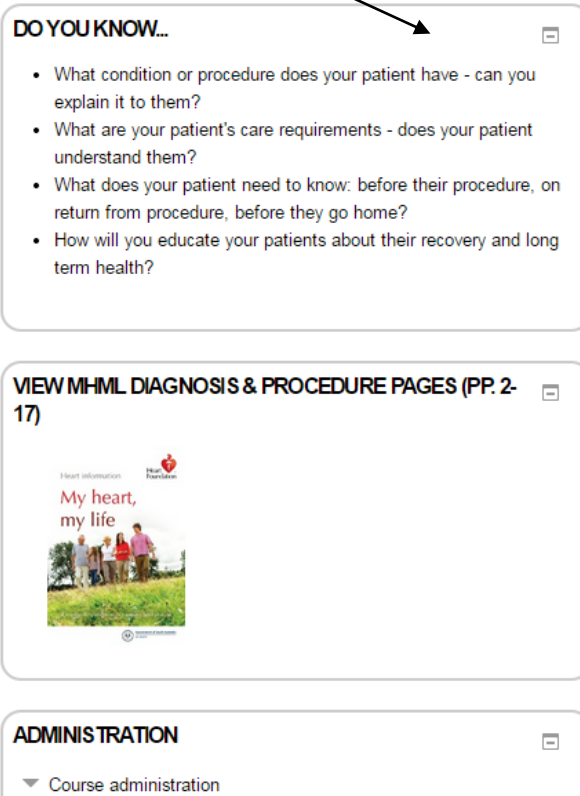
### Option 2


- Access via the Module drop down box in breadcrumb bar.




## Blocks on the right of each page


There is information in 'blocks' on the right hand side of the screen. If these get in your way or are annoying, you can minimise them by using the  icon in the top corner of each block.




**DO YOU KNOW...** 

- What condition or procedure does your patient have - can you explain it to them?
- What are your patient's care requirements - does your patient understand them?
- What does your patient need to know: before their procedure, on return from procedure, before they go home?
- How will you educate your patients about their recovery and long term health?

**VIEW MHML DIAGNOSIS & PROCEDURE PAGES (PP. 2-17)** 



**ADMINISTRATION** 

▼ Course administration

## Course Topics

Topic content is presented in a collapsed format.

Click on a heading to have the topic content 'open up'.

Click on the heading again to close it.

You can also 'open all' or 'close all' topics depending on your preference.


Open all    Close all


- 1. Starting the conversation
- 2. Anatomy and physiology
- 3. Acute coronary syndromes
- 4. Arrhythmias & devices
- 5. Blood pressure & hypertension


## Resources and activities in modules


Within the modules are resources and activities in various formats including lessons, slideshows and links to other websites. Click on the titles next to the icon to access the information, link or resource.


### Site glossary

 -a page on the topic


 -a slideshow on the topic

 -a lesson on the topic

 -link to information on a website

 -information in PDF format

 -a quiz

 -feedback

Once you have completed an activity in the module a tick will appear in the box next to each activity.

-  Anatomy & Physiology - slideshow
-  Anatomy & Physiology - slide summary
-  Your heart - information booklet
-  Johns Hopkins Health Library - online library of cardiovascular diseases and conditions
-  How your heart works - Heart Foundation resources
-  Cardiovascular conditions - Heart Foundation resources

