

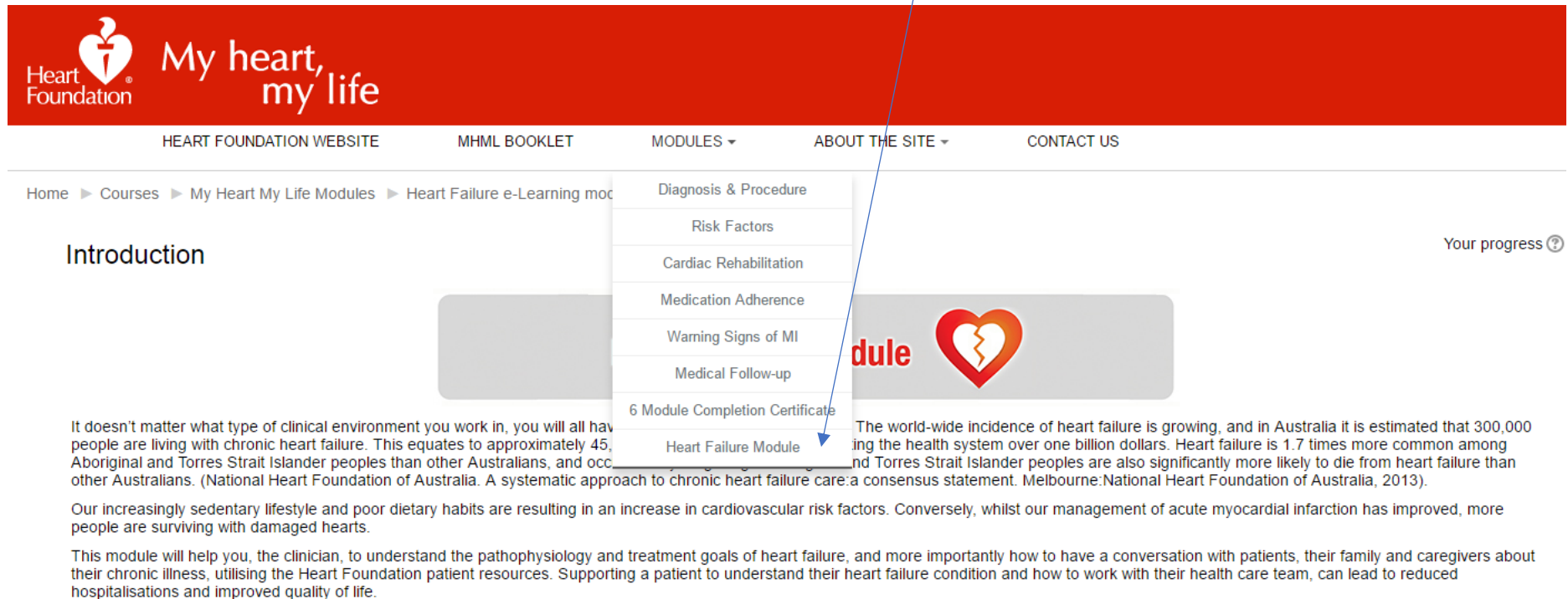
How to access the Heart Failure Module

1. To access the Heart Failure Module you will need to have created a free account for the Heart Foundation My Heart My Life e-learning site.
2. Log on to the site
3. Click on the Heart Failure Module icon

The screenshot displays the 'My heart, my life e-learning' website interface. At the top, there is a red navigation bar with the Heart Foundation logo and the text 'My heart, my life'. Below this, a navigation menu includes links for 'HEART FOUNDATION WEBSITE', 'MHML BOOKLET', 'MODULES', 'ABOUT THE SITE', and 'CONTACT US'. The main content area is titled 'My heart, my life e-learning' and features a section for 'Six steps to cardiac recovery - information for nurses.' This section includes a brief description of the resource and a list of six modules, each represented by a heart icon with a number and a specific icon: 1. Diagnosis & Procedure (ECG), 2. Patient Risk Factors (scales), 3. Cardiac Rehabilitation (person walking), 4. Medication Adherence (pill bottle), 5. Warning Signs (ambulance), and 6. Medical Follow-up (stethoscope). Below these modules is a 'Heart Failure Module' icon, which is highlighted with a blue arrow pointing to it. At the bottom, there is a '6 Module Completion Certificate of Accomplishment' icon, which is also highlighted with a blue arrow. The certificate icon features a ribbon and a seal, and is surrounded by smaller icons representing the six modules.

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4. You can also access the module from the drop-down menu on the Modules tab



The screenshot shows the top navigation bar of the Heart Foundation website. The logo 'Heart Foundation My heart, my life' is on the left. The navigation menu includes 'HEART FOUNDATION WEBSITE', 'MHML BOOKLET', 'MODULES', 'ABOUT THE SITE', and 'CONTACT US'. The 'MODULES' dropdown menu is open, listing: 'Diagnosis & Procedure', 'Risk Factors', 'Cardiac Rehabilitation', 'Medication Adherence', 'Warning Signs of MI', 'Medical Follow-up', '6 Module Completion Certificate', and 'Heart Failure Module'. A blue arrow points to the 'Heart Failure Module' option. Below the navigation, the page content includes an 'Introduction' section with text about heart failure prevalence and a 'Your progress' indicator.

5. You will be asked to enrol in the module by clicking on the blue enrol me icon

Self enrolment (Student)

No enrolment key required.

[Enrol me](#)

You will also receive an email notification that you have enrolled in the course

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6. You will then be taken to the module introduction page

Introduction

Your progress ?

Heart Failure Module



It doesn't matter what type of clinical environment you work in, you will all have met someone with heart failure. The world-wide incidence of heart failure is growing, and in Australia it is estimated that 300,000 people are living with chronic heart failure. This equates to approximately 45,000 annual hospital bed days costing the health system over one billion dollars. Heart failure is 1.7 times more common among Aboriginal and Torres Strait Islander peoples than other Australians, and occurs at a younger age. Aboriginal and Torres Strait Islander peoples are also significantly more likely to die from heart failure than other Australians. (National Heart Foundation of Australia. A systematic approach to chronic heart failure care: a consensus statement. Melbourne: National Heart Foundation of Australia, 2013).

Our increasingly sedentary lifestyle and poor dietary habits are resulting in an increase in cardiovascular risk factors. Conversely, whilst our management of acute myocardial infarction has improved, more people are surviving with damaged hearts.

This module will help you, the clinician, to understand the pathophysiology and treatment goals of heart failure, and more importantly how to have a conversation with patients, their family and caregivers about their chronic illness, utilising the Heart Foundation patient resources. Supporting a patient to understand their heart failure condition and how to work with their health care team, can lead to reduced hospitalisations and improved quality of life.

Living Well with Chronic Heart Failure

The Heart Foundation's publication *Living well with chronic heart failure* should be made available to all patients admitted to hospital with heart failure to support them to understand and manage their chronic condition. This resource also provides the clinician with a blueprint on which to design the patient's education about their responsibilities in managing their condition. This publication is referenced to throughout this module.

Heart failure resources are also available for people with low levels of literacy and a format better suited to Aboriginal and Torres Strait Islander peoples.

Living well with chronic heart failure - (CON-035.v4)

A detailed resource to help people with heart failure better understand and manage their condition

Living well with heart failure - (CON-159v2.0117)

A low literacy resource to help people with heart failure to better understand and manage their condition

Living every day with my heart failure - (CON-114)

A practical resource to help Aboriginal and Torres Strait Islander people with heart failure




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7. Below the introduction text and images you will see the module menu. There are 11 chapters to work through. Each chapter has a quiz to complete. You can access the quiz at the end of the chapter or via the menu page. Each chapter contains written text, videos to watch, links to external sites, links to resources to read as well as further activities and readings.

Chapter 1. What is heart failure?

When you have finished this chapter you will:

- Know how to explain heart failure to a patient and their family
- Understand the causes of heart failure
- Understand the classification of heart failure
- Understand the treatment goals


 [1.1 What is heart failure?](#)


 [1.2 What is Heart Failure? - Quiz](#)

Chapter 2. Pathophysiology of Heart Failure

When you have finished this chapter you will:

- Understand the pathophysiology of heart failure
- Know the signs and symptoms of decompensation

 [2.1 Pathophysiology of Heart Failure](#)

 [2.2 Pathophysiology of Heart Failure - Quiz](#)

Chapter 3. Investigations

When you have finished this chapter you will:

- Understand how heart failure is diagnosed
- Know the tests and procedures utilised to obtain a diagnosis
- Learn how to explain these tests and procedures to your patient and their family

 [3.1 Investigations](#)

 [3.2 Investigations - Quiz](#)

Chapter 4. Examining the Patient


When you have finished this chapter you will:

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8. On completion of all 11 quizzes with a score of 85% or greater, and after leaving feedback about the module, you will be able to print a module completion certificate and record the time spent for CPD points.

Chapter 12. Feedback

We are always looking to improve this site-please click on the link below and answer 2 short questions to provide feedback.

 [Feedback - Heart Failure](#)



Chapter 13. Certificate

 [Certificate - Heart Failure e-Learning Module](#)

