

Matters of the Heart

An on-line, on-demand video workshop
for Patients & Caregivers



This program can help you:



Learn from a nurse practitioner and 2 occupational therapists who are experts in chronic heart failure

- What chronic heart failure means
- What causes chronic heart failure
- How chronic heart failure affects quality of life
- How self-care can save lives



Common medications in chronic heart failure

- What they do, how they help, and why to keep taking them



Receive tips and tools for Self-Care, including

- Memory-boosting strategies that remind them to take their medications and weigh themselves
- Helpful take-home handouts from CardioSmart, the patient-friendly online resource from the American College of Cardiology

Learn from a nurse practitioner and 2 occupational therapists who specialize in Chronic Heart Failure

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cardiosmart.org/manageHF

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