




Heart Failure Webinar Series


Engaging Heart Failure
Patients in Managing
their Care

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**ENGAGING HEART FAILURE
PATIENTS IN MANAGING
THEIR CARE**

 **Essentia Health**
Here with you

Continuing Education Disclosures

Commercial Support – None

Speaker or planner conflicts of interest

Leah Hochstein has disclosed an affiliation with Comfy Cath Wear LLC as a co-owner. No other relevant relationships have been disclosed.

For CNE credit or attendance certificate -
(Full session attendance and completion of one on-line evaluation.

Evaluation link –
Will be displayed at the conclusion of the webinar

Thank you!



Objectives

- Discuss the importance of engaging heart failure patients in their care
- Describe techniques to actively engage heart failure patients in the medical care plan
- Communicate with a patient/family about how they are able to manage heart failure symptoms as a result of actively participating in their care

Heart Failure

- High prevalence
- Expensive
- High hospitalization rates
- High rehospitalization rates
- Mortality of 50% 5 years after diagnosis



Importance of patient engagement

**SELF MANAGEMENT =
SUCCESSFUL MANAGEMENT**



Barriers

- Personalized plans of care
 - Goals of treatment
 - Perceptions, beliefs and values
 - Co morbid conditions

Opportunity for advanced care planning



Techniques to promote Self management

- Education and teaching
- Behavioral modification
- Psychosocial
- Collaborative care



Educational strategies to engage patients in their CHF care

- Teaching beyond hospital discharge
 - Outpatient clinics
 - Home health services
- Identify learning readiness and preference
 - Reading, listening, demonstration, etc.
 - Multimedia
 - DVD programs
 - Apps



Behavioral strategies to engage patients in their CHF care

- Motivational interviewing
 - A conversation about change
 - Identifies motivation and commitment
 - Collaborative vs expert instruction
- Cognitive behavioral therapy
 - Goal oriented problem solving
 - Used to change patterns of thinking or behavior



Psychosocial strategies to engage patients in their CHF care

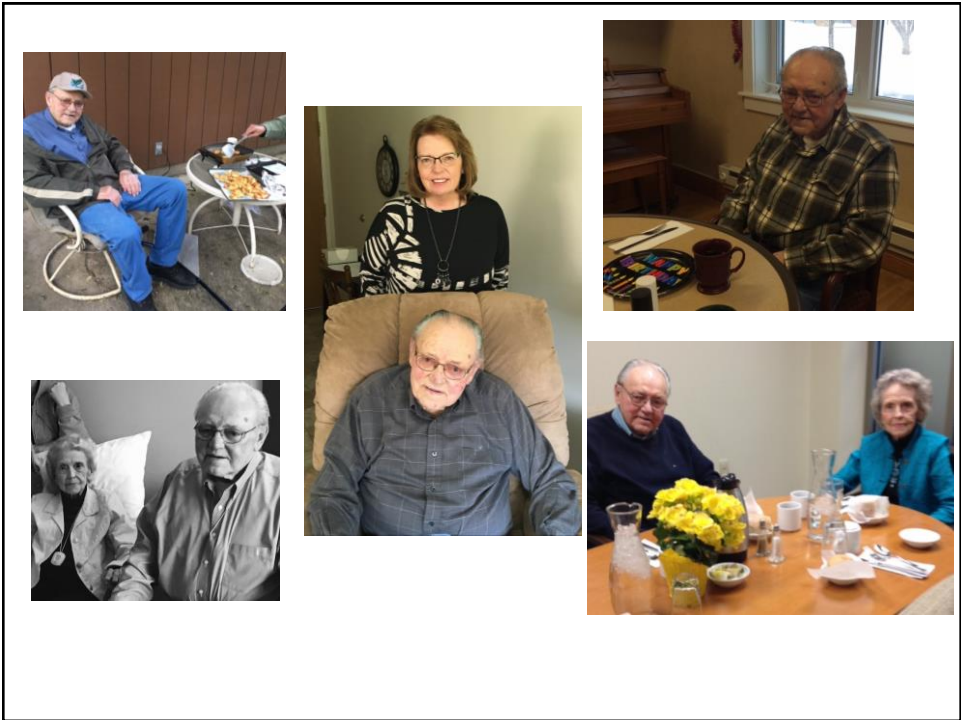
- Social support
 - Group, 1:1, family, provider, nursing, interdisciplinary team
- Problem solving
 - Abilities and resources

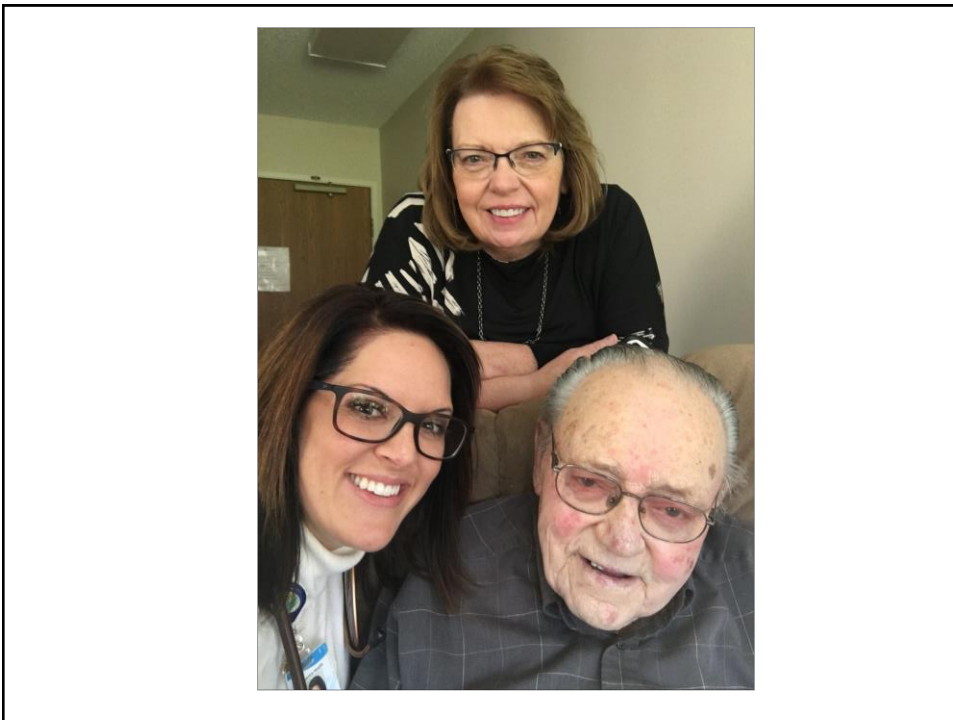
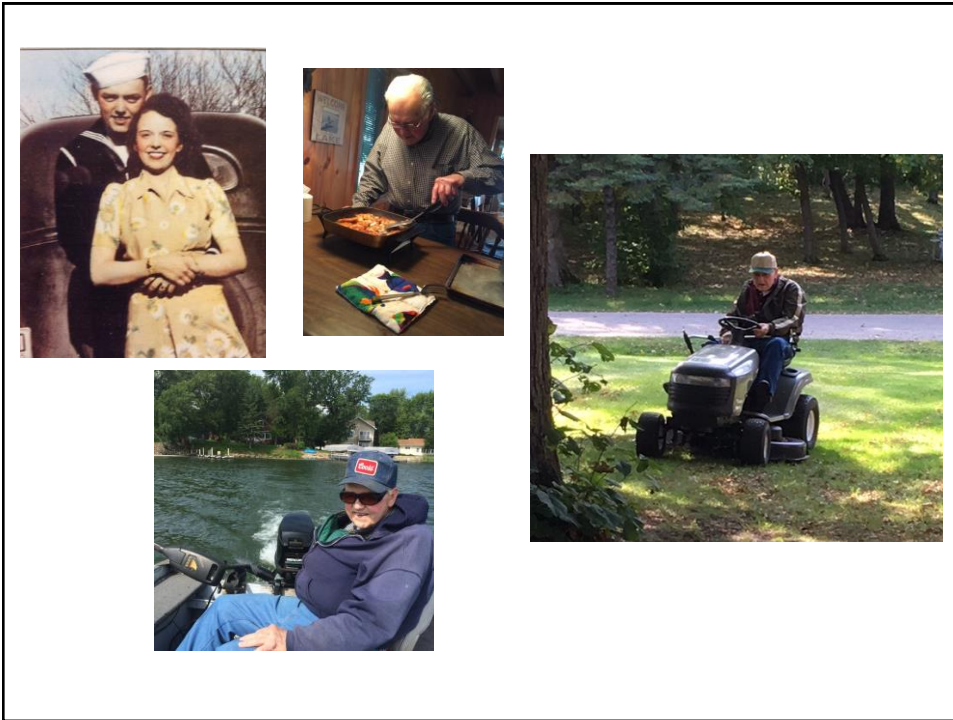


Collaborative care

- Interdisciplinary surveillance
 - Primary care
 - Home health
 - Facility staff
 - Cardiology
 - Nephrology
 - Patient AND family
- **Communicate, communicate, communicate**







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