Interprofessional Education (IPE)

AUBMC Heart Failure Multidisciplinary Experience since 2007

Hind Dakhil Abboud, BA, MPH, LD
Clinical Dietitian- CCU, CSU, HFU, RCU, NICU
HEART FAILURE

The Eight Key Symptoms

Shortness of breath
Heart failure can cause the fluid in your body to gather in your lungs which may cause you to feel short of breath during everyday activities.

Shortness of breath when lying down
Lying flat may also make you feel short of breath so that you need to sleep sat up or with multiple pillows.

Irregular or rapid heartbeat
The heart sometimes starts to speed up to compensate for its reduced ability to pump blood around the body.

Frequency of urination
A reduced amount of blood reaches your kidneys when you have heart failure, causing you to urinate less frequently. Conversely, if you take diuretics (eg. water pills), you might urinate more frequently, when the excess fluid in your body is eliminated.

Fatigue and weakness
Heart failure means less oxygen-rich blood is circulating the body. Because your muscles and tissues need oxygen for energy, this means people with heart failure can feel tired very easily.

Swelling (legs, feet, abdomen)
Clothes or shoes might feel tighter as fluid in the body builds up in the legs, ankles or abdomen causing them to swell up.

Sudden weight gain
Worsening heart failure may cause an increase in weight of more than two kilograms (about six pounds) in one week because fluid builds up in your body.

Lack of appetite and nausea
A build-up of fluid around the gut can affect digestion and might cause a loss of appetite, or make you feel sick when eating.
Projection of Heart Failure Disease Prevalence

- HF is a Global Health problem & affects an estimated 26 million people Worldwide!
- By 2030, the prevalence of HF will increase approximately 25%.


Enhancing Knowledge and InterProfessional care for Heart Failure (EKWIP-HF) in long-term care: a pilot study

George A. Heckman, Vernique M. Boscart, Kelsey Huson, Andrew Costa, Karen Harkness, John P. Hirdes, Paul Stolee and Robert S. McKelvie

Interprofessional chronic disease management:

- acute care use
- mortality
Potential Outcomes Of Heart Failure Disease Management Programs

- Patient Knowledge and Attitude
- Skills and Diagnostics
- Medical Treatment
- Coordination of Care
- Access in case of Clinical Deterioration

- Self Care Behavior/Self-Management
- Compliance
- Daily Function
- Symptoms
- Psychosocial symptoms

- Patient satisfaction
- Resource Utilization

- Quality of Life
- Survival
- Cost


Outcomes of HF Disease Management Programs

Knowledge, Attitudes, Skills, Diagnostics, Self-Care, Coordination of Care, Interdisciplinary Communication, Daily function, QOL and Survival

Symptoms, Psychological Symptoms, Resource Utilization, and Cost


Review Article

Multidisciplinary Management of Chronic Heart Failure: Principles and Future Trends

Patricia M. Davidson, RN, PhD; Phillip J. Newton, RN, PhD; Thitipong Tankumpuan, MSN; G. Paull, RN, BN (Hons); and Cheryl Dennison-Himmelfarb, RN, PhD

1Johns Hopkins University School of Nursing, Baltimore, Maryland; 2Faculty of Health, University of Technology, Sydney, Australia; and 3St George Hospital, Sydney, Australia

Health Care System Coordination

↑Patient Engagement

Outcome Measurement & Monitoring


Competent Providers
It is an education & treatment program that offers a unique approach to the care of HF. **It includes:**

- **Prevention**
- **Treatment**
- **Follow up Care**
- **Symptom Management**
- **Self-Care Education**
In an effort to change the pattern of Heart Failure exacerbation in the Lebanese community, the Coronary Care Unit at the American University of Beirut Medical Center (AUBMC) initiated an Educational Program for Heart Failure patients in 2007.
Heart Failure Disease Management (HFDM)’s Multidisciplinary Team-AUBMC

Heart Failure Specialist Physician
Dr. Hadi Skouri

Advanced Practical Nurse
Dr. Angela Massouh

Licensed Clinical Dietitian
Ms. Hind Dakhil Abboud
Long Term Goals

- ↓ annual readmission rates
- ↓ financial burden on patients & the health care system
- ↑ self care management

Short Term Goals

- ↑ 60-day survival without readmission
- ↓ emergency room visits
- ↑ knowledge of symptoms
- ↑ self care measures
(1) Triggers of HF exacerbations
(2) Objective measures of heart function
(3) Monitoring:
   • Pharmacotherapy
   • DIET
   • Strategies
Heart Failure
Testing Clinical Outcomes

• The program’s efficiency was evaluated by the patients themselves.

• A comparison between a pre & a post test that assesses patients & significant others’ acquired knowledge on the detailed program’s outcomes & objectives was performed.
<table>
<thead>
<tr>
<th>Self Care Behaviors</th>
<th>Never</th>
<th>Rarely</th>
<th>Sometimes</th>
<th>A lot</th>
<th>Almost Always</th>
<th>Always</th>
</tr>
</thead>
<tbody>
<tr>
<td>I weigh myself everyday</td>
<td>25%</td>
<td>25%</td>
<td>25%</td>
<td>25%</td>
<td>25%</td>
<td></td>
</tr>
<tr>
<td>If I get short of breath, I take it easy</td>
<td>25%</td>
<td>25%</td>
<td>25%</td>
<td></td>
<td>50%</td>
<td></td>
</tr>
<tr>
<td>If my shortness of breath increased, I contact my doctor or nurse</td>
<td>50%</td>
<td>50%</td>
<td>25%</td>
<td>25%</td>
<td></td>
<td></td>
</tr>
<tr>
<td>If my legs become more swollen than usual, I contact my doctor or nurse</td>
<td>50%</td>
<td>25%</td>
<td>25%</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>If I gain 2 kg in 1 week, I contact my doctor or nurse</td>
<td>50%</td>
<td>25%</td>
<td></td>
<td>25%</td>
<td>25%</td>
<td></td>
</tr>
<tr>
<td>I limit the amount of fluids I drink</td>
<td>25%</td>
<td>25%</td>
<td>25%</td>
<td>25%</td>
<td>25%</td>
<td></td>
</tr>
<tr>
<td>I take a rest during the day</td>
<td>25%</td>
<td>25%</td>
<td>25%</td>
<td>50%</td>
<td>25%</td>
<td></td>
</tr>
<tr>
<td>If I experience increased fatigue, I contact my doctor or nurse</td>
<td>25%</td>
<td>25%</td>
<td>25%</td>
<td>25%</td>
<td></td>
<td></td>
</tr>
<tr>
<td>I eat a low salt diet</td>
<td>50%</td>
<td>25%</td>
<td></td>
<td>25%</td>
<td></td>
<td></td>
</tr>
<tr>
<td>I take my medication as prescribed</td>
<td></td>
<td></td>
<td>100%</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>I exercise regularly</td>
<td>25%</td>
<td>25%</td>
<td>25%</td>
<td>25%</td>
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</tr>
</tbody>
</table>
I weigh myself everyday
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If my legs become more swollen than usual, I contact my doctor or nurse
If I gain 2 kg in 1 week, I contact my doctor or nurse
I limit the amount of fluids I drink
If I experience increased fatigue, I contact my doctor or nurse

Acquired Knowledge
HF Projects In Lebanon
Projects Done since 2007

1. First multidisciplinary team at AUBMC
2. HF Order Sets in CCU
3. HF clinical Indicators
4. Patient Educational Materials (English & Arabic)
5. LVAD taskforce multidisciplinary team
6. Comprehensive discharge instructions
7. Collaboration across the continuum of care
8. Heart Failure Community Outreach Program
9. National Awareness Campaigns & Train the Trainers Initiative
OUR MEMBERS

Source: www.facebook.com/heartfailureleb/

The HF Community Outreach Program (HFCOP) is a program that teaches patients how to live with HF through information about their symptoms, care, and medications. They also practice exercise routines and how to cook a heart healthy diet.

www.facebook.com/heartfailureleb

www.ihhub.org    IHHub Global Heartbeat    @iHHubAlliance    International Heart Hub
Awareness campaigns

Heart Failure Lebanon makes awareness campaigns on a yearly basis during the 1st week of May, choosing a different theme each year targeting the general public, HF patients and their family as well as nurses.

www.facebook.com/heartfailureleb
International Awards

• The Heart Failure Working Group & for 2 consecutive years won first prize for the best Heart Failure National Awareness Campaign at the European Society of Cardiology!

• This is a precedent at ESC.

• Participating countries were European countries & Middle Eastern.
for the outstanding contribution of the HF National Society of Lebanon to the HFA activities in 2011
The Heart Failure Association of the ESC
wishes to honour the
Lebanese Society of Cardiology
for its contribution to the
Heart Failure Awareness Day 2012

Professor S.D. Anker
President of the Heart Failure Association

Professor P. S. N. Seferovic
Coordinator of the Committee on National
Heart Failure Societies & Working Groups.
The Heart Failure Association

WISHES TO HONOR

Lebanese Society of Cardiology HF WG

FOR ITS CONTRIBUTION TO THE SUCCESS OF THE NATIONAL SOCIETIES

Heart Failure Summit 2012

Belgrade, Serbia, October 26-27, 2012

Prof. S. Anker
President HFA of the ESC

Prof. P. M. Seferović
Chairperson, 2012 Scientific Committee

www.escardio.org/HFA
Activities

Scientific National & International Conferences

• **2011:** Participation in the International Nursing Conference

• **2011:** Participation in the 44th MEMA (Middle East Medical Assembly) Congress at AUB

• **2012:** Participation in the “Middle East Heart Failure Congress”; joint session with the ESC Heart Failure Association

• **2013:** Train the trainer at the Order of Nurses in Lebanon; 36 nurses from all over Lebanon were trained about the multidisciplinary approach to treat HF
Community Outreach Program & Material to Enhance Knowledge

- **2008**: Gathering of 10 HF patients with their significant other.

- **2009**: Gathering of 10 HF patients with their significant other.

- **2012**: Preparation of a Booklet about Sodium Restricted Diet *(English & Arabic)*

- **2013**: Gathering of 20 HF patients with their significant other

- **2014**: CCU inpatients teaching & pre-post questionnaires

- **2014**: Preparation of pamphlets about Low Salt Shopping List *(Arabic & English)*

- **2014**: Awareness campaign in Zaytouni Bay about HF

- **2016**: Gathering of 15 HF patients with their significant other
Social Media Awareness *(related to Nutrition)*

- **2013:** OTV talk show about the multidisciplinary approach to manage HF
- **2014:** NourSat/Tele Lumiere Talk Show
- **2014:** Radio talk show on Sawt Al Ghad
- **2014:** Creation of a Facebook Page: Heart Failure in Lebanon
- **2015:** Sohhtak Bel Dene on LBCtv /Rotana Al Khalijiyah talk show
- **2015:** Radio talk show on Radio Liban
- **2016:** Posts about HF awareness shared on Heart Failure in Lebanon and AUBMC FB pages
- **2016:** Translation to Arabic *(heartfailurematters.org)*
- **2017:** Blive talk show on LBCtv /Rotana Al Khalijiyah
- **2017:** Annahar Article on Nutrition Management of HF: التغذية المناسبة لقصور القلب القاتل!
ما الذي يوفره موقع HEARTFAILUREMATTERS.ORG

- معلومات شاملة وفعالة للمرضى
- نصائح عملية للتعامل مع مرض القلب
- معلومات مخصصة للأسرة ومقدمي الرعاية

الآن، مزودة موقع HEARTFAILUREMATTERS.ORG

WWW.HEARTFAILUREMATTERS.ORG
دليل التسوق للأطعمة القليلة الملح

اللحوم
- الدجاج، البقر، السمك، الأثمار، الحبوب
- الجبن، الفواكه، الخضروات، الفواكه
- الأرز، الأطاطس، الخبز

التمور
- العلك، الفواكه، الخضروات
- الأرز، الخبز، الحبوب

الدهون
- الزبادي، اللحوم، السمك
- الزبادي، الفواكه، الخضروات
- الأرز، الخبز، الحبوب

المشروبات
- العصير، الشاي، القهوة
- العصير، الشاي، القهوة

الفاكهة/الخضرا
- الفواكه، الخضروات
- الفواكه، الخضروات
- الفواكه، الخضروات

متوفرات
- الطماطم، الخضروات، الفواكه
- الطماطم، الخضروات، الفواكه
- الطماطم، الخضروات، الفواكه

Low Salt Shopping Guide

Grains
- Whole grain bread
- Brown rice

Meat
- Fresh or frozen chicken
- Fresh or frozen fish

Milk
- Low fat milk
- Fat free milk

Fats
- Olive oil
- Margarine

Miscellaneous
- Low sodium condiments
- Fresh vegetables

Vascular Medicine Program-Salt Intake Optimization Group/AUBMC

5/31/2018
THANK YOU