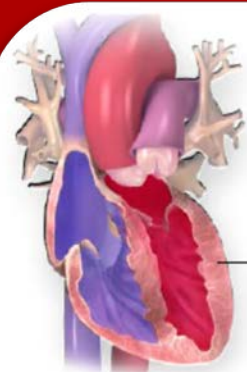




Interprofessional Education (IPE)

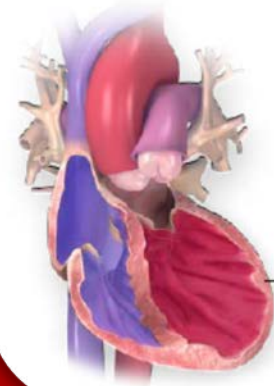
AUBMC Heart Failure Multidisciplinary Experience since 2007

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



The Normal Heart
has strong muscular walls which contract to pump blood out to all parts of the body.

Heart muscle pumps blood out of the left ventricle.



Heart Failure
is a condition that causes the muscle in the heart wall to slowly weaken and enlarge, preventing the heart from pumping enough blood.

Weakened muscle prevents left ventricle from pumping enough blood.



Source: Keep it Pumping

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.



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.



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.



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.



Irregular or rapid heartbeat

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



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.



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.

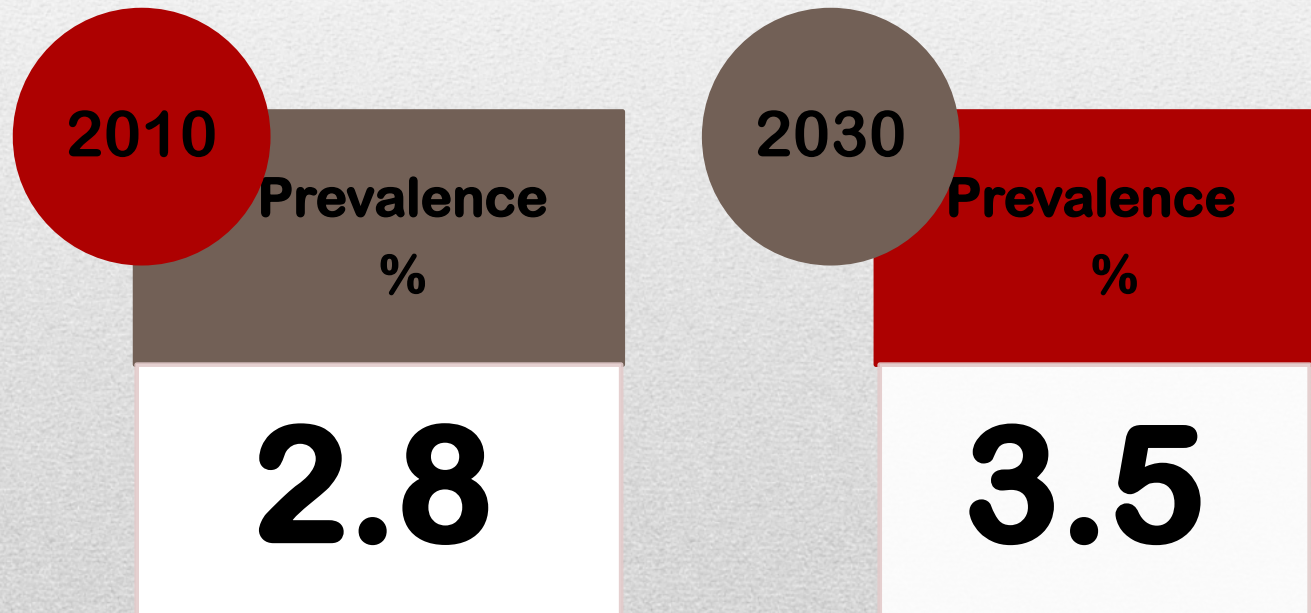


Lack of appetite and nausea

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%.



RESEARCH

Open Access



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

George A. Heckman^{1,2*}, Veronique M. Boscart^{1,3}, Kelsey Huson³, Andrew Costa^{1,4}, Karen Harkness^{5,6,7}, John P. Hirdes², Paul Stolee² and Robert S. McKelvie⁸

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

- ↑ Patient satisfaction
- ↓ Resource Utilization

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

- ↑ Quality of Life
- ↑ Survival
- ↓ Cost

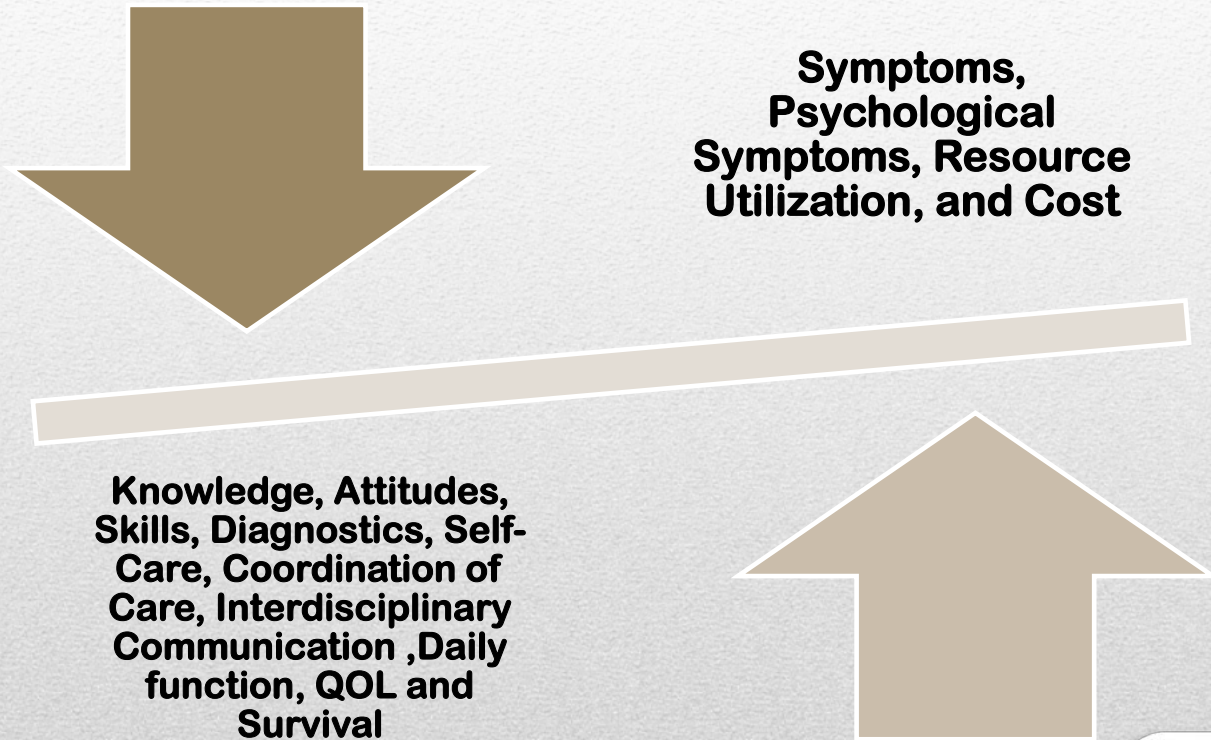


Heart failure
**INTER-PROFESSIONAL TEAM
APPROACH TO PATIENTS WITH HEART
FAILURE**

Tiny Jaarsma

Heart 2005; 91:832-838. doi: 10.1136/hrt.2003.025296

Outcomes of HF Disease Management Programs

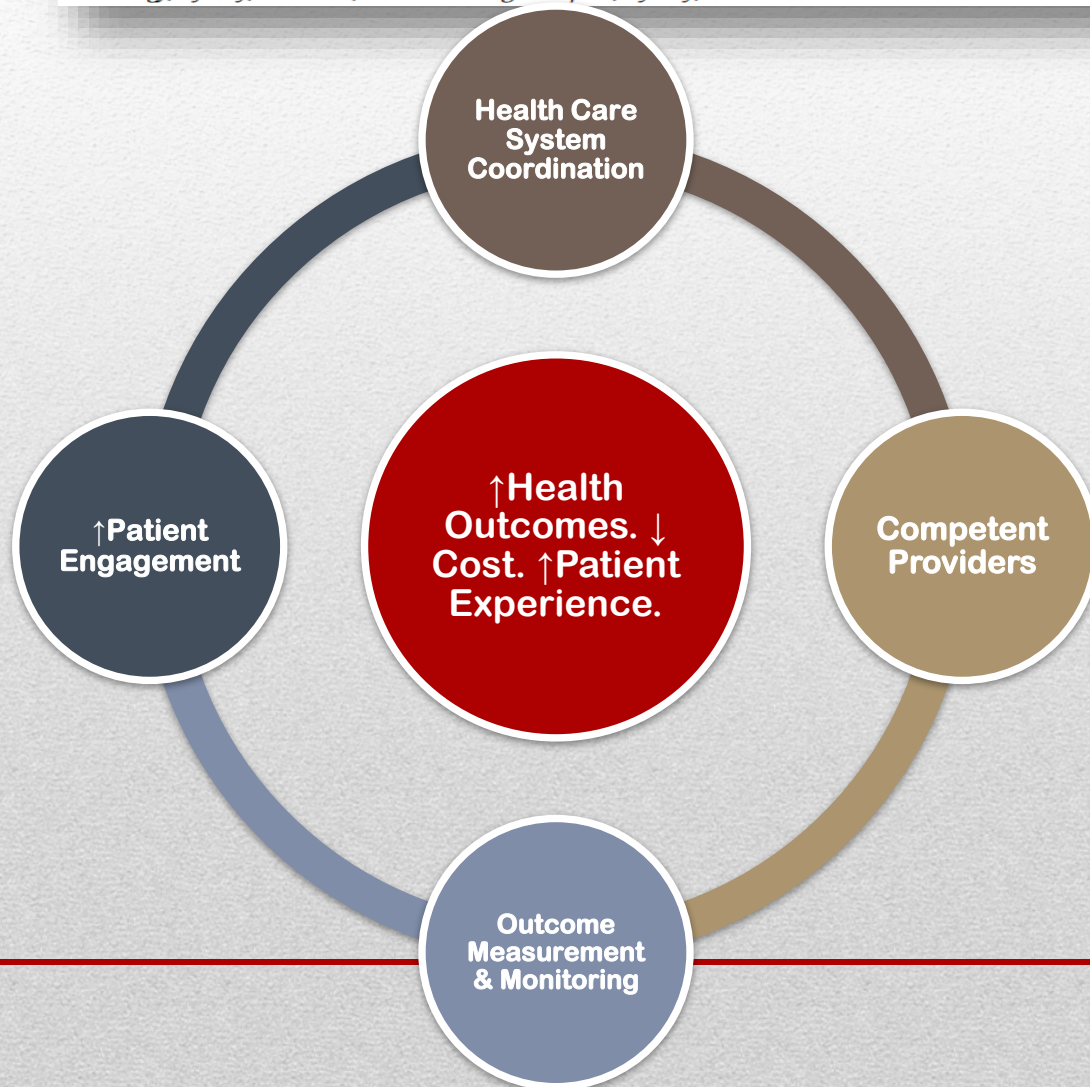


Review Article

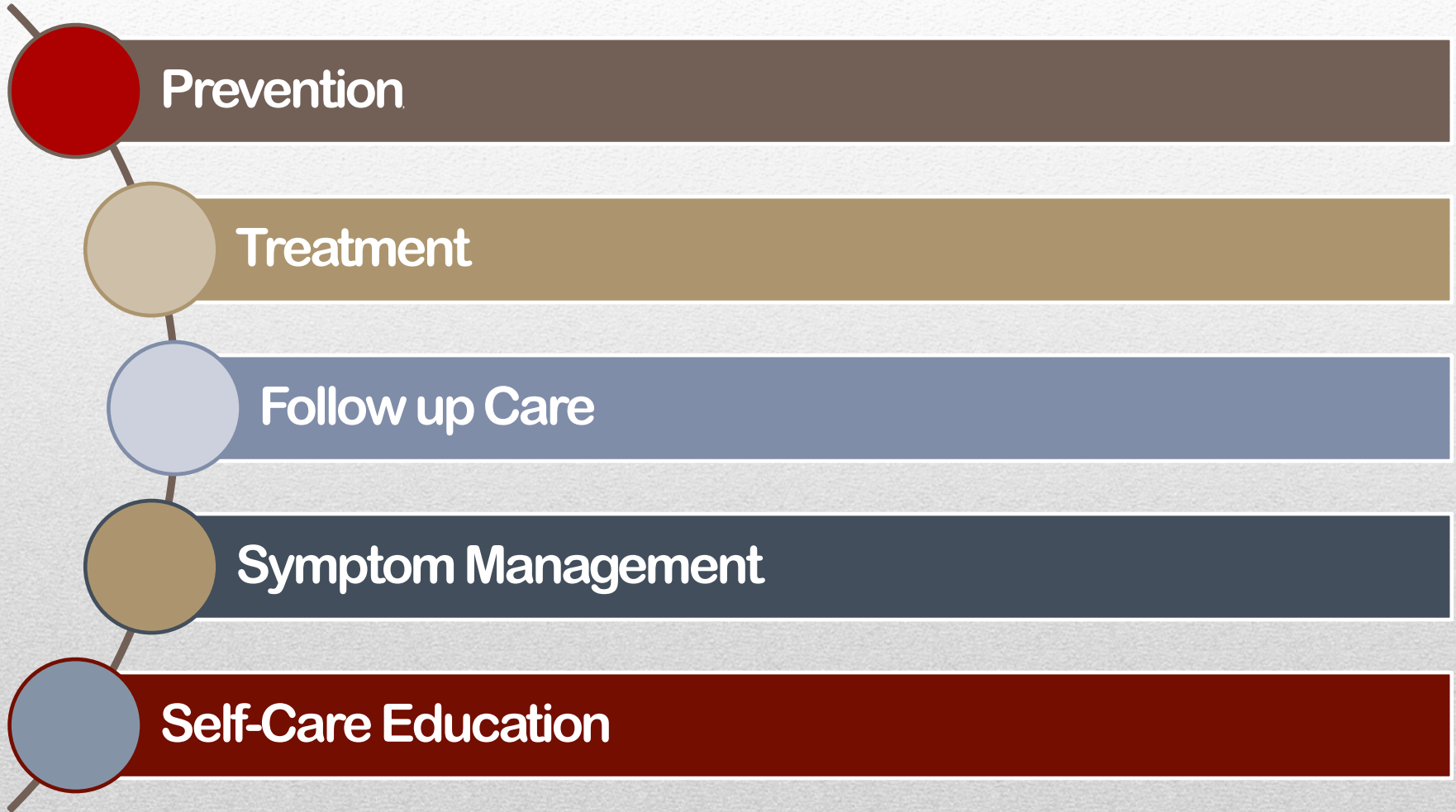
Multidisciplinary Management of Chronic Heart Failure: Principles and Future Trends

Patricia M. Davidson, RN, PhD^{1,2}; Phillip J. Newton, RN, PhD²;
Thitipong Tankumpuan, MSN¹; G. Paull, RN, BN (Hons)^{2,3};
and Cheryl Dennison-Himmelfarb, RN, PhD¹

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



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



MEET THE TEAM



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



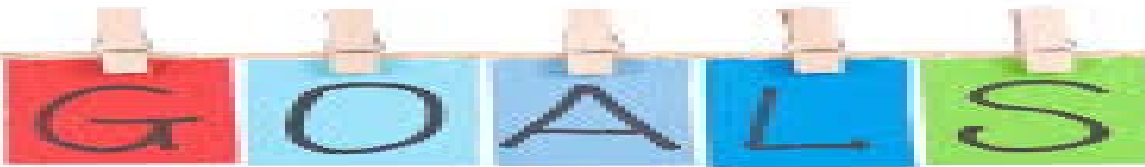
Advanced
Practical
Nurse

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

Educational Content

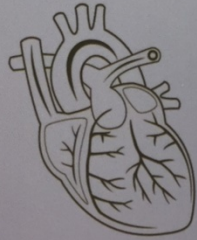
- (1) Triggers of HF exacerbations
- (2) Objective measures of heart function
- (3) Monitoring:
 - Pharmacotherapy
 - DIET
 - Strategies



قلبك عندو قصور؟
عالجو لحياتك تطول...



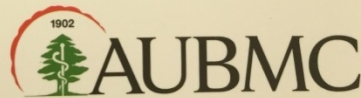
PATIENT
EDUCATION



Heart Failure

patienteducation@aub.edu.lb

www.aubmc.org

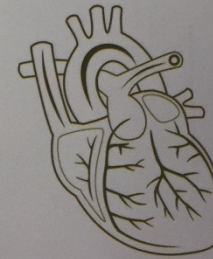


AMERICAN UNIVERSITY of BEIRUT MEDICAL CENTER
المركز الطبي في الجامعة الأميركية في بيروت

Our lives are dedicated to yours



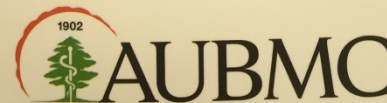
إرشادات
للمرضى



قصور القلب

www.aubmc.org

patienteducation@aub.edu.lb



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المركز الطبي في الجامعة الأميركية في بيروت

Testing Clinical Outcomes

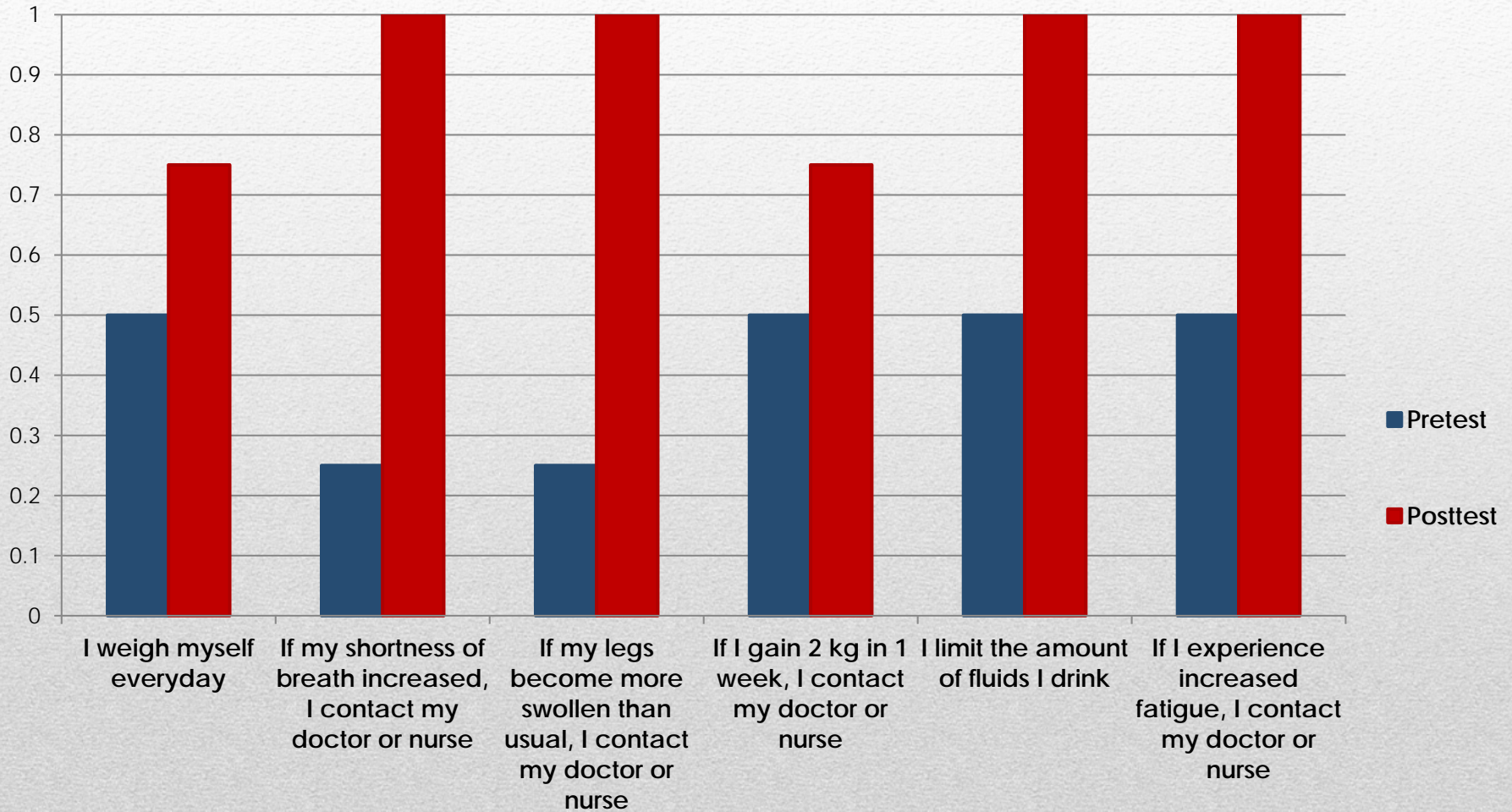
- The program's efficiency was evaluated by the patients themselves.
 - A comparison between a pre & a post test that assesses patients & significant others' acquired knowledge on the detailed program's outcomes & objectives was performed.
-

Pretest vs. Posttest

Self Care Behaviors	Never	Rarely	Some-times	A lot	Almost Always	Always
I weigh myself everyday	25%		25%		25%	25%
If I get short of breath, I take it easy			25%		25%	50%
If my shortness of breath increased, I contact my doctor or nurse		50%	50%			
If my legs become more swollen than usual, I contact my doctor or nurse	50%	25%	25%			
If I gain 2 kg in 1 week, I contact my doctor or nurse	50%				25%	25%
I limit the amount of fluids I drink		25%	25%		25%	25%
I take a rest during the day			25%	25%	50%	
If I experience increased fatigue, I contact my doctor or nurse	25%	25%		25%	25%	
I eat a low salt diet	50%			25%		25%
I take my medication as prescribed						100%
I exercise regularly	25%		25%	25%	25%	

Self Care Behaviors	Never	Rarely	Some-times	A lot	Almost Always	Always
I weigh myself everyday				25%	25%	50%
If I get short of breath, I take it easy				25%		75%
If my shortness of breath increased, I contact my doctor or nurse				25%	25%	50%
If my legs become more swollen than usual, I contact my doctor or nurse				25%		75%
If I gain 2 kg in 1 week, I contact my doctor or nurse		25%			25%	50%
I limit the amount of fluids I drink				50%		50%
I take a rest during the day			50%			50%
If I experience increased fatigue, I contact my doctor or nurse				25%	50%	25%
I eat a low salt diet			25%			75%
I take my medication as prescribed						100%
I exercise regularly		50%	25%	25%		

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/



HFLeb
You are not alone!

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




HFLeb
You are not alone!



www.ihhub.org



IHHub Global Heartbeat



@IHHubAlliance



International Heart Hub



iHHub
International Heart Hub

Awareness campaigns

OUR MEMBERS

Source: www.facebook.com/heartfailureleb/



HFLeb

You are not alone!

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



www.ihhub.org



IHHub Global Heartbeat



@IHHubAlliance



International Heart Hub



iHHub
International Heart Hub

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.



ESC

European Society
of Cardiology



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. Arber
President of the Heart Failure Association

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



The Heart Failure Association



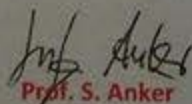
WISHES TO HONOR

Lebanese Society of Cardiology HF WG

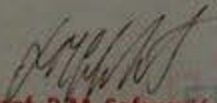
FOR ITS CONTRIBUTION TO THE SUCCESS OF THE NATIONAL SOCIETIES

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: **اليكم التغذية الملائمة لقصور القلب القاتل!**







كما ساهم في تطوير موقع heartfailurematters.org مجموعة من الأطباء المتخصصين في قصور القلب والمرضات وأطباء الرعاية الأولية من جمعية قصور القلب (HFA) بإضافة إلى المعلومات المتوفرة من المرضى ومقدمي الرعاية من جميع أنحاء أوروبا. وهو يهدف إلى توفير الموارد التي لا غنى عنها للمرضى والأطباء في أي برنامج من برامج العلاج.

ما الذي يوفره موقع HEARTFAILUREMATTERS.ORG

- ◀ معلومات شاملة ومضمونة ومفيدة للمرضى، تغطي موضوعات مثل
 - استيعاب مرض قصور القلب واكتشافه والإجراءات الطبية للتعامل معه وتغييرات أسلوب الحياة
- ◀ نصيحة عملية للتعايش مع مرض قصور القلب بما في ذلك نصائح حول السفر والعلاقات والعمل وأسلوب الحياة والتخطيط المستقبلي
- ◀ معلومات مخصصة للأسرة ومقدمي الرعاية بما في ذلك وسائل تقديم المساعدة والتعامل مع المشاكل العاطفية وشبكات الدعم

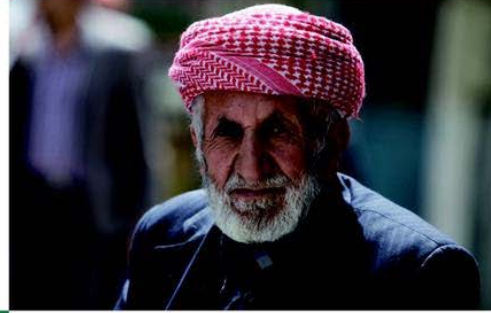


قم بزيارة موقع HEARTFAILUREMATTERS.ORG الآن للتعرف على وسائل المساعدة التي يوفرها لمساعدة الأفراد على التحسن والاستمتاع بالحياة لفترة أطول وممارسة أنشطة حياتية أكثر.

WWW.HEARTFAILUREMATTERS.ORG

يعاني ملايين من الناس حول العالم من مرض قصور القلب.

وموقع واحد فقط قادر على مد يد المساعدة لهم من أجل استيعاب حالتهم واتخاذ الخطوات الضرورية للاستمتاع بحياة مليئة بالمتعة والنشاط.



موقع مبتكر وسهل الاستخدام

رسوم متحركة ورسوم توضيحية
وصور كاريكاتورية تساعد على توصيل المعلومات بشكل تفاعلي وجذاب

قصص وفيديوهات لمقابلات مع مرضى
قصور القلب من "الحياة الواقعية" لبيت الدافع والدعم والطمأنينة في نفوس مرضى قصور القلب الآخرين

ممرض حالات قصور القلب "إفترضني"
يدعى صلاح يساعد في إرشاد المستخدمين أثناء استخدام الموقع

أدوات قابلة للتنزيل وموارد للطباعة
تساعد المرضى على متابعة أعراض المرض والتعامل مع الأدوية والمواعيد

تم تصميم هذا الموقع الإلكتروني للمرضى وعائلاتهم، أوصهم بزيارته

يمكنك إرسال رسالة بريد إلكتروني إلى hfmatters@escardio.org للحصول على مزيد من المعلومات حول تلك المبادرة المثيرة أو الحصول على مواد ترويجية كالمصقات والمنشورات.

أنت مهتم بمرض قصور القلب، وكذلك نحن، لأن مرض قصور القلب يستحق الاهتمام.

يتوفر محتوى هذا الموقع بعدة لغات



! ما هي الإشارات التحذيرية؟

مساعدتك على استيعاب مرض قصور القلب

نصائح حول ما يمكنك القيام به

نصائح حول التعايش مع مرض قصور القلب



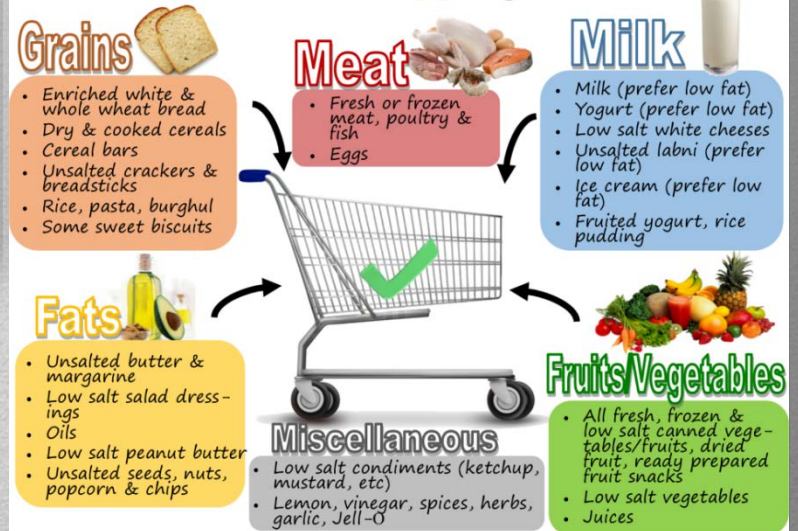
WWW.HEARTFAILUREMATTERS.ORG

دليل التسوق للأطعمة قليلة الملح



برنامج طب الشرايين والأوعية الدموية مجموعة ترشيد تناول الملح / AUBMC

Low Salt Shopping Guide



Vascular Medicine Program-Salt Intake Optimization Group/AUBMC



THANK YOU