American Heart Association

Resources for patients and health care providers

Patient Engagement and Risk Factors Initiatives
INTRODUCTION

• AHA provides wide variety of resources to educate and engage patients and providers.

• The goal of these programs are to facilitate the conversation between the patients and their healthcare partners by educating and empowering patients about their condition, through a combination of evidence based tools and resources as well as peer to peer connections on the support network.

• Additionally by providing the healthcare professionals with these guideline based tools at their fingertips, they are able to provide evidence based care to their patients
The Education Center offers a wealth of resources on valvular heart disease including digital tools, animations, videos, patient stories and printable resources.

heart.org/heartvalves
Our Heart Valve Ambassadors are survivors and caregivers from across the country who serve as AHA leaders in the heart valve disease community due to their experience as patients or direct caregivers. They focus on raising awareness about heart valve disease through various channels: Community outreach, health fairs, media, etc.

supportnetwork.heart.org/special-forums/heart-valve-ambassadors
Our Heart Valve Champions program is open to individuals who are willing to contribute as social media influencers by spreading awareness about Valvular Heart Disease through their own Social Media platforms.

Regardless of your status: Student, Health care provider, patient/survivor, caregiver. Everyone is invited to become a heart valve champion #ShareFromHeart

sharefromheart.heart.org
The American Heart Association launched its Support Network in October of 2014. This network is designed to provide a place for patients, families and caregivers to give and receive support, improve their own health and impact the lives of others.

supportnetwork.heart.org
Building Peer Support Programs to Manage Chronic Disease: Seven Models for Success
Have you just started cardiac rehab? Do you feel like you'll never be able to get back on your feet again? Do you feel that road just seems uphill? Then this post is for you!

I am a survivor of mitral valve disease. I just celebrated my three year anniversary from open heart surgery this June 13 to repair a leaking mitral valve. I recently returned to my local hospital where I took my cardiac rehab, to introduce the support network to the cardiac nurses in order to pay it forward to those of you that are just beginning your journey from a cardiac event or elective surgery. I remember all to well the feelings of uncertainty, fear, anxiety and the unknown. As I was there, so many memories came back to me. For me, while I went into surgery as a very healthy, active, non smoker, blood chloresol in good limits, blood pressure great, and no medications, I came out of heart surgery with many post operative complications. While I was told these can be common sideeffects of surgery, I certainly was not expecting them. Initially I developed atrial flutter which greatly impacted my ability to progress through cardiac rehab. Rather than participate in class, I was constantly monitored by the nurses and kept in bed. Today I still feel the effects but I am finally able to take steps to improve and feel better.
HEALTH CARE PROVIDER ENGAGEMENT ON THE SUPPORT NETWORK

Featured Healthcare Professionals

Dr. Nivedita Thakur
Pediatric Neurologist
Practicing 6 years

Dr. Reena Pande
Cardiologist-focus on Emotional Well Being
Practicing 16 years

Dr. John Breinholt
Pediatric Cardiology
Practicing 17 years

John Osborne
Principal Cardiologist
Practicing 20 years

Dr. Nassser Lakkis
Cardiology
Practicing 27 years

Joseph S. Kass, MD, JD, FAAN
Neurology
Practicing 1 years

Ken Majkowski Pharm.D
Practicing 40 years

Barry J. Jacobs, Psy.D.
Clinical Psychology
Practicing 30 years
Website for AFib patients, caregivers and healthcare professionals that provides:

- Evidence-based information on AFib
- Useful interactive tools & resources to help patients manage AFib
- A community for those living with AFib to connect with one another for emotional support

myafibexperience.org
OUR HEART ATTACK RESOURCES

Up-to-date, evidence-based tools you can share with your patients...

AMI Toolkit/ Clinician Guide
Heart Attack Discharge Worksheet & Cardiac Rehab Referral Cards
Secondary Prevention Information
My Cardiac Coach App

Access these tools and other resources now at heart.org/AMIToolkit
A national initiative aimed at patients and providers to improve awareness and treatment of the signs and symptoms of heart failure, through interactive tools, animations, videos downloadable resources and workbooks, including resources in Spanish.

heart.org/RAHF

heart.org/MyHFGuide
A national collaboration between the American Heart Association and the American Medical Association to reduce the number of Americans who have heart attacks and strokes by urging physician practices, health systems and patients to prioritize blood pressure control. Target: BP recognizes physician practices and health systems working to improve blood pressure control rates and reduce the number of Americans who have heart attacks or strokes.
KEY CALLS TO ACTION

BECOME AN

AHA HEART VALVE CHAMPION

Every year lives are lost to heart valve disease.
Unfortunately, many people who have heart valve disease do not recognize the symptoms in time.
You probably know someone who has heart valve disease or was born with a heart defect that could turn into valve disease.

Whether you’ve been diagnosed with a valve problem, care about someone who has, or just want to help build a world free from the consequences of heart valve disease, **we invite you to join us.**

Sign up as a heart valve ambassador
sharefromheart.heart.org

Download My Cardiac Coach and share Postcard with your patients and colleagues
www.heart.org/MyCardiacCoach
THANK YOU!

Reach out to oge.okeke@heart.org with questions