



RUSH CENTER FOR
Urban Health Equity

Community Health Worker Training Manual HEART FAILURE



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SECTION 4: HEART FAILURE

(Supplement to self-management core training)

Summary:

The purpose of CHART is to improve the quality of care delivered to low-income heart failure patients and improve the patients' ability to maintain health-related recommendation. This multi-level intervention attempts to reengineer the relationship between the doctor and the patient. CHART will inform the doctor if the patient is not receiving evidence-based treatment and provide appropriate recommendations. The patient will receive a culturally sensitive intervention by Community Health Workers (CHWs) to help the patient improve medication adherence and salt reduction. By providing an intervention to both the patient and the doctor, we aim to reduce the number of days patients are hospitalized. The purpose of CHART is to keep heart failure patients healthy and out of the hospital.

Remember:

- Integrate self-management skills into each lesson.
- Self-management skills and content delivery require practice. Make sure that at the end of each day, trainees make a change plan for themselves using the self-management skills to address their own challenges. This plan may or may not involve the disease-specific content area.
- Be sure to review the change plans and disease-specific content areas when sessions resume.

| Heart Failure Topic | Time Needed |
|--|--------------------|
| Introduction to Heart Failure | 1 hour 45 minutes |
| Medications | 2 hours 10 minutes |
| Medication Adherence & Problem-Solving | 3 hours 25 minutes |
| Sodium & Food Label Reading | 1 hour 35 minutes |
| Community Resources | 1 hour 45 minutes |
| Get Walking | 1 hour |
| Reduce Stress | 2 hours |
| Heart Failure & Depression | 50 minutes |

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