


Advanced Health Behavior Change Patient Resources/Educational Materials

Heart Disease and Stroke:

- [Heart disease](#) is a collection of conditions and diseases that affect the heart or blood vessels.
- A [stroke](#) is when blood flow to your brain stops.
- Why is heart disease and stroke important to patient navigators and public health? Each year, [800,000 Americans die from cardiovascular disease!](#)
- Read the six pages of patient navigator tutorial on [Heart disease and stroke basics](#).
- One of the primary risk factors for both heart disease and stroke is [Metabolic syndrome](#).
- Learn about protective and risk factors in the [Preventive Healthcare 101 module](#).
- Review the following link that includes picture cards of the heart, how the heart works and a brain clot: [Picture cards of heart and brain clot](#) 
- The Centers for Disease Control and Prevention completed a health disparities and inequalities report. View the following link [Key Findings in Coronary Heart Disease and Stroke Disparities](#)
- Dr. George Mensah outlined "Eliminating Disparities in Cardiovascular Health: Six Strategic Imperatives and a Framework for Action" in a 2005 issue of the journal Circulation. You can read it [here](#).
- If you are unsure about what are health disparities, you can review these five pages of the patient navigator tutorial for a better understanding of [health disparities and chronic conditions](#).
- [Bilingual Your Heart, Your Life Picture Cards for Community Health Workers](#)
- American Heart Association: [What are Heart Disease and Stroke?](#)
- [Heart Disease Medical Terms](#)
- [Heart and Stroke Encyclopedia](#)
- [American Heart Association](#)
- [National Stroke Foundation](#)
- [American Stroke Association](#)
- [National Institutes of Health SeniorHealth Stroke](#)
- [MedlinePlus](#)

Stroke:

- Stroke is the cause of death of [16% of the 800,000](#) who die each year from cardiovascular disease.
- One of several risk factors that could increase a person's risk of having a stroke is history of stroke or transient ischemic attack (TIA). Click [What is a TIA?](#) to find out more.
- The patient navigator can help the person make the behavior changes needed to lower his/her risk for a stroke. [Module 1](#) of our Preventive Healthcare 101 tutorial describes how a patient navigator can work with patients on lifestyle changes.
- For much more credible information, videos and additional resources on stroke risk factors, symptoms and treatment, please see [MedlinePlus: Stroke](#)
- Read the Food and Drug administration summary on [safe daily use of aspirin and heart disease and stroke prevention](#).

- Medications to lower: [Blood pressure](#) can be found here.
- [Anticoagulants](#) are blood thinners that prevent the blood from clotting.
- For more information, review the American Heart Association's Answer's by Heart patient education handout on [Anticoagulant and antiplatelet agents](#).
- You can also watch the Agency for Healthcare research and Quality video on Blood Thinners, [Staying Active and Healthy: Blood Thinners](#).
- American Heart Association's [Let's Talk about Stroke](#) education pages provide information about the treatments and post stroke care.
- Possible physical changes are described by the [National Stroke Association](#) and range from difficulty swallowing and fatigue to vision and paralysis.
- Stroke survivors also often deal with [emotional issues](#) after a stroke.
- [Cognitive changes](#) may also happen to the person who has experienced a stroke. Memory loss, difficulty with expressing and reasoning are some examples.
- You can find more in-depth information at the following websites: [Stroke Rehabilitation Information](#) and [MedlinePlus: Stroke Rehabilitation](#).
- Read: [NIH-funded study suggests that moving more may lower stroke risk](#) and [Recovery After Stroke: Healthy Eating](#).
- The [National Stroke Foundation](#) provides some description of how stroke impacts different racial/ethnic groups.
- [Risk factors and Warnings Signs of a stroke handouts](#)
- [Recovery After Stroke: Healthy Eating](#)
- [Let's Talk about Stroke](#)
- [Tips and What happens at the hospital handouts](#)
- Find a [Physical Medicine and Rehabilitation Physician](#)
- Find a [stroke center near you](#)
- [American Heart Association/ American Stroke Association PEER Network](#)
- [Department of Veterans Affairs Stroke Information](#)

Heart Attack:

- When the supply of blood and oxygen to the heart is stopped, a [heart attack](#) can happen
- More specifically, the [National Heart, Lung and Blood Institute](#) described the possible causes as: [coronary heart disease](#) and [atherosclerosis](#) among others.
- Please see the [NHBLI webpage](#) for description about each of the risk factors.
- Review this 'Action Plan for the Heart' patient education brochure: [Healthy heart patient brochure](#)
- Read: [What Are the Symptoms of a Heart Attack?](#)
- See this MedlinePlus series on [CPR for adults](#)
- See the NHLBI instructions on [how to use an AED](#)
- [Electrocardiogram](#) (EKG or ECG) which tests for damage to the heart.
- For more information, you can read: [How Is a Heart Attack Diagnosed?](#)
- Angina is pain in the chest area when not enough oxygen-rich blood is circulating. Review the American Heart Association's [tutorial](#) to learn more about angina.
- For further information on [Cardiac Rehabilitation](#)
- Patient education handout: [What is cardiac rehab?](#)
- [Supporting patients and community members who are at risk for heart attacks](#)
- [Don't take a chance with a heart attack:know the facts and act fast](#)
- [Learn what a heart attack feels like-it could save your life](#)
- [Heart Attack: Know the Symptoms. Take Action. Wallet Card](#)
- [Healthy heart patient brochure](#)
- [What is cardiac rehab?](#)

- [Heart attack first aid](#)
- [American Heart Association/ American Stroke Association PEER Network](#)

Heart Failure:

- Over [5 million Americans](#) have (and live) with heart failure. It is one of the most common causes of hospitalization for people over 65 years of age.
- [Heart failure](#) is when the heart does not pump enough blood as it should.
- Fluid buildup in the legs, feet and ankles is called [edema](#)
- You can watch this animation of a [heart pumping with heart failure](#) to see how differently the heart performs.
- For a more detailed description of the process of heart failure, see the American Heart Association's page on [Heart Failure](#)
- Heart failure is caused by [coronary artery disease](#), [heart attack](#), [high blood pressure](#) and, [diabetes](#).
- Other conditions that lead to heart failure include: [Cardiomyopathy](#), [Heart valve disease](#), [Arrhythmias](#), [Congenital heart defects](#), [Sleep apnea](#)
- There are other potential causes not listed that you can find at the [Mayo Clinic website](#)
- [Symptoms and changes the person needs to report to the provider](#)
- [Warning signs and symptoms how it feels and why it happens](#)
- [Pictorial view of symptoms](#)
- [Chest Xray](#)
- [Echocardiography \(ECHO\)](#)
- [Electrocardiogram \(ECG or EKG\)](#)
- [MUGA \(cardiac MRI\)](#)
- [Cardiac catheterization](#)
- [A pictorial view of the different types of tests](#)
- [What is Stress Testing?](#)
- There are different classes of heart failure based on the severity of symptoms of the person. The 'classes' are listed on the [American Heart Association's website](#)
- [Medications](#)
- Help the person use a [medication tracker](#) to ensure appropriate adherence
- [Questions about a certain drug?](#)
- [Surgical procedures](#)
- [Angioplasty](#)
- [Coronary artery bypass \(CABG\)](#)
- [Heart transplant](#)
- [Surgical procedure with implantable device](#)
- [Heart valve replacement](#)
- [Cardiac resynchronization therapy \(CRT\)](#)
- [Implantable Cardioverter Defibrillator \(ICD\)](#)
- [Left ventricular assist device \(LVAD\)](#)
- [Artificial pacemaker \(Links to an external site.\)](#)
- Another discussion of physical activity for individuals with heart failure can be viewed: [If I Had - Heart Failure](#)
- [Why is it important to limit sodium?](#)
- [Tips for reducing sodium in diet](#)
- [The National Kidney Foundation Suggests](#)
- [Read the food label for the sodium content](#)
- You can find an explanation of the DASH diet in the webinar in the nutrition module and [DASH diet](#)

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- American Heart Association [Heart Healthy diet](#)
- National Institute of Health [Heart healthy recipes](#)
- American Heart Association [Weight management](#)
- [Limiting the person's fluid intake](#)
- [What is stress?](#)
- American Heart Association [Stress Management resources](#)
- The patient navigator should also be aware of signs of [depression](#)
- American Heart Association [Smoking resources](#)
- [Question builder](#) from the American College of Cardiologists
- American College of Cardiologists CardioSmart [My Heart Health Plan](#)
- [Heart Failure handouts on signs, diagnosis and treatment](#)
- The Heart Failure Society of America has prepared a series of [online patient education modules](#)
- American Heart Association Heart Failure [Tools and Resources](#)
- United Network for Organ Sharing [Patient Resources](#)
- American College of Cardiologists Fact Sheet: [Understanding the Symptom](#)
- American College of Cardiologists Fact Sheet: [Sleep Apnea](#)
- American Heart Association/American Stroke Association [Implantable Medical Devices Chart](#)
- American Heart Association/American Stroke Association [Cardiac Medications at a Glance](#)
- American Heart Association/American Stroke Association [Cardiac Procedures and Surgeries at a Glance](#)
- [American Heart Association](#)
- [Agency for Healthcare Research and Quality \(AHRQ\)](#)
- [Mended Hearts](#)
- [National Heart, Lung, and Blood Institute](#)
- [Mayo Clinic](#)
- [American Academy of Family Physicians](#)
- [American Heart Association: Resources for Professionals](#)
- [American Society of Hypertension](#)
- [Center for Science in the Public Interest](#)
- [Chronic Disease State Policy Tracking System](#)
- [Dietary Approaches to Stop Hypertension \(DASH\) Diet](#)
- [Institute of Medicine of the National Academies Report Finds National Action Imperative to Reduce Sodium Content of Foods](#)
- [National High Blood Pressure Education Program](#)
- [Nutrition.gov: What's in Food—Salt and Sodium](#)
- [United States Department of Agriculture: Information on Salt/Sodium](#)
- [U.S. Food and Drug Administration: Sodium Reduction](#)

Atrial Fibrillation (Arrhythmia)

- [Atrial fibrillation](#) is a type of [arrhythmia](#). AFib is the most common type.
- Text information from The National Institute of Neurological Disorders and Stroke: [Atrial Fibrillation and Stroke Information](#)
- View WebMD's slideshow presentation: [A Visual Guide to Atrial Fibrillation](#)
- To review more possible risk factors, review the [Mayo Clinic website on AFib](#)
- [Blood thinning medicine](#)

- [Warfarin](#)
- [Pacemaker](#)

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- [Medicine](#)
- [Rhythm-restoring medicine](#)
- and [electric shock](#)
- [Defibrillator](#)
- [Heart surgery](#)
- American Heart Association provides a visual display of the treatment pathways for patients with AFib: [AFib treatment Guidelines chart](#)
- Both the [National Heart, Lung and Blood Institute](#) and the [American Heart Association](#) provide very comprehensive information on AFib treatments.
- [What can patient navigators and CHWs assist people with AFib?](#)
- American Heart Association [What is Atrial Fibrillation](#)
- National Stroke Foundation [AFib-Stroke Tracking Card](#)
- American Heart Association www.MYAfibExperience.org, personalized digital experience
- American Heart Association [5 steps to your healthiest life](#)
- American Heart Association [AFib: Partnering in Your Treatment](#)
- AHRQ [Radiofrequency Ablation for Atrial Fibrillation A Guide for Adults](#)
- [Safe Medication](#)
- Patient Assistance Programs for Medications: [RxAssist](#), [NeedyMeds](#), [Partnership for Prescription Assistance](#), Medicare Website with [Prescription Assistance Programs](#)

Depression and Stress (Anxiety)

- Read: [Recognizing Mental Illness & Clients in Crisis](#)
- Participate in the [Treatment for Stress and Depression](#) discussion
- Participate in the [Relationship of Stress and Depression to Heart Disease and Stroke](#) discussion
- [Additional Activities](#)

High Blood Pressure

- In our [Preventive Healthcare 101 Tutorial high blood pressure section](#)
- The tables below is directly from the [A Community Health Worker Training Resource pages 7-8 & 7-9](#)
- Daily sodium in the diet should not be more than 1,500 mg, or about ¾ teaspoon of sodium, for those age 51 years or older, African Americans of any age, or people who already have high blood pressure, diabetes, or kidney disease. Because foods that are not made at home can contain so much sodium, people need to learn how to read the [nutrition labels on foods](#)
- The [DASH \(Dietary Approaches to Stop Hypertension\)](#)
- The American Heart Association provides a description of [Understanding Blood Pressure readings](#)
- Also, this AHA animation shows what are the [blood pressure measurements](#)
- There are many action items that are suggested in the National Heart, Lung, and Blood Institute's (NHLBI's) ["Your Guide to Lowering Blood Pressure"](#)
- [The DASH eating plan is proven eating plan to lower salt in the diet](#)
- The individual should use a [VALIDATED \(tested and approved\) home blood pressure monitor](#)
- There are two videos available to help teach people how to measure their own blood pressure at home: [American College of Physicians](#) or [American Heart Association](#)
- Many tools are available for the person to write down their blood pressure readings. There are paper and electronic and phone logs. [My blood pressure journal](#) and [Wallet card](#) are two examples

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- We can encourage people to increase their activity level including [walking clubs](#)
- [NIH SeniorHealth](#) offers videos showing examples of endurance activities for adults.
- There are a variety of [types of medications used to treat high blood pressure](#)
- The types of medicines used are: [Diuretics: \("water pills"\)](#), [Beta Blockers](#) , [ACE Inhibitors](#) , [Angiotensin II Receptor Blockers](#) , [Calcium Channel Blockers](#) , [Alpha Blockers](#) , [Alpha-Beta Blockers](#) , [Nervous System Inhibitors](#) , [Vasodilators](#)
- Consumer Reports - [Treating High Blood Pressure: Is a Calcium Channel Blocker Drug Right for You?](#)
- Consumer Reports [Treating High Blood Pressure: Is a Beta-blocker Drug Right for You?](#)
- [Your Guide to Lowering Your Blood pressure with DASH Eating Plan](#)
- [Your Guide to Lowering Blood Pressure](#)
- [Understanding and Managing High Blood Pressure](#)
- [Steps to Prevent High Blood Pressure](#)
- [What do Blood Pressure Numbers Mean?](#)
- [Measuring with a Manual Blood Pressure Monitor](#)
- [Tips for Taking Medications for High Blood Pressure](#)
- [What Can PNs and CHWs do to Help People Reduce risk for High Blood Pressure](#)
- American Heart Association/ American Stroke Association [Heart 360](#)
- [Center for African American Health Just Check It!](#)
- [American Heart Association](#)
- [A Million Hearts](#)
- [WISEWOMAN](#)
- [NIH SeniorHealth Go4Life](#)

High Blood Cholesterol

- Read and Watch: [High Cholesterol Treatments](#)
- Read: [High Cholesterol--Medicines To Help You](#)
- [Additional Activities #1](#) 
- [Additional Activities #2](#)

Diabetes

- The [National Diabetes Education Program](#) provides a description of the three types of diabetes.
- Prevent Diabetes STAT effort of the Centers for Disease Control and Prevention and the American Medical Association. [Screen Test Act Today](#)
- Raising the alarm about prediabetes using a [prediabetes screening test](#)
- Describe 2 tests for diagnosing diabetes [The A1C Test and Diabetes](#) and [Diabetes Testing](#)
- Review how to control high and low blood glucose levels [Additional Activities](#)
- [Diabetes A to Z](#)
- [National Diabetes Education Program](#)
- [National Diabetes Prevention Program](#)

Talking to your doctor

- Read: [Tips for Talking to Your Doctor](#)
- What a patient should do to prepare for a doctor's visit Read: [Before Your Appointment](#)
- Read: [Ask Me 3](#)

- Read: [Advance Directives](#)

Tobacco Control:

- Test your knowledge of secondhand smoke: Take the [Secondhand Smoke Quiz](#)
- Read [The positive effects of not smoking \(Preventative Health Care 101\)](#)
- Read [WebMD Smoking Cessation Health Center](#)
- Additional resources for patients: [Medication Guide](#)
- American Heart Association: [Smoking resources](#)
- Read: [Smoking Cessation Health Center](#)
- Read: [Breathe Easy Guide: Staying Tobacco Free](#)
- [Decision support for using medicines to quit smoking from the American College of Cardiologists](#)
- [Read more about e-cigarettes](#)
- **Patient Resources/ Education materials** [Smokefree.gov](#), [Colorado's QuitLine](#), [Colorado's QuitLine in Spanish](#), American Heart Association [Smoking resources](#)

Healthy Eating and Weight Control

- [What is healthy weight loss?](#)
- Here is an interesting article from the New York Times on [decision fatigue](#) the difficulty of avoiding resisting those unhealthy foods.
- [What is the DASH Eating Plan?](#)
- [Your Guide to Lowering Your Blood Pressure with the DASH Diet](#)
- [National Institute on Aging What's on Your Plate?](#)
- [Heart Healthy Recipes](#)
- [USDA ChooseMyPlate.gov](#)
- [Daily Food Plans at Different Daily Calorie levels](#)
- [Recipes, Cookbooks and Menus](#)
- [Serving Size Comparison Chart](#)
- [The Secret to Serving Size is in Your Hands](#)
- [WebMD wallet size portion guide](#)
- [WebMD Fridge size portion guide](#)
- [LIVESTRONG.COM A Quick and easy way to estimate portion size](#)
- [Portion Distortion Slide Show](#)
- [American Heart Association Understanding Food Nutrition Labels](#)
- American Cancer Society [Daily Caloric Needs Calculator](#)
- American Cancer Society [Exercise Counts Calculator](#)
- [United Kingdom National Health Service Calorie Checker](#)
- [Calorie Count](#)
- [Fatsecret](#)
- [MyFitnessPal](#)
- [Sparkspeople](#)
- [WebMD Food-O-Meter](#)
- Calories in recipe: [CalorieCount](#) , [Myfitnesspal](#) , [Sparkspeople](#)
- Adult BMI charts: http://www.nhlbi.nih.gov/health/educational/lose_wt/BMI/bmi_tbl.htm
- BMI app: http://www.nhlbi.nih.gov/health/educational/lose_wt/BMI/bmicalc.htm
- Child and Teen CMI calculator: <http://nccd.cdc.gov/dnpabmi/Calculator.aspx>



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- Centers for Disease Control and Prevention Healthy Weight: <http://www.cdc.gov/healthyweight/index.html>
- Eat more weight less brochure (with recipe substitution ideas): http://www.cdc.gov/nccdphp/dnpa/nutrition/pdf/Energy_Density.pdf
- CDC fruit and vegetables tools and resources: <http://www.cdc.gov/nutrition/everyone/fruitsvegetables/index.html>
- [Cooking Matters](#)
- [LiveWell](#)
- [Taking Off Pounds Sensibly](#)
- [Weight Watchers](#)
- [Weight and Win](#)
- [Anschutz Health and Wellness Center](#)
- Community Gardens: [Denver Urban Gardens](#), [Growing Gardens](#), [Pikes Peak Urban Gardens](#), [The Garden Project of Southwest Colorado](#), [Eagle Community Gardens](#)

Physical Activity:

- [Centers for Disease Control and Prevention Physical Activity Resources and Videos](#)
- [Eat Smart Move More Sample Walking and Jogging Programs](#)
- [LiveWell Colorado](#)
- [BeColorado Move](#)
- [Walk2Connect](#)
- [Colorado Ramblers](#)

Patient Navigator Role:

- Source: <http://www.thecommunityguide.org/cvd/teambasedcare.html> 
- Constellation of services template [Constellation of Services template.doc](#) 
- [Your heart failure team](#)
- American College of Cardiology video for [patients on working with your team](#)
- [Chronic Disease Self-Management Colorado](#)
- [WISEWOMAN](#)
- [Diabetes Prevention Program](#)




Medication Adherence:

- [CVD Adherence Slides with Resources.pdf](#) 
- [Tips for Talking with Your Pharmacist - FDA Stop--Learn--Go](#)
- [Brown bag review of medications](#)
- [How do I manage my medicines](#)
- American Heart Association: [Printable Medicine Chart](#)
- WebMD- [my medicine](#)
- [FDA 6 Tips to Avoid medication mistakes](#)
- [FDA 101: Medication Errors](#)
- American Heart Association: [Taking Control of Your Medicines](#)
- American Heart Association: [Medication Food Interactions: Food, Supplements and Other Drugs](#)
- [American Heart Association/American Stroke Association Medication Tracker](#)



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- American Medical Association [My Medications App](#)
- Safe Medication [My Medicine List](#)
- [My Daily Medications](#)
- University of Colorado Denver School of Pharmacy [MYMEDS](#)
- [Safe Medication](#)
- [RxAssist](#), [NeedyMeds](#), [Partnership for Prescription Assistance](#), Medicare Website with [Prescription Assistance Programs](#)



Five A's and Self-Determination Theory:

- SDT and Motivational Interviewing: [Meeting in the Middle, Miller & Rollnick, 2011](#)
- [Using theory to advance evidence-based coaching. Oades & Spence, 2011](#) 
- [5 A's Behavior Change Model Adapted for Self-Management Support Improvement](#)  
- [AHRO: Five Major Steps to Intervention \(The "5 A's"\)](#)
- [Self-Determination Theory](#)
- [Self-Determination Theory: A Key to Motivation- For fitness professionals](#)
- [SDT Slide Show](#)


Motivational Interviewing Review

- [Kaiser Permanente Brief Negotiation Roadmap tutorial](#) demonstrations and practice exercises in motivational interventions for health care professionals
- [Motivational Interviewing Resources](#)  
- [Motivational Interviewing](#)




SMART Goal Setting and Brief Action Planning:

- You can also view a video on goal setting with patients with diabetes from the [National Diabetes Education program](#)
- [Goal Setting with patient with diabetes](#)  
- [Writing SMART goals](#)
- [How to get SMART about goal setting](#)

Coaching:

- [Negative thought log](#) 
- [Common Unhealthy Thought Patterns](#)
- FDA Website on Reading Food labels with videos and visuals: <http://www.fda.gov/Food/IngredientsPackagingLabeling/LabelingNutrition/ucm274593.htm>
- Blood pressure self monitoring: NY guide to introducing self monitoring to patient: <http://www.nyc.gov/html/doh/downloads/pdf/csi/hyperkit-hcp-bpselfmon-guide.pdf>
- [My blood pressure journal](#) from A Million Hearts
- [Wallet card](#) from A Million Hearts
- [American Heart Association Blood Pressure Tracker](#)
- [Heart Foundation](#)
- [American Heart Association/American Stroke Association Food Diary](#)

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- [WebMD Food Journal](#)
- [USDA SuperTracker](#)
- [Health.gov](#)
- [CDC physical activity diary](#)
- [USDA SuperTracker](#)
- [Phone apps](#)
- [American Heart Association/American Stroke Association Medication Tracker](#)
- AARP- [My Personal Medication Report](#)
- American Medical Association [My Medications App](#)
- Safe Medication [My Medicine List](#)
- [My Daily Medications](#)
- University of Colorado Denver School of Pharmacy [MYMEDS](#)
- [Blood Glucose Log](#)
- [ACCU Check Tool](#)
- [My Action Plan English](#)  ,
- Examples found online: [OptumRx](#), [Intermountain Healthcare](#)
- If you are unsure what is a credible source and non-credible source, please review the information from Level 1 Patient Navigator Fundamentals course. [Credible and Non credible websites](#) 
- Here is just one example of a [diabetes action plan](#)
- American Heart Association has a webpage full of different types of [Keep Track of Your Heart](#) trackers from vegetables to blood pressure.
- For those of you on Pinterest, you can also find various logs/tracking sheets www.pinterest.com (requires login)

Stress and Coping:

- [Common Unhealthy Thought Patterns](#)
- [Negative thought log](#) 