



Ascension

Cardiac Rehab CardioVisual Education Modules

Based upon your diagnosis and clinical assessment, the following educational modules and resources are prescribed for your viewing and accessing. Please mark the dates you completed each module on the adjacent lines.

HOW THE HEART WORKS

- ☐ Normal Heart Function (0:55)
- ☐ Normal Heart Valves (0:59)
- ☐ Normal Electrical Activity (3:33)

HEART DISEASE

- ☐ Atherosclerosis or Coronary Artery Disease (CAD) (2:11)
- ☐ What's Heart Attack? (2:37)
- ☐ Treatment of Heart Attack (4:11)

RISK FACTORS FOR HEART DISEASE

- ☐ Good Heart Health (1:09)

Cholesterol

- ☐ What is High Cholesterol? (3:09)
- ☐ Types of Cholesterol (2:48)
- ☐ Management of High Cholesterol (3:17)

Blood Pressure

- ☐ Hypertension Basics (1:31)
- ☐ Hypertension (HTN) (1:18)
- ☐ Complications of HTN (2:03)
- ☐ Treating High Blood Pressure (2:59)
- ☐ Treatment of Hypertension (2:33)

Diabetes

- ☐ Diabetes (2:30)
- ☐ Understanding Type 1 Diabetes (3:05)
- ☐ Understanding Type 2 Diabetes (3:06)
- ☐ Complications of Diabetes (3:52)
- ☐ Treatment of Type 1 Diabetes (3:09)
- ☐ Treatment of Type 2 Diabetes (3:52)

HEART HEALTHY NUTRITION

- ☐ Nutrition and Health (5:43)
- ☐ Heart and Nutrition (4:36)

Smoking

- ☐ Meet Brian H. (0:30)
- ☐ Brian H.: Part of Who I Was: A Former Smoker's Story (2:49)
- ☐ There's Hope: A Former Smoker's Story (2:49)
- ☐ QuitGuide App Download
- ☐ quitSTART App Download

HEART FAILURE

- ☐ Understanding Heart Failure (2:42)
- ☐ Congestive Heart Failure (0:51)
- ☐ Heart Failure and Congestion (1:11)
- ☐ Treatment of Heart Failure (2:45)
- ☐ Heart Failure Devices (2:13)
- ☐ Vasodilators in CHF (1:02)
- ☐ Diuretics in CHF (0:51)

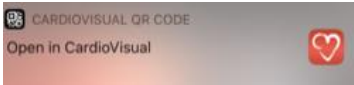


HEART ARRHYTHMIA

- ☐ What are Arrhythmias? (5:22)
- ☐ What's Atrial Fibrillation? (2:13)
- ☐ Atrial Fibrillation & Stroke (3:32)
- ☐ A-fib Treatment (2:40)
- ☐ Catheter Ablation for A-fib (2:19)
- ☐ Atrial Flutter (0:28)
- ☐ PVCs (0:32)
- ☐ Pacemaker & ICD Implant (2:21)
- ☐ ICD-Defibrillator Explained (3:47)

CARDIAC REHABILITATION

- ☐ What is Cardiac Rehab (2:03)
- ☐ Why is Cardiac Rehab Important? (1:30)

INSTRUCTIONS: To view the educational resources on your mobile device, you will first need to download/install the CardioVisual app. To install, open up the camera app on your mobile device (I-Phone or Android), and point the camera at the QR Code that is matched with the educational module you are wanting to view (you should not have to snap an actual picture). When an icon like this for I-

Phone  , or like this for Android  Webpage  appears, tap on it. It will take you to either the Apple Store (for I-phones) or to the Google Play store (for Android phones) to prompt you to download (or “install”) the CardioVisual app. Download the CardioVisual App. You will need to create a sign-in username and password to login. Once you have logged in, now when you scan the QR Codes below, the exact module should come up when you click the icon above.

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Treating High Blood Pressure (2:59)

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Part of Who I Was: A Former Smoker's Story (2:49)



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Catheter Ablation for A-Fib (2:19)



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Nutrition & Health (5:43)



Heart and Nutrition (4:36)



Nutrition for a Healthy Life (4:25)



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Module Education Completion Date:

Patient Name:

Patient Signature: