

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	Smoking		
□ Normal Heart Function (0:55)	□ Meet Brian H. (0:30)		
□ Normal Heart Valves (0:59)	☐ Brian H.: Part of Who I Was: A Former		
☐ Normal Electrical Activity (3:33)	Smoker'sStory (2:49)		
HEART DISEASE	☐ There's Hope: A Former Smoker's Story (2:49)		
☐ Atherosclerosis or Coronary Artery Disease (CAD)	☐ QuitGuide App Download		
(2:11)	- □ quitSTART App Download		
☐ What's Heart Attack? (2:37)	_		
☐ Treatment of Heart Attack (4:11)	_ <u>HEART FAILURE</u>		
Digit Exceptions for Hexper Digitals	☐ Understanding Heart Failure (2:42)		
RISK FACTORS FOR HEART DISEASE	☐ Congestive Heart Failure (0:51)		
☐ Good Heart Health (1:09) Cholesterol	☐ Heart Failure and Congestion (1:11)		
☐ What is High Cholesterol? (3:09)	☐ Treatment of Heart Failure (2:45)		
☐ Types of Cholesterol (2:48)	☐ Heart Failure Devices (2:13)		
☐ Management of High Cholesterol (3:17)	☐ Vasodilators in CHF (1:02)		
Blood Pressure	☐ Diuretics in CHF (0:51)		
☐ Hypertension Basics (1:31)	Harris A posterior and		
☐ Hypertension (HTN) (1:18)	HEART ARRHYTHMIA ☐ What are Arrhythmias? (5:22) ☐ Wile (3: A4: 1571: 111 (1: 2) (2:12)		
☐ Complications of HTN (2:03)			
☐ Treating High Blood Pressure (2:59)	- ☐ What's Atrial Fibrillation? (2:13)		
☐ Treatment of Hypertension (2:33)	☐ A file Transport (2.40)		
Diabetes	☐ A-fib Treatment (2:40) ☐ Catheter Ablation for A-fib (2:19)		
☐ Diabetes (2:30)			
☐ Understanding Type 1 Diabetes (3:05)	— ☐ Atrial Flutter (0:28)		
☐ Understanding Type 2 Diabetes (3:06)	— □ PVCs (0:32)		
☐ Complications of Diabetes (3:52)	— ☐ Pacemaker & ICD Implant (2:21)		
☐ Treatment of Type 1 Diabetes (3:09)	□ ICD-Defibrillator Explained (3:47)		
☐ Treatment of Type 2 Diabetes (3:52)	CARDIAC REHABILITATION		
·· · · · · · · · · · · · · · · · · · ·	☐ What is Cardiac Rehab (2:03)		
HEART HEALTHY NUTRITION	☐ Why is Cardiac Rehab Important? — (1:30)		
□ Nutrition and Health (5:43)			
☐ Heart and Nutrition (4:36)			

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-

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Open in CardioVisual
Phone

器 Webpage

Tap here to go to "app.cardiovisual.com" in your browser.

, or like this for Android

□ 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.

HOW THE HEART WORKS

Normal Heart Function (0:55)

Normal Heart Valves (0:59)

Normal Electrical Activity (3:33)







HEART DISEASE

Atherosclerosis or 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)







SMOKING

Meet Brian H. (0:30)

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

There's Hope (2:49)







QuitGuide App Download

quitSTART App Download

For I-Phone





For I-Phone

For Android

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)



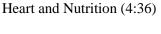
ICD-Defibrillator Explained (3:47)





HEART HEALTHY NUTRITION

Nutrition & Health (5:43)









CARDIAC REHABILITATION

What is Cardiac Rehab (2:03)

Why is Cardiac Rehab Important? (1:30)





Module	Education	Comp	letion	Date:
* I O G G I C	Laacacion	CCp		Date.

Patient Name:

Patient Signature: