



# WEBINAR



## Heart Failure: Self Management

June 21, 2018 • 12:00 PM – 1:00 PM CST

### Register Online

<https://zoom.us/meeting/register/e9597e2f0ad376058c34be5db4a05ad8>

### Target Audience

Physicians, nurses, clinical staff, improvement advisors, data analysts and quality specialists.

### Program Overview

Teaching clinical staff how to educate patients on self-management is key to better health outcomes. This webinar will provide ways for heart failure patients to track symptoms, medications, exercise and diet on their own. Also, there are ways for patients to know how and when to call for an appointment, visit the urgent care, or access the emergency room.

### Learning Objectives

- Point out beneficial resources for patients and clinics for self-management.
- Demonstrate tools for patients and clinics to drive self-management forward in treating heart failure.
- Illustrate patient perspective through personal journey.

### Continuing Education

1.0 Nursing Contact Hours will be awarded for this webinar by IHA Iowa Board of Nursing provider #4.

### Continuing Education Policy

In order for Nursing Contact Hours to be awarded, you will need to provide your nursing license number at registration and be logged in individually to the webinar for the full duration of the presentation.

### Recordings Policy

After the webinar, a recording will be available on the Compass PTN YouTube channel at <https://www.youtube.com/channel/UCgg26dYwVH7NuWDWykoUcRA>. Links to the videos will also be posted on Healthcare Communities.

### Registration Policy

Each person who registers is required to provide an email address.

The email address listed will be sent log-on information and handouts at least 24 hours prior to the webinar.

### Cancellation Policy

IHC reserves the right to cancel the program due to insufficient enrollment in which case pre-registered participants will be notified.

### Upcoming Project Webinars

**July 26** – Palliative Care and Heart Failure:  
Critical Conversations That  
Always Succeed

**August 23** – Project Wrap Up

## Speaker Biographies

**Preeti Kolankarai** is the senior patient engagement manager at the American Heart Association (AHA), where she oversees the Rise Above Heart Failure initiative as well as other programs including those reaching and educating patients and providers about AFib, heart valve and the support network.

**Aimee Rodriguez-Zepeda**, a mother of three from Woodbridge, Virginia, survived cancer and was diagnosed with cardiomyopathy and heart failure (HF). She was determined not to let her CHF diagnosis stop her from pursuing her passion: motorcycle riding. Last spring, she organized a charity ride in her hometown of Woodbridge in Virginia to raise awareness about HF in conjunction with AHA. As an ambassador, she is committed to raising awareness and providing encouragement for others dealing with HF.

## Upcoming Events

### Opioid Symposium

July 24, 2018

Holiday Inn and Suites  
West Des Moines

### IHC Annual Conference

November 7, 2018

FFA Enrichment Center  
Ankeny

### ADA Policy

IHC does not discriminate in its educational programs on the basis of race, religion, color, sex or handicap. IHC wishes to ensure no individual with a disability is excluded, denied services or segregated or otherwise treated differently because of the absence of auxiliary aids and services. If you need any of the auxiliary aids or services identified in the Americans with Disabilities Act in order to attend this program, please call 515-283-9330, fax 515-698-5130 or write to the Department of Education at IHC.

