

An Apple for the Teacher: Strategies to Improve Patient Learning

Heart Centre Nursing Education Day June 7, 2019

Program and Objectives

- 0745 - 0815 Registration and Continental Breakfast**
- 0815 - 0830 Welcome and Housekeeping**
- 0820 –0830 Opening Remarks**
Heart Centre Program Director – Janis McGladrey
- 0830- 0915 Keynote: How come I got an “F” on my homework?**
Quincy Young PhD, RPsych
- Define health literacy (HL)
 - Describe misconceptions around levels of HL
 - Describe strategies to help patients navigate health information they receive
- 0915 – 0945 Getting to the Square Root of the Issue: Best Practices in Patient Education**
Karen LeComte MSN, RN and Justine Bremner BSN, RN
- Describe how nurses can facilitate patient learning
 - Explain methods and strategies for effective patient learning
 - Describe a process to assess patient learning
- 0945 – 1015 Refreshment Break**



- 1015 - 1045 It's Time for Home Economics: Some Food for Thought.**
Sinead Feeney MSc, RD
- Describe who needs to restrict fluid and who needs to restrict salt
 - List barriers to fluid and salt restriction and describe how to structure teaching plan to address:
 - *Patients living in remote/rural areas*
 - *Frail elderly with poor mobility*
 - *Homeless/vulnerable populations*
 - Describe how to teach patients to read food labels
- 1045 – 1115 What do I Tell My Patient about Drugs? Some Pearls of Wisdom**
Tania Alia BScPharm, ACPR, RPh
- Describe important teaching points for three commonly prescribed medication classes
 - Anticoagulants
 - New heart failure medications
 - Over the counter preparations
 - Highlight common errors made by patients and/or healthcare workers

- 1115 – 1145 Phys. Ed. Time to Hit the Gym?**
Mary B. Mackenzie MSc, ACSM, CEP
- State why activity/exercise is essential for cardiac patients
 - Describe what patients need to know about activity between discharge and first Cardiac Rehab visit
 - Provide advice for patients without access to Cardiac Rehab
 - Discuss potential contraindications to exercise
 - Outline tips for patients to sustain the healthy lifestyle habits they've learned once they leave the Cardiac Rehab program

1145 – 1230 Lunch

- 1230 - 1315 Cheerleading Practice: Exploring Motivational Interviewing**
Quincy Young PhD, RPsych
- Discuss application of motivational interviewing skills to clinical practice
 - Review and practice motivational interviewing skills

- 1315 – 1345 Planning Ahead: What Patients need to Know at the End of Life**
Sarah Cobb BSN, RN, CHPC(C)
- Define the concept of a palliative approach to care
 - List tips for starting serious illness conversations with patients
 - State important points on the approach to teaching at end of life
 - Discuss what patients need to know when planning for end of life

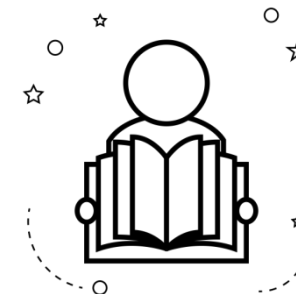
- 1345 - 1415 Homeschooling: A Different Approach for Vulnerable Populations**
Cindy Norquist NP(F)
- Discuss challenges to teaching vulnerable patients
 - Describe the RESUME-HF study
 - Outline some lessons learned

- 1415 – 1445 TEDed: Tools for teaching**
Stephanie Ahuja BA BSN, RN, CCN(C)
- Review BCCNP standards relating to social media
 - Describe how to customize teaching when using telehealth
 - Discuss the implications of using social media in education
 - Explore ideas for opportunities for future innovation

- 1445 – 1515 Report Card: How did we do? Patient Panel**
Moderated by Kirsten Redman MSN, RN, CCN(C)
- Patients will tell us about their experiences hearing and interpreting health information. The panel will include patients with:
 - Congenital heart disease
 - Heart transplant/ Chronic heart failure
 - Myocardial infarction

1515-1530 Wrap-Up and Closing Remarks

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