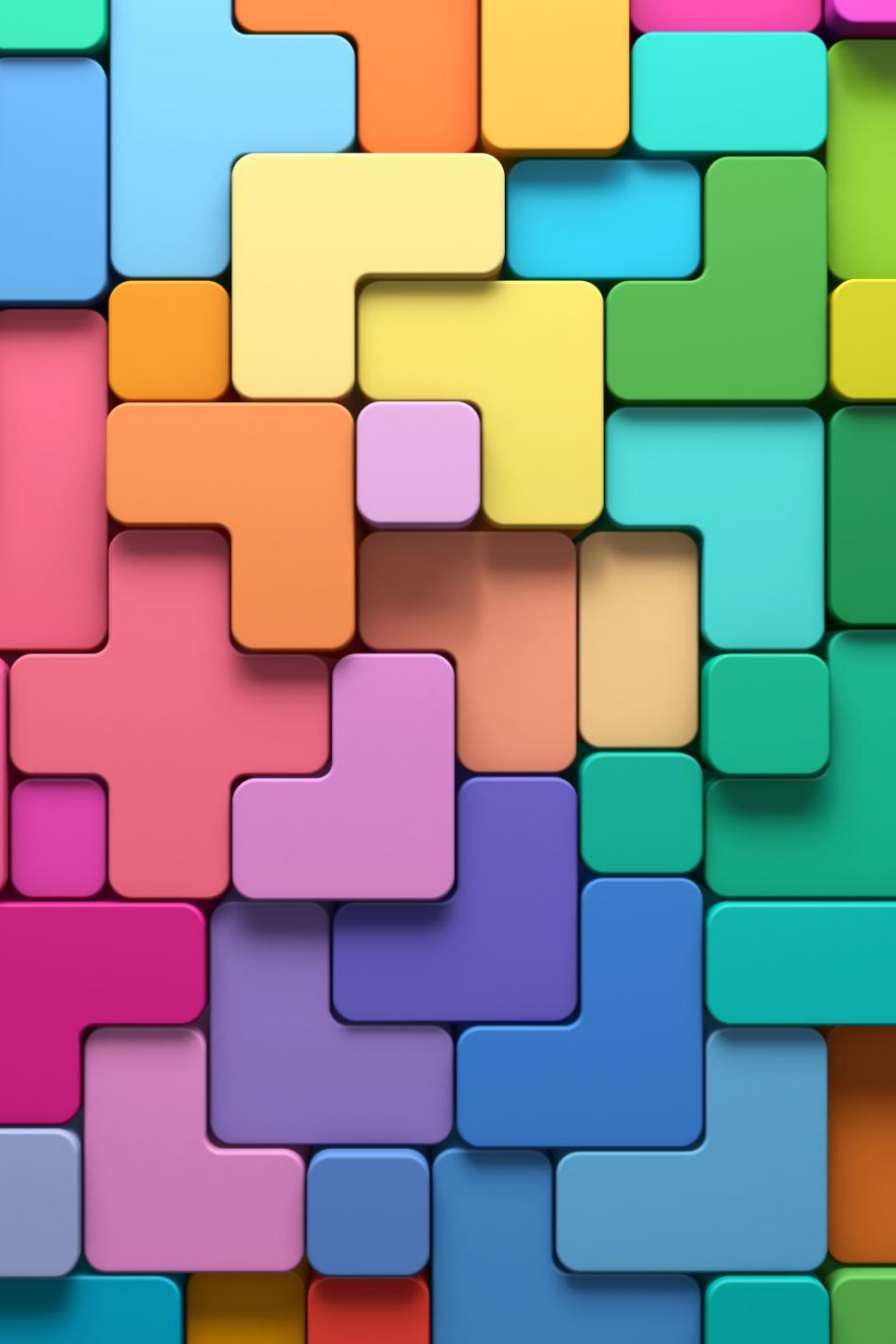




care for you

## HEART FAILURE PROGRAM





# WHAT'S YOUR PATIENT TYPE?

HOW YOUR APPROACH TO CARE  
FITS INTO THE BIG PICTURE

MODULE 1

# WELCOME

Learning you or a loved one has a serious illness is overwhelming at best, devastating at worst. The first thing most of us do when we get home from the appointment that changed our lives is search the internet. We quickly see there is a mountain of valuable resources. One click leads you to hundreds more. Many of us find we've done a lot of clicking, but not a lot of learning.

To organize and clarify “need to know” heart failure information, Independent Health’s Care For You, Heart Failure Program nurses have created this module program using the Healthwise resource library accessible to everyone on the IHA website.

The nurse guiding you through the module will be able to answer questions in real time. That means less writing it down now to ask later. Resources you think may be helpful from other sources can also be reviewed.

Understanding your disease will decrease stress and give you confidence in managing it with your healthcare team.

Thank you for letting us be a part of your team.

# WHY WE ARE HERE

Our goal is to:

- Help you understand what is happening with your health.
- Receive information when you are ready to.
- Become confident in what you know about your disease so you can guide your care in a way that is true to who you are.
- Know you are not alone.

## WHAT ARE PATIENT TYPES?

Understanding how you cope with managing your health can guide you to better outcomes. Your patient type can give you insight into how you cope with and approach caring for your health.



# PATIENT TYPE DETERMINATION TOOL

**Select the statement that best describes your approach to caring for your health.**

- A\_\_\_ I follow the plan my doctor gave me, but it is overwhelming. I'm worried I'm not doing it right.
- B\_\_\_ I follow the plan my doctor gave me. I call if there is a problem. I think it is going well.
- C\_\_\_ I like to include traditional medicines, herbs and activities like yoga to my plan.
- D\_\_\_ I only go to the doctor or ER when I really need to.
- E\_\_\_ I don't worry about my health. I know a higher power is taking care of me.
- F\_\_\_ I feel like a lot of these statements sound like me.

**To discover your Patient Type, match the letter.**

- A-Hypervigilant-focused on health, difficulty focusing on other areas of life.
- B-Realistic-incorporate health care into everyday life without it taking over non-health related activities.
- C-Western Med Adverse-prefers complementary and alternative medicines, may or may not share with doctor.
- D-Symptom Chaser-confident in ability to care for illness on their own, only seek help when symptoms require urgent care/ER/hospitalization.
- E-Higher Power-strong faith, outcomes are ultimately out of their hands, may or not feel medical treatments are provided by Higher Power.
- F-Transitioning-do not identify with any one type, may be struggling to understand what is happening, how to follow care plan and settle into a routine. May feel confident one day and overwhelmed the next.

# BUILDING HEALTH BY BUILDING ON STRENGTHS

- Patient Types help determine strengths and weaknesses to how patients approach care.
- By identifying what best describes yourself, you can build on the strengths to improve your health outcomes.





# USE BUILD ON TIPS TO MAKE THE MOST OF YOUR STRENGTHS

## HYPERVIGILANT

- Powerful commitment to improving health.
- Eager to learn.
- Willing to talk about concerns.
- Strong desire to follow care plan.

## BUILD ON TIPS

- Review Zone Chart daily to monitor effectiveness of care plan.
- Take advantage of professional & peer support offered by IHA, American Heart Association and other heart health organizations. Need help accessing? Just ask.
- Make the most of this program by speaking with nurse for clarification, ease concerns, lessen anxiety.
- When you are worried if what you are doing is correct, don't wait to call MD, pharmacist, nurse or knowledgeable caregiver. Everyone wants you to feel your best.
- You are powerful and committed, use that strength to control anxiety related to diagnosis.



# USE BUILD ON TIPS TO MAKE THE MOST OF YOUR STRENGTHS

## REALISTIC

- Ability to create balance within competing areas of life.
- Receptive to new ideas.
- Know when to seek help & do so.
- Understand & value the importance of caring for the physical and emotional parts of oneself.

## BUILD ON TIPS

- Review Zone Chart daily to monitor effectiveness of care plan.
- Learn about the latest in heart failure care. Discuss with your care team information you think may benefit you. Need help with resources? Just ask.
- Unexpected changes in life & normal disease progression can mess with even the best care plan. Use your powerful sense of self both physically & emotionally to seek help when the unexpected happens. Not sure who to call? We can help guide you.

# USE BUILD ON TIPS TO MAKE THE MOST OF YOUR STRENGTHS

## WESTERN MED ADVERSE

- Holistic approach to life.
- Creative & open to new ideas.
- Take initiative to learn more.
- Confident in ability to manage health.

## BUILD ON TIPS

- Review Zone Chart daily to monitor effectiveness of how you are caring for your health. It will give you insight into what works & what doesn't.
- Learn about the latest in heart failure care from resources that cover Complementary & Alternative Medicine. Need help with resources? Just ask, we can help.
- Keep your healthcare team informed of everything you are taking/doing for your health. A team approach will ensure there are no dangerous side effects & you can develop a plan that includes treatments that are important to you with safety & confidence.

# USE BUILD ON TIPS TO MAKE THE MOST OF YOUR STRENGTHS

## SYMPTOM CHASER

- Makes the most of every day.
- Independent thinker.
- Strong sense of who you are.
- Confident in ability to manage health.

## BUILD ON TIPS

- Review Zone Chart daily to monitor effectiveness of how you are caring for your health. It will give you insight into what works & what doesn't.
- Learn about ways to care for your health so you can let healthcare team know what may work best for you. We can help you find a variety of resources you can choose from.
- By not letting symptoms get out of control you can have more good days & keep your heart at the best it can be longer.

# USE BUILD ON TIPS TO MAKE THE MOST OF YOUR STRENGTHS

## HIGHER POWER

- Strong faith brings peace & calm.
- Appreciate the good in life.
- Feel part of a community.
- Confident in decisions.

## BUILD ON TIPS

- Review Zone Chart daily to monitor effectiveness of how you are caring for your health. It will give you insight into what works & what doesn't.
- Talk to healthcare team, family & friends about what you think of care plan. Be open to their thoughts. They are in your life for a reason.
- Take advantage of supports & resources to best understand heart health & treatments. We can help organize & clarify information and guide you to additional supports.

# USE BUILD ON TIPS TO MAKE THE MOST OF YOUR STRENGTHS

## TRANSITIONING

- Eager to learn.
- Accept help.
- Committed to improving health.
- Open to new ideas.

## BUILD ON TIPS

- Review Zone Chart daily. It will provide guidance on what to do.
- Take advantage of all the great resources out there. We can help organize & clarify for you. Understanding your disease will build confidence in your ability to manage care.
- Make participation in professional & peer led supports part of your routine. Being a valued member of a special community provides strength to you and gives strength to others. If you need help finding support opportunities, we can help.

# BUILDING HEALTH BY BUILDING ON STRENGTHS WORKSHEET

- Building Health by Building on Strengths Worksheet
- What did I learn about how I approach my health care?
- What Patient Type am I?
- What actions can I take to build on my strengths to improve my health outcomes?

Check all that apply

- Review Zone Chart everyday.
- Talk to care team/ family/friends about my care plan.
- Be open about my feelings about my health?
- Participate in support groups.
- Take advantage of supports available through IHA, American Heart Association and other heart health organizations.
- Enjoy non-health related activities every day.
- Laugh every day.
- Remember I am not alone.
- Other:

# THANK YOU FOR PARTICIPATING

In this presentation you learned:

- ✓ What a patient type is.
- ✓ How knowing your patient type gives you insight into your approach & attitudes towards healthcare.
- ✓ What the strengths are of each patient type.
- ✓ How to use those strengths to your advantage.



# We're Here For You

- To discuss any of the information contained in this presentation, contact your Care For You Heart Failure Program Nurse
- Thank you for letting us be a part of your Healthcare Team.

