



# Home Health Aide On-the-Go In-Service Lessons: Vol. 10, Issue 6: Understanding Heart Disease

*Beacon Health a division of HCPro, April Perry APN M.Ed*

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### OVERVIEW

Heart (cardiovascular) disease is the single greatest cause of health problems and death in the United States. Home health aides will encounter many patients with heart disease. They must understand how to assist in these patients' care in the home. This in-service provides important background on the cause of heart disease. Aides will learn their role in helping the patient manage diet, physical therapy, rehabilitation, and other issues in their recovery from heart disease.

### LESSON OBJECTIVES

After completion of this program, the home health aide will be able to:

- Describe the main causes of heart disease
- Define the home health aide's role in caring for a patient with heart disease
- List four lifestyle changes that will help minimize the risks of heart disease

### Contents of this lesson:

- A clearly written fact sheet
- A 10-question post-test to measure understanding of the subject matter
- An answer sheet with a place for the instructor's comments and signature
- An illustrative, homecare-specific case study
- Suggested supplemental learning activities
- An attendance log and certificate of completion

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