

# HEART FAILURE AWARENESS WEEK 2020



**KNOW  
YOUR  
WHY**

## *What to Teach and When to Teach It*



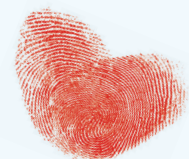
America Association of Heart Failure Nurses

### **What to teach**

1. Weight and fluid monitoring
2. Symptom recognition and management
3. Low sodium diet
4. Activity/exercise
5. Medications

### **How to teach**

1. Screen for health literacy - 3 questions
2. Teach Back
3. "Ask Me 3"



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