

Phone 8275 3555  
Between 8am-4pm  
Tuesday & Thursday.  
After hours call our Chest  
Pain Centre on 8275 3347.  
In an Emergency call 000

**Donations**

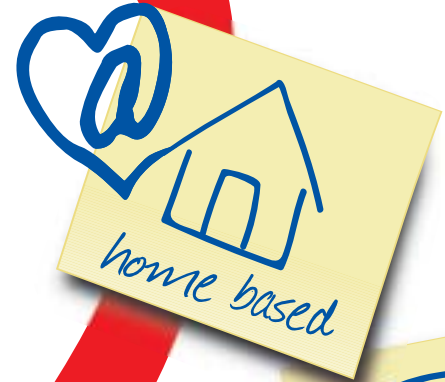
Flinders Private Hospital is a 'not for profit' private hospital. If you wish to make a donation to Flinders Private Hospital, please ask the staff for a form. If you would like to specify how you would like your donation to be used, please state this on the form. All donations of \$2 or more are tax deductible.

**Heart@Risk Service**

Flinders Private Hospital    **P** 8275 3555  
1 Flinders Drive                **F** 8275 3767  
Bedford Park SA 5042        **E** [jfinan@acha.org.au](mailto:jfinan@acha.org.au)    [www.flindersprivatehospital.org.au](http://www.flindersprivatehospital.org.au)

Flinders Private Hospital is a member of the ACHA Health Group.

Heart@Risk acknowledges Medibank Private as the source of MPSCIIIP funding.



As part of Flinders Private's commitment to ongoing care, we are pleased to be able to offer you our **Heart@Risk** service.

## Heart @ Risk Heart Failure Outreach Service

**Heart @ Risk** is a nurse led, home based heart failure outreach service which allows heart failure patients and their carers to receive ongoing psychosocial support, education and assessment within their own homes over a six month period by a specially trained heart failure nurse.

The service provides heart failure patients an in-hospital consultation, home visits and telephone follow up by a heart failure nurse. Patients are provided with information and advice on lifestyle changes including early recognition of symptoms, monitoring diet/fluid intake and weight, exercise programs, smoking cessation and moderation of alcohol intake, all of which are in line with best clinical practice according to the Australian National Heart Foundation and National Institute for Clinical Excellence.

Self-management strategies, education, an individualised exercise program together with a fluid overload action plan will be provided to all patients to increase compliance with prescribed treatments resulting in improved health outcomes and quality of life.



## What Assistance Is Available?

- Regular contact, assessment and support from a specially trained heart failure nurse to detect any potential problems and/or deterioration of your condition
- Education on monitoring your weight and early detection of salt and water retention
- A detailed action plan including daily weight diary and home exercise program will be provided to optimise medical treatment prescribed by your specialist
- Education to assist in the understanding of your heart failure and counselling on how to adjust your treatment according to your symptoms
- Dietary advice (salt and alcohol in particular)
- Monitoring of blood chemistry
- Medication education

## What Are The Benefits?

- You receive ongoing assessment, education and counselling in your own home
- Early detection of signs and symptoms to reduce the likelihood of re-admission and your length of stay in hospital
- Ensures optimal management by promoting self care behaviours including instructions on lifestyle modifications, medication regime and daily weigh.

## Who Is Eligible?

Heart failure patients who are currently in a stable condition but require ongoing management of their heart failure condition and are a member of a participating health fund can be referred to the Heart @ Risk Service by their Cardiologist or Medical Specialist.



## How Does 'Heart@Risk' Work?

In consultation with you (your carer), your doctor and the heart failure nurse, an individualised plan will be developed to best manage your symptoms and optimise your heart failure management.

Prior to discharge from hospital the heart failure nurse will make an appointment to visit you at your home within 2 weeks of discharge. Subsequent telephone contact will be made at 1 month with follow up home visits occurring at 3 and 6 months. Additional visits may be scheduled if necessary.

## Occupational Health And Safety

In order to provide a safe working environment for the visiting nurse, we ask that you please:

- Refrain from smoking during the visit
- Secure animals safely
- Provide a clean working area for the nurse
- Leave outside light on for evening visits
- Advise heart failure nurse of any potential hazards

*Referrals are made to the program by your Cardiologist or Medical Specialist.*

*For further information about Heart@Risk service, please contact Jenny Finan.*

*8275 3555*

