



# **Facilitator's Guide**

## ***Module 1***

## Signs and Symptoms of **Hypertension**

### Lesson 1

Question/Topic	Script	Reminder/Activity	Page #
<b>Welcoming &amp; Introduction:</b>  (E komo mai!)	<i>Aloha</i> and welcome to <b>ha‘awina ‘ekahi</b> or the first lesson of the <b>Ola Hou i ka Hula Program</b> .  Before we begin, let me tell you a little about this program.	○ Ask if participants would like to pray (pule) before starting.	2
<b>What is this program about?</b>	<b>Ola Hou i ka Hula...means to regain health through hula.</b>  It was designed for Pacific Islanders living with pre-hypertension and hypertension...like yourselves.  Other Pacific Islanders with heart failure gave their thoughts ( <i>mana’o</i> ) in the making of this program.  So by meeting with us today, you’ve actually taken the first step in taking control of your heart failure.  Do you have any questions about the program?	○ The program was developed based on key concerns and ideas from Native Hawaiians and Samoans with heart failure <u>and</u> their <i>‘ohana</i> via focus groups.	2
<b>How often will we meet?</b>	Our meeting today is one of three “face-to-face” lessons that you’ll be asked to participate in. Each lesson will be a week or two apart.  After you complete all three lessons, we will have brief follow-up sessions over the phone and occasional office visits (3). This will happen on-and-off for the next year to offer both you and your <i>‘ohana</i> support.	○ Make sure participants understand the level of <b>commitment</b> involved and what is being asked of them.	2
<b>What will I get out of this program?</b>	Ultimately, the program would like for you and your <i>‘ohana</i> to learn how to take control of your heart failure so that you can live better and stronger.  Is there a family member that you’d like to be present during these lessons?  <b>Let’s begin.</b>	○ <b>Encourage</b> participants to get at least <u>one</u> family member involved. ○ <b>Ask</b> the family member to sit in on all lessons.	2

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<b>What is cardiovascular disease?</b>	<p>The buildup of cells, fat and cholesterol can be thought of as the plaque that builds up on your teeth. You can brush and floss your teeth, but we can't do that to our hearts. Once the plaque builds it is there. Plaque build up occurs from an early age, young children have plaque, this is due to damage occurring in the vessels. This is the process of atherosclerosis.</p> <p>However, like other chronic diseases, some risk factors for cardiovascular disease is preventable.</p>	<ul style="list-style-type: none"> <li>○ <b>Show diagram of an artery and plaque build up.</b></li> </ul>	2
<b>What are symptoms of CVD?</b>	<p>Being a silent and symptom free disease is especially true with women, because cardiovascular disease is still not thought as being a women's disease as much or at more then their male counterparts. People still think that breast cancer is more of a threat than CVD.</p> <p>High blood pressure, and high cholesterol is what we will focus on today, because uncontrolled hypertension and hypercholesterolemia can be "early signs" of CVD.</p> <p>This is why it's so important to know about high blood pressure and high cholesterol and to take the proper precautions to prevent cardiovascular disease.</p>	<ul style="list-style-type: none"> <li>○ <b>Make sure participants understand that high blood pressure and high cholesterol are directly related to cardio vascular disease.</b></li> </ul>	2
<b>Explain the 'ōlelo no'ēau (proverb)</b>	<p>Here's an 'ōlelo no'ēau or a Hawaiian poetical saying:</p> <p><b><i>Piha 'ia ka pe'a, pi'i ke 'au, ke holo nei ka wa'a.</i></b></p> <p>Which means, <b>"The sail is full of wind, the swells are rising, and the canoe is on its way"</b>.</p> <p>This 'ōlelo no'ēau talks about the start of a new journey...much like the journey we are about to take with these heart failure lessons.</p> <p><b>Turn to page 4.</b></p>	<ul style="list-style-type: none"> <li>○ The <u>participant</u> is the <u>ho'okele</u> (navigator) of this <u>wa'a</u> (canoe), meaning he or she is in control of his or her own destiny.</li> <li>○ You, the <u>facilitator</u>, are the <u>support</u> to help them reach their destination, much like the <u>wind and currents</u> help the <u>wa'a</u> to sail.</li> </ul>	3

Question/Topic	Script	Reminder/Activity	Page #
<b>Who gets heart disease?</b>	<p>Native Hawaiians and Pacific Islanders (NHPI) are at a great risk of heart disease. Compared to Asians, NHPI are 50% more likely to die from heart disease and 50% more likely to smoke cigarettes.</p> <p>Compared with Whites, NHPI are 20% more likely to be obese and 40% more likely to be diagnosed with heart disease.</p>	○	4
<b>Why are NHPI at risk?</b>	<p>Contrary to the popular belief that being “momona” or “pleasantly plump,” was the ideal body type in Pacific cultures, the majority of Pacific peoples desired a strong, fit body capable of fishing, farming, and fighting. The traditional diet (taro, breadfruit, sweet potato, seaweed, yams, banana, arrowroot, mountain apple, ferns, and a limited amount of protein from fish, chicken, and dog) of Native Hawaiians did not include high levels of fat. Women ingested even less fat as they were not allowed to eat nearly all of the high fat foods such as pigs and coconuts.</p> <p>What are some foods that have replaced the traditional foods that we eat today?</p> <p>Remember, eating these foods significantly increases the amount of sugar and fats in our blood, which in turn, increases our risk for diabetes and heart disease.</p> <p><b>Turn to page 5.</b></p>	○ Let participants identify foods that they eat today that are high in fat (i.e. mayonnaise, fast foods, fried chicken, spam, white rice, and white bread)	4

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<b>What are risk factors for cardiovascular disease?</b>	<ul style="list-style-type: none"> <li>○ There are risk factors we cannot control and risk factors we can control for cardiovascular disease. Age, family history/ethnicity, and gender are among those we cannot control. However, it's important to know these so we can be aware of our own risk for cardiovascular disease.</li> <li>○ Risk factors that can be controlled are high blood pressure, high cholesterol, diabetes, smoking, lack of physical activity, unhealthy diets, being obese or overweight, and poor oral health. Many modifiable risk factors for heart disease and stroke can be addressed through prevention, early recognition, and treatment.</li> </ul>	<ul style="list-style-type: none"> <li>○ <b>Emphasize</b> to participants that cardiovascular disease can be controlled.</li> <li>○ It is very important that the participants <b>understand</b> this to avoid feelings of hopelessness or despair.</li> <li>○ <b>Reassure</b> participants that you are there to offer support and provide the needed knowledge and skills.</li> <li>○ <b>Mention that some of these items will be discussed in future lessons.</b></li> </ul>	5
<b>What's the deal on high blood pressure?</b>	When you have high blood pressure, your heart has to work harder in order to get the same amount of cardiac output. Cardiac output is the amount of blood circulating through one's body. Because high blood pressure sometimes doesn't cause symptoms, it is very dangerous.	<p>Assure participants again that cardiovascular disease is preventable.</p> <p><b>Symptom: any sensation or change in a body function (e.g. breathing) that is experienced by a patient (you) and is associated with a particular disease (e.g. heart failure).</b></p>	5

Question/Topic	Script	Reminder/Activity	Page #
<b>What's the difference between pre-hypertension and hypertension?</b>	<p>Pre-hypertension means you are at a greater risk for hypertension. If you fall in this category, making health-promoting lifestyle changes will reduce your risk for cardiovascular disease.</p> <p>Hypertension means that the pressure in your arteries is consistently above the normal range of 120/80.</p> <p>We will discuss blood pressure further on the next page.</p> <p><b>Turn to page 6.</b></p>		5
<b>How do I read my blood pressure?</b>	<ul style="list-style-type: none"> <li>○ A normal blood pressure is 120/80. The top number of your blood pressure reading is called the systolic blood pressure. This is the pressure when your heart his beating.</li> <li>○ The bottom number is called your dialostic blood pressure. It is the pressure when your heart is at rest between contractions.</li> <li>○ It's important to get your blood pressure read often. You can refer to the chart on this page to determine whether you are pre-hypertensive or hypertensive.</li> <li>○ <b>Turn to page 7.</b></li> </ul>	<ul style="list-style-type: none"> <li>○ Ask the participants if they were aware, according to the chart, that they were hypertensive.</li> <li>○ Tell participants hypertension is preventable and we will discuss preventative measures in the coming pages.</li> </ul>	6

Question/Topic	Script	Reminder/Activity	Page #
<p><b>What can I do to lower my blood pressure?</b></p>	<p>Good news! We can lower our blood pressure by doing the following</p> <ul style="list-style-type: none"> <li>• maintaining a healthy weight. Remember, if you are overweight, lose 1 to 2 pounds a week until you are a healthy weight</li> <li>• You can also be active for at least 30 minutes a day! Being active helps us keep our hearts pumping. If the activity you're doing is fun, you'll more likely forget that you're "working out".</li> <li>• We can also eat less sodium and salt. When grocery shopping, buy low sodium, reduced sodium, or sodium free foods when possible.</li> <li>• As we all know, we should be eating more fruits and vegetables, whole grain breads and cereals, and fat-free or low-fat dairy products.</li> <li>• And let's cut back on alcohol, take our medications the way our doctor's tell us to, and check our blood pressure often!</li> </ul> <p><b>Turn to page 8.</b></p>	<ul style="list-style-type: none"> <li>○ Have participants read each bullet.</li> <li>○ Have participants write/set one SMART goal in their participant packets. Go over what a SMART goal entails.</li> </ul>	<p>7</p>

Question/Topic	Script	Reminder/Activity	Page #
<b>How is physical activity important in controlling Hypertension?</b>	<ul style="list-style-type: none"> <li>Physical activity can help you to feel better physically, spiritually, and emotionally. It also helps you to manage the symptoms of heart failure and may even improve your heart's functioning. It can include any type of physical activity, such as walking, working, and even sex.</li> </ul>		8
<b>How are emotions important?</b>	<p>Having heart failure can affect one's sense of well-being. It is common for people to feel <i>kaumaha</i> (sad or depressed) or <i>pū'iwa</i> (anxious) about having heart failure. These kinds of negative emotions can affect your ability to control your heart failure.</p> <p><b>Turn to page 4.</b></p>	<ul style="list-style-type: none"> <li>Be sure that participants <b>understand</b> today's lesson.</li> <li>Ask if they have any <b>questions</b> about what we'll be doing in this lesson.</li> </ul>	8



Question/Topic	Script	Reminder/Activity	Page #
<b>Explain the ‘ōlelo no‘eau (proverb)</b>	<p>I would like to read an ‘ōlelo no‘eau to you:</p> <p style="text-align: center;"><i>He pāo‘o lēkei.</i></p> <p>Which literally means, “<b>A leaping pāo‘o fish</b>”.</p> <p>This ‘ōlelo no‘eau refers to a person who is active...much like the pāo‘o fish.</p> <p><b>Turn to page 5.</b></p>	<ul style="list-style-type: none"> <li>○ The <b>pāo‘o fish</b> is a type of Gobi fish also called rock-skipper because of their ability to leap across stretches of rocky shoreline.</li> </ul>	9
<b>Is physical activity safe for people with hypertension?</b>	<p>For most people with hypertension, physical activity is safe. In fact, physical activity is recommended because it helps with the symptoms of heart failure. <b>Your doctor</b> can tell you how much you should be getting.</p> <p>So, before starting any type of physical activity program, you should <b>talk to your doctor FIRST to see what you CAN and CANNOT do.</b></p>	<ul style="list-style-type: none"> <li>○ Be sure to <b>emphasize</b> the fact that they should check with their doctor first before starting any kind of exercise program.</li> <li>○ <b>Ask participants if they have talked to their doctor.</b></li> </ul>	10
<b>How do I get started exercising?</b>	<p>Once your doctor gives you the OK, you should first think about things you might want to do for physical activity.</p> <p>The type of physical activity you pick <b>SHOULD</b> be <b>simple aerobic exercises</b>. Aerobic exercises are any kind of physical activity where you move the large muscles in your body...like your legs.</p> <p>Here are some examples of <b>simple aerobic exercises</b> you could do:</p> <ul style="list-style-type: none"> <li>○ Walking</li> <li>○ Biking</li> <li>○ Swimming</li> </ul> <p>You can also do other activities you enjoy, such as:</p> <ul style="list-style-type: none"> <li>○ Gardening</li> <li>○ Fishing</li> <li>○ Bowling</li> <li>○ Volleyball</li> </ul> <p><b>Turn to page 6.</b></p>	<ul style="list-style-type: none"> <li>○ Be sure that participants <b>fully understand</b> what <b>simple aerobic exercises</b> mean.</li> <li>○ <b>Ask participants if they have any questions at this point.</b></li> </ul>	10/11

Question/Topic	Script	Reminder/Activity	Page #
<p><b>Anything else about getting started?</b></p>	<p>If you have not had a lot of physical activity for a long time then it's important that you don't rush into it. Instead, you should start <b>slow</b> and <b>gradual</b>.</p> <p>Eventually, you'll want to do it for 30 minutes a day on most days of the week. Also, the 30 minutes of exercise can be spread out throughout the day. For example, you can do 10 minutes in the morning, 10 minutes in the afternoon, and 10 minutes in the evening.</p> <p>When you first start, do not do 30 minutes. Start simple and only do as much as you can handle. For example, you can start by walking for only 5 minutes a day and slowly work your way up to 30 minutes. The main thing is that you start being active.</p> <p>And, remember to <b>warm up before each physical activity and cool down after</b>. Warming up helps your body to slowly adjust to the physical activity you will do. Cooling down helps your body recover slowly after physical activity. <b>Stretching</b> is good for warm ups and cool downs.</p>	<ul style="list-style-type: none"> <li>○ <b>Emphasize</b> to participants that they should start out <b>slow and gradual</b>.</li> <li>○ Be sure the participants <b>understand</b> how to begin exercising properly.</li> <li>○ <b>Remind</b> the participants about checking with their doctor before getting started.</li> </ul>	11/12
<p><b>What could I start doing?</b></p>	<p>Think about what physical activity you would like to start after checking with your doctor. Write that activity in the space below</p> <p>_____</p> <p>(Write down the physical activity you will start)</p> <p><b>Turn to page 7.</b></p>	<ul style="list-style-type: none"> <li>○ Have the participants <b>write</b> the activity of their choice in their workbook.</li> <li>○ Be sure the type of physical activity they chooses is <b>simple and not too strenuous</b>.</li> <li>○ Be sure that the type of physical activity they chooses is <b>consistent with their doctor's recommendations</b>.</li> </ul>	12

Question/Topic	Script	Reminder/Activity	Page #
<b>When should I not do physical activity?</b>	<p>You should <b>not do physical activity</b> when you have the following symptoms: (Participants to read)</p> <ul style="list-style-type: none"> <li>○ <b>More shortness of breath at rest or more than usual.</b></li> <li>○ <b>Feel exhausted.</b></li> <li>○ <b>Have fever, infection, or feel sick.</b></li> <li>○ <b>Have chest pain.</b></li> </ul> <p>Also, <b>do NOT do physical activity</b> when you are going through changes in your medication. Check with your doctor <b>FIRST</b> before restarting your physical activity.</p>	<ul style="list-style-type: none"> <li>○ Be sure the participants <b>understand</b> when they are not to engage in any physical activity.</li> </ul>	13
<b>What should I watch out for when exercising?</b>	<p>Here are some signs to watch out for when you've experienced overexertion because you might have done too much:</p> <ul style="list-style-type: none"> <li>○ Shortness of breath that prevents you from completing a sentence.</li> <li>○ Shortness of breath that does <b>NOT</b> get better when you decrease or stop the activity.</li> <li>○ Dizziness or lightheadedness.</li> <li>○ Chest pain or tightness.</li> <li>○ Pain in your arms, shoulders, neck, or jaw.</li> <li>○ Irregular heart rate.</li> <li>○ Unusual or extreme fatigue.</li> <li>○ Severe sweating.</li> <li>○ Nausea, vomiting.</li> </ul> <p>If you have any of these symptoms during your physical activity, <b>stop and rest</b>. If the symptoms do NOT get better, <b>call 911</b> for help.</p> <p><b>Turn to page 14.</b></p>	<ul style="list-style-type: none"> <li>○ Be sure participants <b>understand</b> the signs to watch out for when exercising.</li> <li>○ Be sure participants <b>know</b> what to do if they experience any one of these symptoms while engaging in any physical activity.</li> <li>○ <b>Ask participants if they have any questions at this time.</b></li> </ul>	13

Question/Topic	Script	Reminder/Activity	Page #
<b>Any other tips about physical activity?</b>	<p>Here are other tips to consider when being physically active. (Participants to read)</p> <ul style="list-style-type: none"> <li>○ Get good walking shoes that fit and feel good.</li> <li>○ Wait 30 minutes after eating.</li> <li>○ Do NOT do your physical activity when it's too cold or too hot outside.</li> <li>○ Warm up and cool down.</li> <li>○ Do your physical activity at a slow and gradual pace.</li> <li>○ Do NOT hold your breath.</li> <li>○ Do your physical activity during the time of day you feel the best...for most people it's the morning hours.</li> <li>○ Talk to your doctor if you still feel tired 2 days after doing your physical activity.</li> <li>○ Find a partner to do your physical activity with...this is a good time to catch up with them.</li> <li>○ Be able to talk story WHILE doing your physical activity. If you are unable to, you are working too hard...so slow down.</li> </ul> <p><b>Turn to page 15.</b></p>	<ul style="list-style-type: none"> <li>○ Take time in <b>reviewing</b> this section with participants.</li> <li>○ Ask participants if they have any <b>questions</b> thus far before moving on.</li> </ul>	14

Question/Topic	Script	Reminder/Activity	Page #
<b>Explain the ‘ōlelo no‘eau (proverb)</b>	<p>Here’s another ‘ōlelo no‘eau:</p> <p><i><b>E lei au i kou aloha.</b></i></p> <p>This ‘ōlelo no‘eau means, “I wear your love like a lei” and refers to the aloha people have for each other.</p> <p><b>Turn to page 16.</b></p>	<ul style="list-style-type: none"> <li>○ <b>Aloha</b> of others is the emotional support a person can turn to in times of difficulty.</li> </ul>	15
<b>Topic of sex</b>	<p>Okay, let’s talk a little about sex because it too is a physical activity that many people with heart failure have concerns about, like...whether or not it’s safe to have sex.</p>	<ul style="list-style-type: none"> <li>○ <b>Assess participant’s comfort level with this topic.</b></li> <li>○ <b>If participants are embarrassed or unwilling to cover this topic, ask them to look over this section by themselves later and move on to the next topic.</b></li> </ul>	16
<b>What about sex? Is it okay?</b>	<p><b>Sex is okay to do</b> even with heart failure.</p> <p>Sexual activity is not dangerous to your heart. It may not be as easy as before, but it can still be a part of your life.</p> <p>But...just like with other physical activities, you <b>should NOT have sex</b> if you are: (Participants to read)</p> <ul style="list-style-type: none"> <li>○ <b>Feeling sick</b></li> <li>○ <b>Very short of breath</b></li> <li>○ <b>Having chest pain</b></li> </ul>	<ul style="list-style-type: none"> <li>○ <b>Emphasize</b> that sex is okay, but also emphasize when not to engage in sex.</li> </ul>	16
<b>Any tips about sex?</b>	<p>If you want to enjoy sex, try the following:</p> <ul style="list-style-type: none"> <li>○ Talk openly...<i>mai hilahila</i>...with your spouse or partner.</li> <li>○ Pick a time for sex you feel most rested and <i>kolohe</i>.</li> <li>○ NO sex after big meals or drinking alcohol.</li> <li>○ Have sex in a comfortable room...not too hot and not too</li> </ul>		16

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	<p>cold.</p> <ul style="list-style-type: none"> <li>○ Use foreplay to help warm up.</li> <li>○ Avoid positions where you need to support your weight with your arms.</li> <li>○ Have sex in easy positions that don't make you work too hard.</li> </ul> <p><b>Turn to page 17.</b></p>		
<b>What if it is still too hard to have sex?</b>	<p>Try other ways of being physically close and intimate with your spouse or partner. Here are some examples:</p> <ul style="list-style-type: none"> <li>○ Find other ways to show your <i>aloha</i>.</li> <li>○ Try mutual forms of sexual stimulation other than intercourse...like touching.</li> <li>○ Talk more with your spouse or partner about your <i>aloha</i> for them.</li> </ul>	<ul style="list-style-type: none"> <li>○ Again, if participants are not comfortable or embarrassed by this topic, move on and ask them to read it later on their own.</li> </ul>	17
<b>Anything else about sex?</b>	<p>One more thing... some people with hypertension may not want to have sex because they no longer have the urge to or maybe the body is not working the way it use to.</p> <p>Well, sometimes medicines for heart failure can cause sexual side effects.</p> <p>So, if you are having sexual difficulties, you should call your doctor because it may be a side effect from your medicines.</p> <p><b>Turn to page 18.</b></p>	<ul style="list-style-type: none"> <li>○ Be sure that participants fully <b>understand</b> what needs to be done and when.</li> <li>○ Have participants <b>read or repeat</b> back what to do.</li> </ul>	17

Question/Topic	Script	Reminder/Activity	Page #
<b>Explain the ‘ōlelo no‘eau (proverb)</b>	<p>Here’s another ‘ōlelo no‘eau:</p> <p><b>‘Olu‘olu ka na‘au; ikaika ke kino.</b></p> <p>Which means, <b>“When one is happy and content, the body is made stronger”</b>.</p> <p>This ‘ōlelo no‘eau refers to what we will be talking about next, which is negative emotions that could get in the way of caring for your heart failure.</p> <p><b>Turn to page 19.</b></p>	<ul style="list-style-type: none"> <li>○ This ‘ōlelo no‘eau exemplifies the understanding that ancient Hawaiians had about the importance of emotional well-being on physical well-being.</li> </ul>	18
<b>Let’s talk about emotions.</b>	<p>Like we mentioned earlier...hypertension can affect your emotional well-being.</p> <p>Hypertension causes physical problems that affect your sense of well-being. Because of having hypertension, you could experience feelings or emotions such as:</p> <p><b>Depression &amp; Anxiety</b></p> <p>Learning how to deal with these emotions is part of taking control of hypertension.</p>	<ul style="list-style-type: none"> <li>○ Be sure that participants fully <b>understand</b> what negative emotions are.</li> </ul>	19

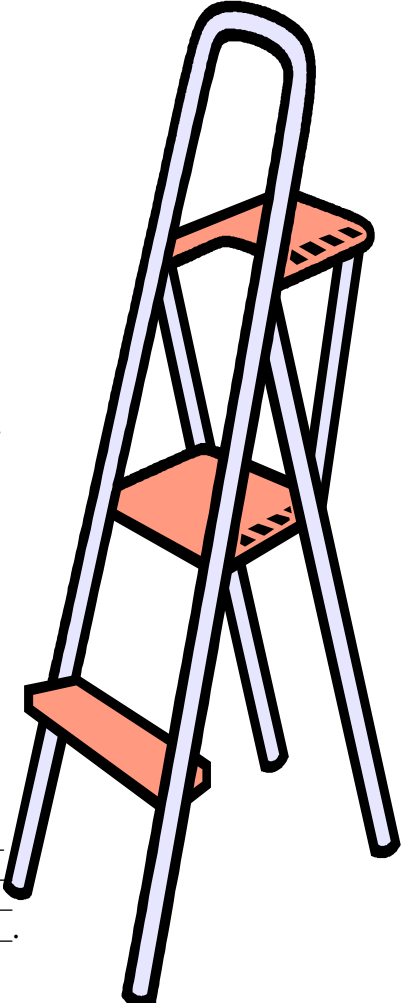
Question/Topic	Script	Reminder/Activity	Page #
<b>How do I know if I am depressed?</b>	<p>So here are some symptoms of depression you need to look for:</p> <ul style="list-style-type: none"> <li>○ <i>Kaumaha</i> or sadness...feeling down</li> <li>○ <i>Hūhū</i> or irritable and angry often</li> <li>○ No interest in things you used to enjoy doing</li> <li>○ Don't like talking to other people or being around them</li> <li>○ Sleep too much and too long</li> <li>○ Feeling guilty or not good about yourself</li> <li>○ Don't care about the future</li> <li>○ Thoughts of hurting yourself</li> <li>○ Thinking too much about dying</li> </ul> <p><b>Turn to page 20.</b></p>	<ul style="list-style-type: none"> <li>○ Be sure that participants <b>understand</b> these symptoms.</li> </ul>	19
<b>How do I know if I am anxious?</b>	<p>Here are some symptoms of anxiety you need to look for:</p> <ul style="list-style-type: none"> <li>○ <i>Hopohopo</i> or worry too much</li> <li>○ <i>Maka'u</i> or afraid</li> <li>○ Very tense</li> <li>○ Feeling wound up or edgy</li> <li>○ Cannot keep still for too long</li> <li>○ Feeling shaky</li> </ul>	<ul style="list-style-type: none"> <li>○ Be sure that participants <b>understand</b> these symptoms.</li> </ul>	20



Question/Topic	Script	Reminder/Activity	Page #
<b>What if I have some of these symptoms?</b>	You need to know that it is common for people to <b>feel upset or worried</b> after finding out they have heart failure. But...just because you have these feelings doesn't mean you have to accept them. There are things you can do to feel better.	○ Ask participants if they have any <b>questions</b> at this point.	20
<b>What can I do about them?</b>	<p>By going through these lessons, you've already started to take control of your emotions. Some people find that <b>knowing more</b> about hypertension and cardiovascular disease and <b>what to do</b> helps take away some of the depression and anxiety.</p> <p>But, if you still feel depressed or anxious after going through these lessons, try some of the things listed on the next page.</p> <p><b>Turn to page 21.</b></p>		20

Question/Topic	Script	Reminder/Activity	Page #
<b>What You Can Do About Your Feelings</b>	<p>Here are some things you can do to control depression and anxiety:</p> <ul style="list-style-type: none"> <li>○ <b>Talk about your feelings</b> with someone...an <i>‘ohana</i> member or a friend. Talking with someone can be very helpful. You can even talk to your doctor or nurse.</li> <li>○ Ask <b>‘ohana and friends for support</b>. We all need someone to lean on.</li> <li>○ <b>Take more control over your hypertension</b> by learning and doing all that you can. People who <b>control</b> their hypertension better also feel better.</li> <li>○ <b>Follow your treatment plan</b>. You can feel better by simply taking your medication as prescribed, eating less salt, watching your weight and symptoms, and staying physically active.</li> <li>○ <b>Be physically active</b> on a regular basis. Physical activity is the <b>BEST</b> way to combat depression and anxiety.</li> <li>○ <b>Find new things to do</b> and make new friends.</li> <li>○ <b>Get outside everyday</b> and enjoy the nani (beauty) of our island home.</li> </ul> <p>If you still feel depressed or anxious, <b>call your doctor for help</b>. There are things he or she could recommend to help you.</p> <p><b>Turn to page 21.</b></p>	<ul style="list-style-type: none"> <li>○ <b>Review</b> these ways of dealing with negative emotions carefully with participants.</li> </ul>	20

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<b>What about stress?</b>	<p>Stress can make controlling heart failure harder. So, managing stress in your life can help you to manage your heart failure too.</p> <p>Stress is <b>like</b> an emotion. When things in life are too much to handle, we may feel overwhelmed, not in control, or <i>huikau</i> (the mind scattered all over the place).</p>		21
<b>How can I deal with stress?</b>	<p>So, here are some simple things you can do to help lessen the stress:</p> <ul style="list-style-type: none"> <li>○ Prioritize things in your life. Your first priority should be to control your heart failure. You can make a list of all the things you need to do...starting with the most important to the least important. After that, take care of them one by one.</li> <li>○ Each day, write the things you need to do down on paper. Organizing your thoughts on paper can help.</li> <li>○ Take time out and take deep breaths. You can meditate, pray, chant, or simply just count to four taking slow and deep breaths.</li> <li>○ Remember the important things in life...like <i>'ohana</i>, friends, and yourself. 80% of the things we worry about are for nothing.</li> <li>○ Take a walk and enjoy the outdoors.</li> </ul>	<ul style="list-style-type: none"> <li>○ <b>Review</b> these ways of dealing with stress carefully with participants.</li> </ul>	21

Question/Topic	Script	Reminder/Activity	Page #
<p><b>Action Plan exercise:</b></p> <p>_____</p> <p>(Put your name here)</p> <p><b>Physical Activity &amp; Emotions Action Plan for the Week</b></p> <p><b>Goal:</b></p> <p>_____</p> <p><b>Step 4:</b> I may have trouble because _____</p> <p>so I will _____</p> <p><b>Step 3:</b> I will need _____</p> <p>_____</p> <p><b>Step 2:</b> (When &amp; How)</p> <p>_____</p> <p><b>Step 1:</b> I will _____</p>		<ul style="list-style-type: none"> <li>○ Have participants <b>identify</b> a physical activity they would like to start or a negative emotion they would like to address.</li> <li>○ Allow participants to decide as much as possible how to fill in the sentences in each Step.</li> <li>○ <b>Guide</b> participants in the right direction if they are far off or unable to do so.</li> <li>○ Remember this is an exercise on <b>problem-solving</b> and <b>skill acquisition</b>. The participants are more likely to perform the behavior if they selected it and decided what to do by themselves.</li> <li>○ <b>Emphasize</b> again how simple the process is when we focus on one behavior, symptom, or activity at a time.</li> <li>○ <b>Important:</b> Remind participants that they still need to follow any treatment plan their doctor prescribed. This action plan is simply to help them in areas they may need help.</li> </ul>	22

Question/Topic	Script	Reminder/Activity	Page #
<b>Behavioral Contracting</b>	<p>We are almost done. One final thing I would like to do before we end, that is go over your learning agreement.</p> <p>I, _____, have just completed <i>ha'awina 'ehā</i> (the fourth lesson) of the <i>Ola Hou i ka Hula Program</i>. I learned the importance of physical activity, exercise, and emotions in controlling heart failure and what to do.</p> <p>I have completed my Physical Activity and Emotions Action Plan for the week. I will start doing more of _____.</p> <p>I myself have chosen this activity that I will do and maybe make it part of my life.</p> <p>I am committed to better controlling my heart failure so that I can live better and stronger for myself and my <i>'ohana</i>.</p>	<ul style="list-style-type: none"> <li>○ Behavioral contracting has been shown to improve compliance.</li> <li>○ This is participants and they have the right to refuse to sign this agreement, but remain in the program if they so desire.</li> <li>○ Don't force the participant to sign, but do <b>encourage</b> and restate its purpose.</li> </ul>	23
<b>Final Words</b>	<p><i>Mahalo nui</i> for allowing me to share our heart failure program with you.</p> <p>I look forward to talking to you again for your first follow-up session. If anything changes or if you have any questions, you can call me at _____ Monday through Friday from 8:00am to 4:00pm.</p>	<ul style="list-style-type: none"> <li>○ Ask participants if they would like to close with a <i>pule</i>.</li> <li>○ Be sure that participants have a full copy of the Participant Workbook and handouts.</li> <li>○ Be sure to inform participant of their first follow-up session.</li> </ul>	N/A