



Facilitator's Guide

Module 2

Ola Hou i ka Hula

Facilitator's Guide

Lesson 2

Question/Topic	Script	Reminder/Activity	Page #
Welcoming & Introduction: (E komo mai!)	<i>Mahalo</i> for meeting with me again today. Before we start with today's topic, let's take a few minutes to review what we learned from the last session. We answered some questions last time, like...	<ul style="list-style-type: none"> ○ Ask if participants would like to <i>pule</i> (pray) before starting. 	2
What is hypertension?	Hypertension is when you have high blood pressure. It can lead to cardiovascular disease, but is preventable.		2
How did it go with following your action plan this week?	Turn to page 3.	<ul style="list-style-type: none"> ○ Give participants time to answer. ○ Have participants write down responses. 	2
Explain the 'ōlelo no'eau (proverb)	I would like to read an 'ōlelo no'eau or Hawaiian proverb to you: <i>Ola nō i ka lā'au lapa'au</i> Which means, " There is healing in the medicine. " Just like the medicines you take for your heart failure. Turn to page 4.	<ul style="list-style-type: none"> ○ Ask participants what they think about this proverb. 	3
Why are hypertension medicines important?	Okay, let's talk about medicines for hypertension because they can help you: <ul style="list-style-type: none"> ❖ Live longer. ❖ Breathe more easily. ❖ Have more energy. ❖ Increase your activity level. ❖ Have less swelling. ❖ Stay out of the hospital. 	<ul style="list-style-type: none"> ○ Help participants <u>gather their medicines.</u> ○ Remember ○ Review the list of benefits 	4

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	<p>This lesson will help you learn about:</p> <ul style="list-style-type: none"> ❖ What heart failure medicines do. ❖ Why it is important to take all of your medicines regularly. ❖ How to manage common side effects of your medicines. <p>Turn to page 5.</p>	<ul style="list-style-type: none"> ○ Review objectives of the session 	4
What do I need to know about my medicines?	<p>Most people with heart failure need to take more than one medicine.</p> <p>Heart failure medicines work best at certain doses or amounts. So taking the right dose is VERY important because it may improve your health in the long run.</p> <p>The doctor will sometimes change your medicine even if you feel better after starting them. This is because scientists are always finding better ways of using the medicines to treat heart failure.</p> <p>So, it is important to take all of your medicines the way the doctor says even if you are feeling better.</p>		5
What if I don't feel better when I take my medicines?	<p>If you are taking all of your medicines and still feel poorly, be sure to tell your doctor.</p> <p>You may be feeling worse because of the <u>hypertension</u>, <u>another illness</u>, or you may be having <u>side effects</u> from your medicines.</p> <p>Regardless of what the reason might be, do NOT stop taking your medicines and do NOT make any changes without talking to your doctor first!</p> <p>Turn to page 6.</p>		5
What about side effects?	<p>All medicines can have side effects. Some side effects can be mild and others can really bother you.</p> <p>If you think your medicines are causing side effects, tell your doctor so that changes can be made to help you feel better.</p> <p>Sometimes just changing the time of day you take</p>	<p>Go over page 6 and 7 with participants. Have them read through it and open the floor for questions.</p>	6

Question/Topic	Script	Reminder/Activit y	Page #												
	<p>your medicines can help solve the problem. But please... do NOT make any changes without talking to your doctor first!</p>														
What should I know about side effects?	<p>Let's talk about side effects. You should call your doctor RIGHT AWAY if you have the following side effects:</p> <table border="1"> <thead> <tr> <th>Side effect</th><th>Possible cause</th></tr> </thead> <tbody> <tr> <td>Swelling in lips, tongue or throat</td><td>ACE Inhibitors</td></tr> <tr> <td>Wheezing or shortness of breath (usually in people with asthma)</td><td>Beta-blockers</td></tr> <tr> <td>Nausea and vomiting</td><td>Digoxin</td></tr> <tr> <td>Blurry vision</td><td>Digoxin</td></tr> <tr> <td>Skipped heart beats or palpitations</td><td>Digoxin</td></tr> </tbody> </table>	Side effect	Possible cause	Swelling in lips, tongue or throat	ACE Inhibitors	Wheezing or shortness of breath (usually in people with asthma)	Beta-blockers	Nausea and vomiting	Digoxin	Blurry vision	Digoxin	Skipped heart beats or palpitations	Digoxin		7
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Here are other common side effects of heart failure medicines and what you should do about them.			8												

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	Side effect	Possible cause	What should you do		
	Dizziness (especially when standing up)	ACE-Inhibitors Beta-blockers Diuretics	Talk to your doctor		
	Cough	ACE-Inhibitors **HF can cause cough too	Talk to your doctor about trying a different medicine		
	Cannot get an erection	Beta-blockers	Talk with your doctor		
	Low blood pressure; slow heart rate	Beta-blockers	Keep track of your blood pressure and talk with your doctor about this.		
	Lab value changes (potassium)	Diuretic ACE Inhibitors	Have regular blood tests. Many people who take a diuretic also need to take potassium (K+)		
	Dehydration	Diuretic	Weigh yourself every day. Write your daily weight on your weight chart and take it to your doctor visits.		
	Swelling	Beta-blockers	Weigh yourself every day. Write your daily weight on your weight chart and call your doctor.		

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OK, let's talk about ACE Inhibitors and ARBs			9
What are ACE Inhibitors and (ARBs)?	<p>ACE Inhibitors and ARBs are medicines that help control high blood pressure and prevent heart attacks.</p> <p>ACE Inhibitors and ARBs also work for heart failure even if you do not have high blood pressure. They can also help you <i>breathe easier, be more active, and feel better!</i></p> <p>The full medical name for ACE inhibitors is Angiotensin-Converting Enzyme Inhibitors. The full name for ARBs is Angiotension Receptor Blockers.</p>		
How do ACE Inhibitors and ARBs work ?	<p>ACE Inhibitors and ARBs work by: Blocking the effects of harmful stress hormones. Hormones are chemicals made by your body that produce changes in your body...so a harmful hormone can make heart failure worse.</p> <p>Turn to page 10.</p>		9
How can I tell if I'm taking an ACE Inhibitor or an ARB?	<p>Some examples of ACE Inhibitors are: Accupril, Altace, Captopril, Lotensin, Prinivil, Lisinopril, Univasc, and Vasotec. Some examples of ARBS are Avapro, Diovan, Cozaar, and Micardis.</p> <p>Which ACE Inhibitor or ARB are you taking?</p> <hr/> <p>What does the pill look like? (color, shape, size)</p> <hr/> <p>When are you supposed to take it? (time of day)</p> <hr/>	<ul style="list-style-type: none"> Ask the participants to write down the name of their ACE inhibitor. If they can't remember, go through all of their medicines and encourage participants to match the bottle with the names listed here. 	10

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Is there anything else I should know about ACE Inhibitors or ARBs?	<p>You MAY have to change the amount of ACE Inhibitors or ARBs that you take gradually, over time...so this means that the dose and even the size or color of your pills may change.</p> <p>Turn to page 11.</p>		10
Now let's talk about Beta-blockers	<p>Beta-blockers are very helpful for people with heart failure.</p>		11
What are Beta-blockers?	<p>Beta-blockers improve heart function and can help people with heart failure feel better, live longer and go to the hospital less often.</p>		
How do Beta-blockers work?	<p>They too, like ACE Inhibitors and ARBs, work by blocking the effects of harmful stress hormones. However, Beta-blockers work on different stress hormones than ACE inhibitors do.</p>		11
How is it that I need Beta-blockers?	<p>Beta-blockers control high blood pressure, prevent heart attacks, and help keep the heart beating regularly.</p> <p>Beta-blockers work for heart failure even if you do NOT have high blood pressure or an irregular heart beat.</p> <p>Turn to page 12.</p>		11
How can I tell if I'm taking a Beta-blocker?	<p>Some examples of Beta-blockers used for Heart Failure are: Toprol XR, Coreg, and Bisoprolol.</p> <p>Which Beta-blocker are you taking?</p> <hr/> <p>What does the pill look like? (shape, size, color)</p> <hr/> <p>When are you supposed to take it? (time of day)</p> <hr/>	<ul style="list-style-type: none"> ○ Ask the participants to write down the name of their Beta-blocker. If they can't remember, go through all of their medicines and encourage participants to match the bottle with the names listed here. 	12

Question/Topic	Script	Reminder/Activity	Page #
Is there anything else I should know about Beta-blockers?	<p>You may have to change the amount of Beta-blocker that you take gradually, over time...so this means that the dose and even the size or color of your pills may change.</p> <p>At first, you may feel worse when you start taking a Beta-blocker OR when the dose is increased by your doctor. You may also feel tired, have shortness of breath or swelling...However, these symptoms SHOULD go away.</p> <p>If these symptoms do NOT go away, call your doctor.</p> <p>Turn to page 12.</p>		12
Now let's talk about Diuretics	Diuretics are also called water pills because they help your body get rid of extra "water" or fluid.	<ul style="list-style-type: none"> ○ Ask the participants to write down the name of their diuretic. If they can't remember, go through all of their medicines and encourage participants to match the bottle with the names listed here. 	13
What are Diuretics?	Taking Diuretics in the right way may help you stay out of the hospital.		
How do Diuretics work?	Diuretics work by helping your body get rid of extra fluid . Less fluid in your lungs makes it easier for you to breath and less fluid in your body decreases swelling.		13
How is it that I need to take Diuretics?	<p>Diuretics can help you feel more comfortable, breathe easier, feel less bloated and less swollen.</p> <p>Some people with heart failure may take more than one type of Diuretic because different Diuretics work in different ways.</p> <p>Turn to page 14.</p>		13
How can I tell if I'm taking a Diuretic?	<p>Some examples of Diuretics are: Maxide, Dyazide, Furosemide (Lasix), and Zaroxlyn.</p> <p>Which Diuretic are you taking? _____</p>	<ul style="list-style-type: none"> ○ Ask participants to write down the name of their Diuretic. If they can't remember, go through all of their medicines and 	14

	<p>What does the pill look like? (shape, size, color)</p> <hr/> <p>When are you supposed to take it? (time of day)</p> <hr/> <p>Turn to page 15.</p>	encourage participants to match the bottle with the names listed here.	
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Explain the ‘ōlelo no‘eau (proverb)	<p>Here's another ‘ōlelo no‘eau: <i>I lohe i ka ‘ōlelo a ho‘okō, e ola auane‘i a laupa‘i</i></p> <p>Which means, “One who hears good advice and heeds [it] will live to see many descendants.”</p> <p>Turn to page 18.</p>	<ul style="list-style-type: none"> ○ Do you have any thoughts about this ‘ōlelo no‘eau? ○ This ‘ōlelo no‘eau is intended here to mean that following one's treatment plan can help to live longer. 	15
What questions should I ask my doctor about all of my medicines?	<p>Before we review what questions you should be asking...lets review what medicines you are taking for heart failure. You can use this checklist:</p> <ul style="list-style-type: none"> <input type="checkbox"/> ACE Inhibitors <input type="checkbox"/> Beta-blockers <input type="checkbox"/> Diuretics (water pills) <input type="checkbox"/> Digoxin <input type="checkbox"/> Other medicines for heart failure: _____ <p>_____ _____</p> <p>You may be taking medicines for other health conditions too.</p>	<ul style="list-style-type: none"> ○ Review the medications that the participants have listed in each category while going through this session. 	16
	<p><u>Is there a generic version of any of these medicines?</u></p> <p>Reason for asking this question: Generic versions are usually just as effective as name brands and can save you money!</p> <p><u>Am I taking the right dose of these medicines for me?</u></p> <p>Reason for asking this question: Sometimes people are taking the right kind of medicine, but the dose is too low or too high for that person. Check with your doctor to be sure.</p> <p>Turn to page 20.</p>		16

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What questions should I ask my doctor about all of my medicines? (continued from page 16)	<p><u>When is the best time to take my medicines?</u></p> <p>Reason for asking this question: Sometimes, side effects can be reduced just by changing the time you take your medicines. Check with your doctor or pharmacist to be sure.</p> <p><u>What do I do if I miss a pill?</u></p> <p>Reason for asking this question: It is easy to miss a pill. Sometimes you should just wait until the next day, but sometimes you should take your pill as soon as you remember. Check with your doctor to be sure.</p> <p><u>What blood tests should I have and when?</u></p> <p>Reason for asking this question: Keeping track of your blood tests helps you and your doctor know whether your medications are working well and are safe for you.</p> <p><u>When should I call you (the doctor)?</u></p> <p>Reason for asking this question: You will know exactly which symptoms your doctor wants you to call him or her about.</p> <p>Always check with your doctor before you make changes in the amount or timing of your medicines.</p> <p>Turn to page 20.</p>	<ul style="list-style-type: none"> ○ After reviewing the list, ask whether there are other questions that they can think of that they should ask their doctor. 	17
Explain the ‘ōlelo no‘eau (proverb)	<p>Here's the last ‘ōlelo no‘eau for today:</p> <p style="text-align: center;"><i>Ma ka hana ka ‘ike</i></p> <p>Which means, “It is by doing that one acquires the knowledge.” In other words, it is by doing that we acquire a skill...just like what we are doing by going through these heart failure lessons together.</p> <p>Turn to page 19.</p>		18

Question/Topic	Script	Reminder/Activity	Page #
<p>Action Plan exercise:</p> <p>_____ (Put your name here)</p> <p>Medicine Management Action Plan for the Week</p> <p>Goal: _____.</p> <p>Step 4: I may have trouble because _____ so I will _____.</p> <p>Step 3: I will need _____.</p> <p>Step 2: (When & How) _____ _____</p> <p>Step 1: I will _____. _____.</p>		<ul style="list-style-type: none"> ○ Have participants identify a goal that they would like to practice until the next lesson. ○ Allow participants to decide as much as possible how to fill in the sentences in each Step. ○ Guide participants in the right direction if they are unable to do so. ○ Remember this is an exercise on problem-solving and skill acquisition. The participants are more likely to perform the behavior if they selected it and decided what to do by themselves. ○ Emphasize again how simple the process is when we focus on one behavior at a time. ○ Important: 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. 	19

Question/Topic	Script	Reminder/Activity	Page #
Behavioral Contracting	<p>We are almost done. One final thing I would like to do with you before I leave is go over your learning agreement.</p> <p>I, _____, have just completed <i>ha‘awina ‘elua</i> (the second lesson) of the <i>Mālama Pu‘uwai Program</i>. I learned about heart failure medicines.</p> <p>I have completed my Medicine Management Action Plan for the week. In addition to checking my weight everyday, I will also try a new skill this week. I myself have chosen the skill that I will practice.</p> <p>I am committed to better controlling my heart failure so that I can live better and stronger for myself and my ‘ohana.</p> <p>I will start <i>ha‘awina ‘ekolu</i> (the third lesson) on _____.</p> <p>Next Meeting Date: _____</p> <p>_____ Your Signature _____ Date: _____</p> <p>_____ Nurse Educator _____ Date: _____</p>	<ul style="list-style-type: none"> ○ Behavioral contracting has been shown to improve compliance. ○ This is for the participants and the participants have the right to refuse to sign this agreement, but remain in the program if they so desire. ○ Don’t force participants to sign, but do encourage and restate its purpose. 	22
Final Words	<p><i>Mahalo nui</i> for allowing me to share our heart failure program with you and your ‘ohana.</p> <p>I look forward to seeing you again on _____ to go over <i>ha‘awina ‘ekolu</i> or lesson three. 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"> ○ Ask participants if they would like to close with a <i>pule</i>. ○ Be sure that participants have a full copy of the Participant Workbook and handouts before closing. 	N/A