



A New Health Promotion Seminar Series

Community Management of Heart Failure: Optimizing Self Care

The Health Promotion Seminar Series is a collaborative effort between the Community Health Nurses' Initiatives Group (CHNIG) and the de Souza Institute. The seminars offer an opportunity for professional development to nurses working in all domains of practice: community or acute care.

SEMINAR OBJECTIVES:

- Discuss patient and family education strategies to optimize self-care in people with heart failure that includes:
 - Self care maintenance
 - Symptom monitoring
 - Management of changes in signs or symptoms

PRESENTER:



Karen Harkness is an RN with 15 years' experience in a heart function clinic. She is currently the clinical lead in heart failure and cardiovascular rehab at the Cardiac Care Network (Ontario). In 2009 completed her PhD (Nursing) and has conducted research related to heart failure, cognition, self-care and caregivers.

To view this webinar, please click on the following link or cut and paste into your browser:

<https://www.youtube.com/watch?v=5UF29ETTNU&list=PLgv8ky5WHRisHZjAgnztdMwuhRjgWlyi&index=20>