

# What You Need to Know:

## **Congestive Heart Active Management Program (CHAMP®)**

*Mercy Heart & Vascular Institute offers a comprehensive program to assist those who have the condition known as congestive heart failure, which simply means that your heart has been weakened. CHAMP® involves you in your recovery. CHAMP®, through regular phone interaction and educational classes, will help you and your family members better understand and manage this condition that can cause shortness of breath and reduced stamina.*

### **Who makes up the CHAMP® team?**

Cardiologists, primary care physicians, registered nurses, exercise physiologists, pharmacists, dietitians, nutritionists and other healthcare professionals make up the CHAMP® team.

### **How do I get into the program?**

With your physician's approval or referral, you can qualify for the program.

### **How will I benefit from CHAMP®?**

CHAMP® provides you with a vital link to the medical world after you leave the hospital. It gives you and your family the knowledge and support necessary to help you maintain the highest quality of life. CHAMP® will also reduce the risk of you being readmitted to the hospital.

### **What do you mean by regular phone interaction?**

After you leave the hospital, and with your doctor's approval, CHAMP® team members call you at home to check on how you feel, counsel you on diet and fluid limitations, check on your weight and ask how you are managing your medications. After the early weeks, the calls become less frequent depending on your individual needs as you learn more about managing your heart failure at home.

CHAMP® team members monitor your symptoms or complications. Working with your doctor — who continues to be in charge of your care — team members provide you with recommendations on diet changes, medicine modifications or if you need an office visit.

You are encouraged also to take an active role in your care by calling the CHAMP® office at 564.2880 if you have any change in symptoms, weight gain, or have questions or concerns.

### **What classes will be offered?**

There are two different classes available for you, your spouse or your family members. During these classes you will receive a variety of educational materials.

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**What classes will be offered?**

*Here are the topics at a glance:*

- Introduction to congestive heart failure — it explains congestive heart failure and focuses on symptoms, tests, procedures and medications.
- Nutrition and meal planning — this class is taught by a registered dietitian who covers the basics of a low-salt diet. You will learn about basic nutrition principles, how to cut fat in your diet and what foods you can substitute for some of your favorites.
- Medications — this class is taught by a pharmacist who will explain and answer questions about your medications. You will learn about their effects, side effects and interactions.
- Quality of life — this class is taught by a licensed social worker and will help you and your family deal with your changing lifestyle. It helps you deal with your emotions and worries, and gives you an introduction to a support group that you can pursue outside of the class. The class also offers valuable information to someone who is involved in your care.
- Activity — an exercise specialist assists you in reaching your optimum physical capability. The class covers a variety of activities and exercises and discusses what kinds are best for you, and how often and long you should do them.

**Are the support groups only for patients?**

The support groups are flexible. The licensed social worker will hold individual or group counseling which could also include your family members or significant others. Support groups and individual counseling are available by calling the medical social worker at 453.4447.

**Who can I call for more information?**

For more information call Mercy Heart & Vascular Institute at 564.2880.