By 2030, it is estimated that over 8 million Americans will suffer from heart failure. Teaching heart failure patients about their disease is critical if they are to understand and comply with their treatment plan. Learning how to perform self-care and detect changes in their condition can help avoid negative outcomes and may also reduce readmission rates.

To suggest a topic, please email wellness@rochesterregional.org. To read the full article, click the linked title or contact the Werner Medical Library.


Heart Failure Resources For Patients & Families:

- Heart Failure Society of America - education modules
- American Association of Heart Failure Nurses - tip sheets
- American Heart Association - tools and resources
- CardioSmart – American College of Cardiology - workbook
- Caring for Your Heart - self-management guide
- MedlinePlus - patient handouts

Health care providers can also find patient education resources in:

- ExitCare
- Lexicomp

Werner Medical Library
How to contact us:
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