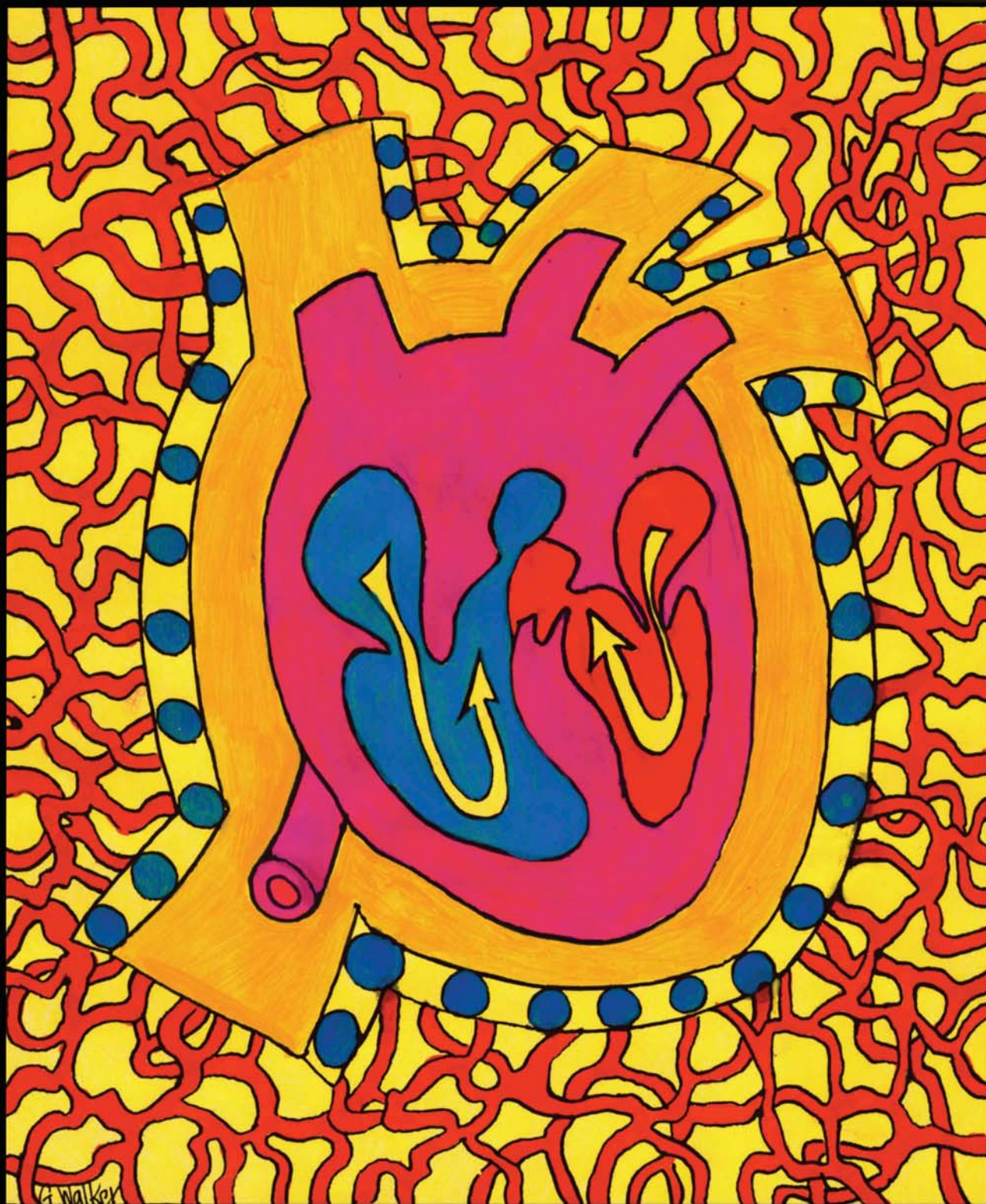


know your heart



cardiovascular training manual
for Aboriginal Health Workers

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As part of the development of this training manual several pilot sites were used. The pilot sites each completed a formal evaluation; the results of the evaluation were then used to further develop the manual.

Participants in the pilot workshops:

- Aboriginal Health Workers
- Cardiac nurses/educators
- Cardiac rehabilitation nurses
- Aboriginal community members.

Aboriginal Medical Services involved in the pilots included:

- Eleanor Duncan Aboriginal Health Centre
- Griffith Aboriginal Medical Service
- Daruk Aboriginal Community Controlled Medical Service Co-operative.





Area Health Services of NSW Health involved in the pilot program were:

- Greater Southern Area Health Service
- Sydney South West Area Health Service
- Northern Sydney/Central Coast Area Health Service
- North Coast Area Health Service
- Justice Health.

FOREWORD

Cardiovascular disease is a major public health problem in Australia with one Australian dying every ten minutes with a cardiovascular related illness. Cardiovascular disease or circulatory diseases comprises all diseases of the heart and blood vessels. Aboriginal people of Australia suffer a greater burden from diseases of the circulatory system including diabetes, renal, hypertension, heart and stroke.

The burden from cardiovascular disease has an enormous impact on Aboriginal communities throughout Australia. The Aboriginal Vascular Health Program is one of the programs of the Aboriginal Chronic Care Program in the NSW Department of Health. The Aboriginal Vascular Health Program has been providing culturally appropriate care for Aboriginal communities with cardiovascular disease in NSW since 2000.

The Aboriginal Vascular Health Program has adopted a broad vascular approach to the management and treatment of cardiovascular disease. This approach recognises the cluster of common modifiable risk factors and common treatment and management goals for cardiovascular disease. A broad approach rather than a single disease approach is also consistent with the holistic Aboriginal view of health.

This manual has been developed to assist Aboriginal Health Workers and non-Indigenous health workers with up-to-date information on the prevention, management, treatment and follow up care (cardiac rehabilitation and self management) of cardiovascular disease for Aboriginal people.

This manual has been developed with input from Aboriginal communities of NSW in partnership with health professionals. The manual places the Aboriginal community and Aboriginal person at the centre of the health care experience.

Further information on the NSW Aboriginal Chronic Care Program which incorporates the Aboriginal Vascular Health Program can be found on the NSW Department of Health website www.health.nsw.gov.au/sd/igfs/hp/avhp/



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INTRODUCTION TO THE MANUAL

The *Know Your Heart* training manual was developed to provide a resource to assist Aboriginal Health Workers in delivering training, health education/ health promotion to other Aboriginal Health Workers and their communities. It is designed to provide up to date information on cardiovascular disease and provide teaching strategies that can be used by health workers looking after clients with cardiovascular disease. It is also a useful tool for other health professionals involved in the delivery of cardiovascular disease, health promotion and education to Aboriginal communities.

Aim of the manual

To increase the capacity of Aboriginal Health Workers and other health professionals to:

- deliver culturally sensitive and up to date information in the prevention, treatment and management of cardiovascular disease
- plan, deliver and implement primary and secondary prevention strategies to improve cardiovascular health outcomes in Aboriginal communities.

Objectives of the manual

The objectives of the manual are to:

- increase the Aboriginal Health Workers and other health professionals' knowledge and understanding of cardiovascular disease
- increase the Aboriginal Health Workers and other health professionals' knowledge and understanding of how the heart works
- increase the Aboriginal Health Workers and other health professionals' knowledge of the risk factors associated with cardiovascular disease and with the prevention of cardiovascular disease
- increase the Aboriginal Health Workers and other health professionals' knowledge of screening methods, treatment procedures and management of cardiovascular disease
- increase the Aboriginal Health Workers and other health professionals' understanding of the roles they may take in the prevention and management of cardiovascular disease
- increase the Aboriginal Health Workers and other health professionals' knowledge of the local services relevant to the prevention and management of cardiovascular disease
- identify actions and strategies that Aboriginal Health Workers may take to address cardiovascular disease in their communities
- increase the awareness of Aboriginal Health Workers and other health professionals in self-management of chronic conditions in Aboriginal communities.



Target group

The target group for the *Know Your Heart* training manual includes:

- Aboriginal Health Workers
- Health professionals working with Aboriginal people
- Aboriginal communities.

Given the range of knowledge of these potential recipients of the training, the manual has been designed so that it can be adapted by the presenter to suit different learning needs.

Terminology

Presenters may bring to the attention of the group the following information.

The term “Aboriginal” is generally used in this manual in recognition that Aboriginal people are the original inhabitants of NSW. This position is in accordance with the NSW Health Circular No 2003/55 and the NSW Health publication *Communicating Positively: A Guide to Appropriate Aboriginal Terminology* SNPN (AHB) 030102.

In this manual the term “Indigenous” is also used on occasion. In the collection of data on Aboriginal and Torres Strait Islander people, researchers frequently do not distinguish between these people and this information is grouped together under the description Indigenous.

SUGGESTIONS FOR PRESENTERS USING THE MANUAL

This section provides ideas on how to effectively use this manual. It is recommended that these instructions be read before running a workshop.

Overview of the workshop and modules

This training manual provides all the necessary resources to enable health professionals to run a *Know Your Heart* workshop.

The training manual materials provide information and resources on cardiovascular health, and how to prevent and manage these conditions in Aboriginal communities.



Summary of modules

The training plan is divided into modules.

The training manual includes detailed instructions for delivering workshop modules. The modules include an introductory module providing an overview of the whole workshop program, and five educational modules. The workshop can be delivered consecutively over one and a half days, or as individual modules, over a number of weeks. The modules include:

- Introductory module
- Module 1: Aboriginal people and health
- Module 2: The cardiovascular system and how it works
- Module 3: Cardiovascular disease – know your risks
- Module 4: Treatment and management of cardiovascular disease
- Module 5: Cardiac rehabilitation – taking control.

Session plans

This manual includes six modules with overheads, handouts and appendices.

Modules consist of a **summary** and **teaching notes**. The **summary** includes an overview of the contents of the module and a 'module plan at a glance', which provides a brief reference of the module. The 'module plan at a glance' can be used by the presenter during teaching as a guide for presenting the material. The **teaching notes** provide the presenter with more detail and background information on the topics covered in the presentation.



Overheads are provided of specific module content. The training notes use an icon. This icon indicates when an overhead transparency should be used.



Training tips are introduced by this icon. The tips are information that should be of specific interest to the trainer prior to presentation of the material.



Activities that require participants' involvement in the module are indicated by this **activity** icon.

It should be noted that all the material in the **teaching notes** does not have to be covered in the workshop. The decision to use this should be determined by the presenter and be based on the groups' knowledge, experience or need. The complexity of content presented can vary depending

on the participants' requirements. It is up to the presenter to use this manual in a way that suits their individual presentation style and the needs of their audience.



Handouts have been provided to facilitate experiential learning and emphasise important 'take home messages'. This icon appears throughout the manual to indicate that a handout should be distributed.



Other interesting or important information may be introduced when this icon appears in the manual.

The appendices to this manual include tips on adult learning and a glossary.

Resources required throughout the workshop

Resources that may be needed for all modules include:

- whiteboard
- whiteboard markers
- overhead projector
- projector screen
- nametags
- pens or textas for nametags
- butcher's paper.

Some modules require special resources, and these are listed in the module summary.

Who should deliver the workshop?

This manual is intended for use by Aboriginal Health Workers with appropriate health qualifications. In delivering pilot workshops around NSW, both presenters and participants benefited from the involvement of local Aboriginal community members and Aboriginal Health Workers. The involvement of local staff is strongly recommended. Ways to effectively involve Aboriginal community members and Aboriginal Health Workers include:

- as co-presenters or facilitators of particular modules
- as consultants to applying the workshop for local needs
- for reference to local case studies.

Customising the workshop

Module plans have been designed to achieve specific learning objectives. However presenters may find that some groups have slightly different learning needs and minor modifications may be required. It is not recommended that the sequence of sessions be changed as the workshop has been designed so that skills from one session are the basis for additional sessions.

It is suggested that at the beginning of each module, participants are invited to ask questions on outstanding issues from previous modules.

The introductory module recommends activities that are designed to inform presenters of group skill levels. Presenters can use this information to adapt the presentation of modules to suit the group, to allow for flexible delivery of modules. Adult learning principles are discussed in Appendix 1.

Tips on applying new knowledge to practice – action planning

It is important that participants are given the opportunity during the workshop to reflect on actions they can take, using the information they have gained during the workshop. Encourage participants to think of actions they can take in their personal life, in their role in their community and in their role as a professional.

Action planning can be scheduled after either Modules 1, 2 or 3 depending on how the day is structured and how much time is available. Individual reflection and writing time followed by extensive group discussion is recommended.

If more time is available a more formal process of developing structured goals and objectives and strategies can follow this. In some cases it may be possible to schedule a more extensive planning session after the training program.

The importance of an action planning session, even if very brief, is to provide participants with the opportunity to reflect on how they can use the new information they have gained. Otherwise people can leave the training feeling overwhelmed and unclear about how to apply the new knowledge and how it fits within their daily life and activities.

To carry out an action planning session:

- remind people of the 3 overlapping circles introduced in Module 1 – the role of one's self, one's role in the community and one's role in professional life
- allow 5–10 minutes for each person to write down for themselves what actions they propose to take as individual, as a member of the community and a member of a health service
- allow as much time as possible for listing ideas and actions in the whole group
- encourage discussion about such issues as:
 - the implications of the actions
 - potential barriers to their implementation and ways of overcoming these barriers
 - who will need to be involved
 - what resources may be needed
 - what other opportunities exist
 - possible outcomes of the actions, including unexpected outcomes
- encourage people to focus on solutions rather than problems and encourage creative thinking.

Summarise and wind up the action plan session by emphasising that there is a great deal that can be done, much of which is simple and not requiring additional resources. Even small things can make a difference. Emphasise that their ideas do not have to be about doing extra things or adding more burdensome tasks but doing some things differently. Encourage the participants to continue reflecting on the important issues of heart disease that have been raised and to follow-up with more targeted action planning as soon as possible.



Allocation of time

Included in the module plans are suggested time allocations. A table, to enable presenters to plan for the delivery of the entire workshop is provided on page 11. These time allocations are only to be considered as a guide. Break times have not been included and are left to the discretion of the presenter. As with all educational workshops, breaks are important for maintaining concentration and should be provided according to the needs of the group. It is recommended that one full day of training is no more than a total 6 hours of module sessions.

References and resources

General overviews only of the incidence of cardiovascular and other health conditions experienced by Aboriginal and Torres Strait Islander people and the general population have been given in the package. Presenters will note that at the end of each module is the section 'Useful Resources'. This section lists resources or publications related to the module from which more detailed information, including the most recent statistical data can be sourced prior to delivery of the modules where required.

Commonly asked questions

During piloting of this manual some of the common questions asked by participants included:

- What is the difference between angina and a heart attack?
- What is cholesterol?
- Why is high blood pressure a risk factor?
- What is a pacemaker?
- What are the risk factors for heart disease?
- How are the risk factors different in Aboriginal communities?
- What is a heart bypass?
- What is a stent?
- What medications are used for the heart?
- What is a blockage in the heart?
- What are the signs of a heart attack?
- What are the causes of an enlarged heart?
- Is there any age you develop heart disease?
- What is syndrome X?

If the manual does not fully answer any questions you are asked, it is advised that you consult with local staff who have knowledge in the area (ie Clinical Nurse Consultant, Cardiac Services, Cardiac Rehabilitation staff, Cardiologists, staff from local Aboriginal Medical Service) and the National Heart Foundation of Australia website www.heartfoundation.com.au.

SUMMARY OF WORKSHOP MODULES

Summary	60 minutes – 1 hour	
Introductory Module	Intro 1	Introduction and welcome 30 minutes
	Intro 2	Participants experience and knowledge 10 minutes
	Intro 3	Your questions 20 minutes

Summary	60 minutes – 1 hour	
Module One	Module 1	Aboriginal view of health 10 minutes
	Module 2	Aboriginal people and cardiovascular disease 20 minutes
	Module 3	Aboriginal people and chronic conditions 20 minutes
	Module 4	Reflective practice 10 minutes

Summary	90 minutes – 1 1/2 hours	
Module Two	Module 1	The cardiovascular system and how it works 20 minutes
	Module 2	Location of the heart 10 minutes
	Module 3	Structure of the heart 30 minutes
	Module 4	Conduction of the heart 10 minutes
	Module 5	The mechanical component of the heartbeat 20 minutes

Summary	150 minutes – 2 1/2 hours	
Module Three	Module 1	Cardiovascular disease 20 minutes
	Module 2	Risk factors for cardiovascular disease 40 minutes
	Module 3	Coronary heart disease 30 minutes
	Module 4	Detection of cardiovascular disease 30 minutes
	Module 5	Prevention of cardiovascular disease 30 minutes

Summary	120 minutes – 2 hours	
Module Four	Module 1	Common medications 45 minutes
	Module 2	Lifestyle management 20 minutes
	Module 3	Medical and surgical treatment options 40 minutes
	Module 4	Management of a heart attack 15 minutes

Summary	90 minutes – 1 1/2 hours	
Module Five	Module 1	What is cardiac rehabilitation? 30 minutes
	Module 2	Components of cardiac rehabilitation 30 minutes
	Module 3	Cardiovascular disease – Impacts on Indigenous Australians and cardiac rehabilitation programs 30 minutes



