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## HEART FAILURE KNOWLEDGE EVALUATION QUESTIONNAIRE (CECIC)

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NAME:

DATE:

Test. Num.: 0 (discharge) / 1 (Individual) / 2 (group) / 3 (reinforcement) / ... (...)

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### Disease knowledge

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1. You have been informed that you have HEART FAILURE. This means that:

- a) The heart is larger than the ribcage and it is squishing the lungs.
- b) The heart cannot pump the amount of blood that the body needs.
- c) The kidneys do not eliminate enough fluid, causing swelling.
- d) The problem is that the lungs are not working properly.

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2. What are the main CAUSES of heart failure?

- a) Heart attack, high blood pressure, and some familial predisposition.
- b) Lung problems and allergies.
- c) Obesity and diabetes.
- d) Poorly treated colds.

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3. With heart failure, it can be DIFFICULT TO BREATH due to:

- a) Excess fluid in the lungs ("wet lungs").
- b) Because the bronchi are not healthy.
- c) Being nervous and having anxiety.
- d) Not getting sufficient rest.

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4. What do you think is the MAIN DECOMPENSATING FACTOR of heart failure which should put us on alert?

- a) A high-fat diet.
- b) A cold or the flu.
- c) Lack of exercise.
- d) Regularly taking heart medicine.

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## ----- **Warning signs**

5. How often do you CHECK YOUR WEIGHT?

- a) Weekly to ensure I'm not getting overweight.
- b) Occasionally, because I always weigh the same.
- c) Everyday, before getting dressed, in case I retain fluids.
- d) I don't weigh myself because I don't think it is important.

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6. Which of the following situations IS NOT ASSOCIATED with CARDIAC DECOMPENSATION?

- a) Swelling of the feet and legs.
- b) Weight loss.
- c) Increased coughing and difficulty breathing when lying down.
- d) General discomfort and tiredness.

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7. How often do you check your BLOOD PRESSURE and HEART RATE?

- a) A few days before the appointment, for the doctor to see it.
- b) Rarely, it's always fine.
- c) Everyday and multiple times as I've been told to do.
- d) Regularly to check the effect of my medication.

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8. Which of the following situations WARN of a possible decompensation?

- a) Systolic blood pressure ("the high one") between 100 and 140 mmHg.
- b) Heart rate between 50 and 100 bpm.
- c) Weight gain of 1 kilo per day or 2 kilos in 2 or 3 consecutive days.
- d) Diastolic blood pressure ("the low one") below 60 mmHg.

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9. What is the BEST THING to do if warning signs of decompensation appear?

- a) Call the doctor or nursing staff.
- b) Wait until the next appointment.
- c) Take less medication.
- d) Go to the emergency department as soon as possible, even if the decompensation is mild.

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## Diet

10. Regarding DAILY FLUID INTAKE (juice, soup, water):

- a) Abundant fluid intake is good as it protects the kidneys.
- b) I drink very little to prevent retaining fluids.
- c) I don't keep track because I don't think it is important.
- d) It is advisable to moderate fluid intake at 1.5 to 2.5 litres maximum.

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11. In a HEART-HEALTHY DIET that is low in fat and salt, it is useful to:

- a) Buy prepared food and canned goods as they are healthier.
- b) Replace normal salt with other sodium-free salt types.
- c) Consume cured meats, butter and margarine with salt in moderation.
- d) Increase your fruit, vegetable and legume intake.

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12. Which of these behaviours is HARMFUL to your heart?

- a) Avoiding consuming alcohol, coffee and fizzy drinks.
- b) Eliminating tobacco.
- c) Not controlling excess weight.
- c) Getting regular exercise such as walking, swimming and bicycling.

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13. Why should someone with heart failure follow a low-salt diet?

- a) Salt promotes fluid retention.
- b) Salt causes constriction of the blood vessels.
- c) Salt increases heart rate.
- d) Salt interferes with the action of medications.

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## Exercise

14. PHYSICAL EXERCISE such as walking, swimming or gentle cycling can cause all the following effects EXCEPT:

- a) Aggravate disease symptoms.
- b) Help with weight loss.
- c) Help lower cholesterol levels.
- d) Improve muscle strength.

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15. Which of the following IS NOT APPROPRIATE when doing EXERCISE?

- a) Starting to exercise progressively with activities that are comfortable.
- b) Exercising in extreme temperatures.
- c) Getting at least 30 minutes of exercise every day, most days of the week.
- d) Drinking water before and after exercising.

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-----Treatment

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16. If you gain more than 1 kg of weight in one day or 2 kg in 2 or 3 days, YOU SHOULD:

- a) Eat less for a few days.
- b) Increase my fluid intake.
- c) Take fewer water tablets (diuretics).
- c) Take more water tablets (diuretics).

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17. Which heart medications CAN LOWER BLOOD PRESSURE?

- a) Water tablets (diuretics): furosemide, eplerenone, spironolactone.
- b) Tablets that slow the heart (beta blockers): bisoprolol, carvedilol, nebivolol.
- c) Tablets to regulate blood pressure (ACEIs or ARB-II): ramipril, enalapril, losartan, valsartan, sacubitril ...
- d) All of the above.

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18. The medications you take for your heart HELP do all the following, EXCEPT:

- a) Reduce physical fatigue and improve breathing and tissue blood flow.
- b) Reduce the likelihood of being admitted to hospital.
- c) Prevent weight gain.
- d) Make you live longer.

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19. The idea that patients must be RESPONSIBLE FOR THEIR CARE means all of the following EXCEPT:

- a) Knowing their medication and taking it daily.
- b) Following a healthy lifestyle: diet, exercise, no tobacco...
- c) Contacting their doctor or nurse when they notice their health is declining.
- d) When they feel better, stop taking their heart failure medication.

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20. Which of the following statements is INCORRECT?

- a) Heart failure is a chronic disease, meaning you will go through periods of feeling better and others of feeling worse.
- b) The doses of some medications may be increased, even if you feel fine, because it is the appropriate treatment for you.
- c) Medications can cause side effects, particularly in the beginning, so you should report these to your care team.
- d) You do not need to provide your medication or blood pressure and pulse readings every visit because they are already in your reports.

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21. Of the following drug groups, all have been shown to extend life and improve heart function EXCEPT FOR:

- a) diuretics: furosemide, torsemide, chlorthalidone, hydrochlorothiazide...
- b) ACEI/ARB-II/ARNI: ramipril, enalapril, candesartan, losartan, sacubitril-valsartan...
- c) beta blockers: carvedilol, bisoprolol, nebivolol, metoprolol...
- d) anti-aldosterone drugs: spironolactone, eplerenone...