

EDUCATION MODULE

Cardiac Diagnostic Testing: What Women Need to Know



Sponsored by Astellas

To access the *Cardiac Diagnostic Testing: What Women Need to Know* videos:

Downloadable link: <https://we.tl/15dX4JQdKH>

To watch online: <https://www.youtube.com/watch?v=VAQCYoMZUng&feature=youtu.be>

For your convenience the videos can be viewed from the flashdrive.



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Cardiac Diagnostic Testing: What Women Need to Know

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Table of Contents

| | |
|--------------------------------------------------------------------------------------------------------------------|----|
| Agenda: Cardiac Diagnostic Testing: What Women Need to Know. | 5 |
| Introduction | 7 |
| Video Presentation | 9 |
| Objective 1: Explain credibility and communication issues women have about cardiac diagnostic testing | 11 |
| Resource for Objective 1 | |
| About Cardiac Diagnostic Testing (objective handout) | 13 |
| Objective 2: Describe how women with heart disease can be effective self-advocates | 15 |
| Resource for Objective 2 | |
| Becoming a Self-Advocate (objective handout) | 17 |

AGENDA

Cardiac Diagnostic Testing: What Women Need to Know

- 1. Introduction and overview** **approximately 5 minutes**
 - ♥ Welcome participants to the support group session
 - ♥ Introduce yourself and ask participants to introduce themselves
 - ♥ If there are new members to the group, introduce them to WomenHeart
- 2. Show both videos (there is one discussion panel video and one animated video providing tips for women)** **8 minutes**
- 3. Objective 1: Explain credibility and communication issues women have about cardiac diagnostic testing** **10 minutes**
- 4. Objective 2: Describe how women with heart disease can be effective self-advocates** **7 minutes**
- 5. Ask participants if they have any questions or concerns, give time to discuss**

INTRODUCTION

Cardiac Diagnostic Testing: What Women Need to Know



Introduction

This module is designed to provide an instructional framework for WomenHeart Support Network Coordinators to discuss the topic of diagnostic testing.



Time

Approximately 30 minutes We encourage you to complete the module at your own pace.



Preparation

It's important to be familiar and comfortable with this subject matter. Review the entire module, including the videos, informational handouts, and infographic cards.

The information in this module is organized into two objectives and begins with two module videos. Each objective has supporting materials to deliver the educational content.

The module contains the videos and the handouts for each attendee on the resource flash drive called *Cardiac Diagnostic Testing: What Women Need to Know*. Please print copies of the handouts for each attendee.

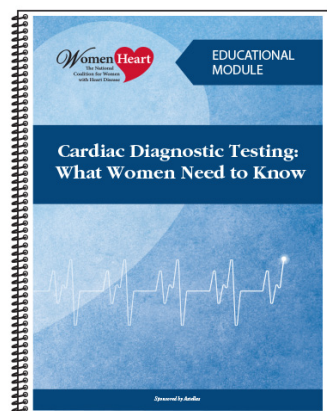
To access the *Cardiac Diagnostic Testing: What Women Need to Know* videos:

Downloadable link: <https://we.tl/15dX4JQdKH>

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Module Contents



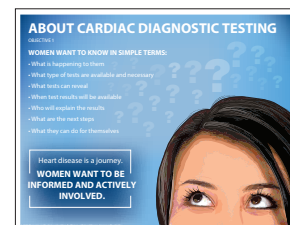
Module



Handouts



Flash drive with videos and resources



Infographics

Education Module

Video Presentation



Time: 8 minutes

Materials: Flash drive — *Cardiac Diagnostic Testing: What Women Need to Know*

To access the *Cardiac Diagnostic Testing: What Women Need to Know* videos:

Downloadable link: <https://we.tl/15dX4JQdKH>

To watch online: <https://www.youtube.com/watch?v=VAQCYoMZUng&feature=youtu.be>

For your convenience the videos can be viewed from the flashdrive.



1. Introduce the videos

Explain to attendees that they will be watching videos on the topic of cardiac diagnostic testing.

2. Assign writing task

Ask attendees to write down at least two things they learned from the videos.

3. Show and discuss the video

Gather any reactions.

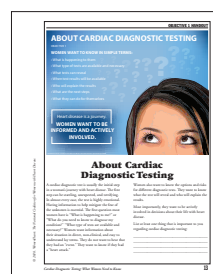
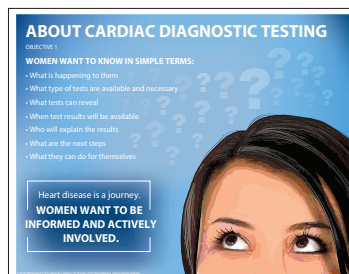
Ask for volunteers to share what they learned about diagnostic testing for women with heart disease.



Objective 1: Explain credibility and communication issues women have about cardiac diagnostic testing.

Time: 7-10 minutes

Materials



1. Brainstorm cardiac diagnostic tests we have had.

Ask participants to think about cardiac diagnostic tests. Acknowledge that it is likely they have had several different tests. Have them brainstorm cardiac diagnostic tests they have had in the past. This activity should be short, not exhaustive.

Tell participants, to the best of their recollection, to write down a list of tests they have had in the past. The list does not need to be comprehensive, nor do the test names need to be spelled correctly. Remind them to add “blood tests” to the list. Give them a minute or two to make their list.

Then ask participants to stand if they have at least three tests on their list. This will most likely be the entire group.

Then tell participants to **stay standing** if they have at least five tests on their list, sit down if they do not. Repeat this activity for seven tests and nine (optional). At this point, there will likely be very few participants standing. Have everyone sit down. Summarize that the group as a whole has been exposed to many different types of cardiac diagnostic tests.

Point out that there are women in this group you can turn to for support. Emphasize that diagnostic testing is a critical and ongoing part of your individual journey with heart disease. The more you and your caregivers know about the specifics of your disease, as well as the tests that monitor and continue to diagnose your condition, the more informed and empowered you will be. Cardiac diagnostic testing is a continuing and important part of your journey.

2. Discuss issues and experiences with cardiac diagnostic testing.

Discuss the issues and experiences that participants have had with cardiac diagnostic testing. Experiences are likely to be quite varied depending on the specific circumstances for each woman, such as her stage of life, the urgency of the testing, the severity and onset of her symptoms and her doctor's bedside manner.

Ask for a show of hands of participants who thought the tests they received were fully explained. Have a few volunteers share their experiences. Point out that experiences women have with diagnostic testing are often linked to **credibility** and **communication** issues with their physician.

Many women who report *unfavorable* experiences with diagnostic testing report the following about their physicians:

- ♥ I was not believed.
- ♥ The descriptions of my symptoms were dismissed and attributed to stress, stage of life, or panic attacks.
- ♥ I was treated in a patronizing way.
- ♥ I was not provided with enough information to know exactly what was happening and why.

Many women who report *favorable* experiences with diagnostic testing report the following about their physicians:

- ♥ They listened to me.
- ♥ They took my complaints seriously.
- ♥ They initiated or continued prescribing diagnostic testing.
- ♥ They described the purpose, specifics, and potential outcomes of each test.
- ♥ They communicated well by providing accurate timelines.

Summarize the importance for women with heart disease to have a trusting relationship with their physicians and their health care team. Women need respect and empathy and need to be believed when they explain their symptoms.

3. Discuss what women want to know regarding cardiac diagnostic testing.

Explain that knowledge is empowering for women with heart disease when addressing diagnostic testing. Point out that there are different ways to receive information about their condition and testing. These include:

- ♥ face-to-face meetings
- ♥ telephone
- ♥ electronic communication
- ♥ paper/brochure/poster

Often a combination of these communication methods is desirable.

Display the infographic **About Cardiac Diagnostic Testing** and pass out the handout, **About Cardiac Diagnostic Testing**. Give participants a minute or two to review the handout. Then discuss the things that they agree with on the list of things women want to know. Ask if there are other things they would add to the list. Have volunteers share.

ABOUT CARDIAC DIAGNOSTIC TESTING

OBJECTIVE 1

WOMEN WANT TO KNOW IN SIMPLE TERMS:

- What is happening to them
- What type of tests are available and necessary
- What tests can reveal
- When test results will be available
- Who will explain the results
- What are the next steps
- What they can do for themselves

Heart disease is a journey.
**WOMEN WANT TO BE
 INFORMED AND ACTIVELY
 INVOLVED.**

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About Cardiac Diagnostic Testing

A cardiac diagnostic test is usually the initial step in a woman's journey with heart disease. The first step can be startling, unexpected, and terrifying. In almost every case, the test is highly emotional. Having information to help mitigate the fear of the unknown is essential. The most common questions women have are, "What is happening to me?", "What do you need to know to diagnose my condition?" and "What type of tests are available and necessary?" Women want information about their situation in simple terms. They do not want to hear that they had an "event." They want to know if they had a "heart attack."

Women also want to know the options and risks for different diagnostic tests. They want to know what the test will reveal and who will explain the results.

Most importantly, they want to be actively involved in decisions about their life with heart disease.

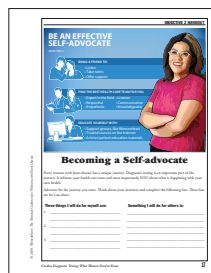
List at least one thing that is important to you regarding cardiac diagnostic testing:



Objective 2: Describe how women with heart disease can be effective self-advocates.

Time: 5-7 minutes

Materials



1. Discuss who might comprise a standard cardiac health care team.

A woman with heart disease will likely have several different types of providers working with her. Ask for participants to name possible members of a cardiac health care team.

Possible team members include:

- ♥ Primary care physician
- ♥ Cardiologist
- ♥ Physical therapist
- ♥ Surgeon
- ♥ Support group members

Ask the group, what are some important qualities of a member of your health care team?

Possible qualities include:

- ♥ Expert in the field
- ♥ Respectful
- ♥ Empathetic
- ♥ Listener
- ♥ Communicative
- ♥ Knowledgeable

Encourage participants to look at the qualities of the members of their own health care team. All members of their team do not have to have all the qualities listed. It is possible for a woman to balance the qualities among team members. For example, a clinical-oriented cardiologist paired with an empathetic primary care physician could meet your needs. However, if you feel your needs are not being met, you can take steps to make changes.

2. Discuss strategies for doctor appointments.

The success of your health care appointments is a key element in your heart disease journey. Appointments can be emotional, and the information presented can be overwhelming. Prepare for your health care visit with written questions, family and medical history, and medications.

First and foremost, prepare for your appointment:

- ♥ Research your family history regarding heart-related issues and bring a written copy to the appointment.
- ♥ Write down what you plan to discuss, including signs, symptoms, and your recent health history.
- ♥ Prepare a list of questions.
- ♥ Bring a friend/family member with you to the appointment to take notes and ensure that you get answers to all your questions.
- ♥ Keep asking questions until you are confident that you understand your current health status. Ask for explanations that you are able to understand.

3. Discuss research options.

Ask for a show of hands of participants who have done their own research about their heart condition and the diagnostic tests that may be given. Ask for volunteers to describe how and where they got the information and with whom (if anybody) they discussed their condition.

Explain that women like to learn about their disease in different ways. These include:

- ♥ Face-to-face meetings with their health care team.
- ♥ Printed material about heart disease from a reputable source.
- ♥ Support groups
- ♥ Online information about heart disease from reputable sources. Examples of these sources are:
 - ♥ WomenHeart website (www.womenheart.org)
 - ♥ ACC – American College of Cardiology (www.acc.org)
 - ♥ AHA – American Heart Association (www.heart.org)
 - ♥ CDC – the U.S. Centers for Disease Control (www.cdc.gov)
 - ♥ MAYO Clinic website (www.mayoclinic.org)
 - ♥ NHLBI – National Heart Lung and Blood Institute (www.nhlbi.nih.gov)

4. Brainstorm how to be an advocate.

Display the infographic **Be an Effective Self-Advocate**. Pass out the **Becoming a Self-Advocate** handout and give participants a chance to review it. Point out that not only is it important to advocate for themselves, but to advocate for public awareness about heart disease in women. Heart disease kills more women than all cancers and the symptoms are different than for men.

Conduct a brainstorm about other advocacy strategies that they may have. Then have participants complete the worksheet. Give them time to fill in the section *three things I will do for myself* and *something I will do for others* to become an advocate.

BE AN EFFECTIVE SELF-ADVOCATE

OBJECTIVE 2



BRING A FRIEND TO:

- Listen
- Take notes
- Offer support



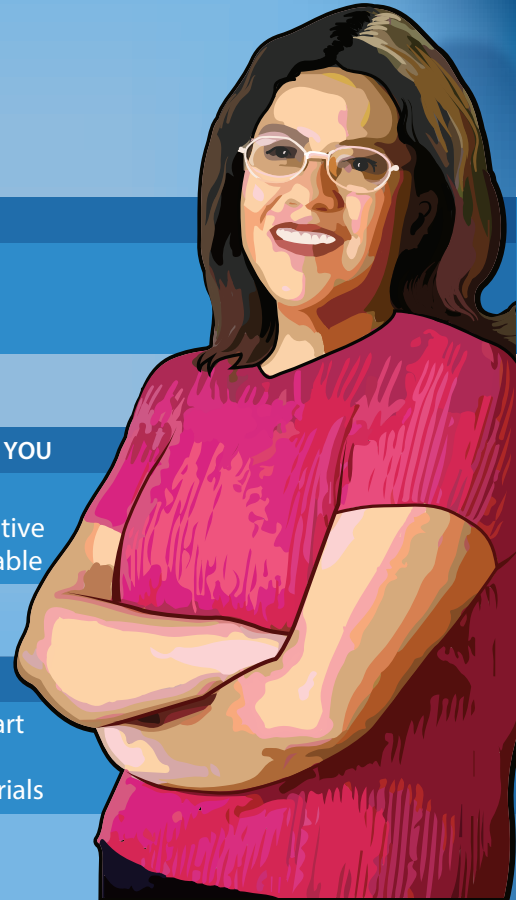
FIND THE BEST HEALTH CARE TEAM FOR YOU

- Expert in the field
- Respectful
- Empathetic
- Listener
- Communicative
- Knowledgeable



EDUCATE YOURSELF WITH:

- Support groups, like WomenHeart
- Trusted sources on the Internet
- Articles/patient education materials



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Becoming a Self-advocate

Every woman with heart disease has a unique journey. Diagnostic testing is an important part of the journey. It informs your health care team and most importantly YOU about what is happening with your own health.

Advocate for the journey you want. Think about your situation and complete the following lists. These lists are for you alone.

Three things I will do for myself are:

1. _____
2. _____
3. _____

Something I will do for others is:

1. _____
2. _____
3. _____

