



CP

Caitlin Parks

Empowering Heart Health

Welcome to Empowering Your Heart Health, this is designed to help you take control of your cardiovascular wellness. Whether you're managing high blood pressure, recovering from a cardiac event, or simply aiming to live heart smart, we will guide you through essential daily practices that support long-term health.

What to Expect

1

Learn how to recognize and respond to early warning signs

2

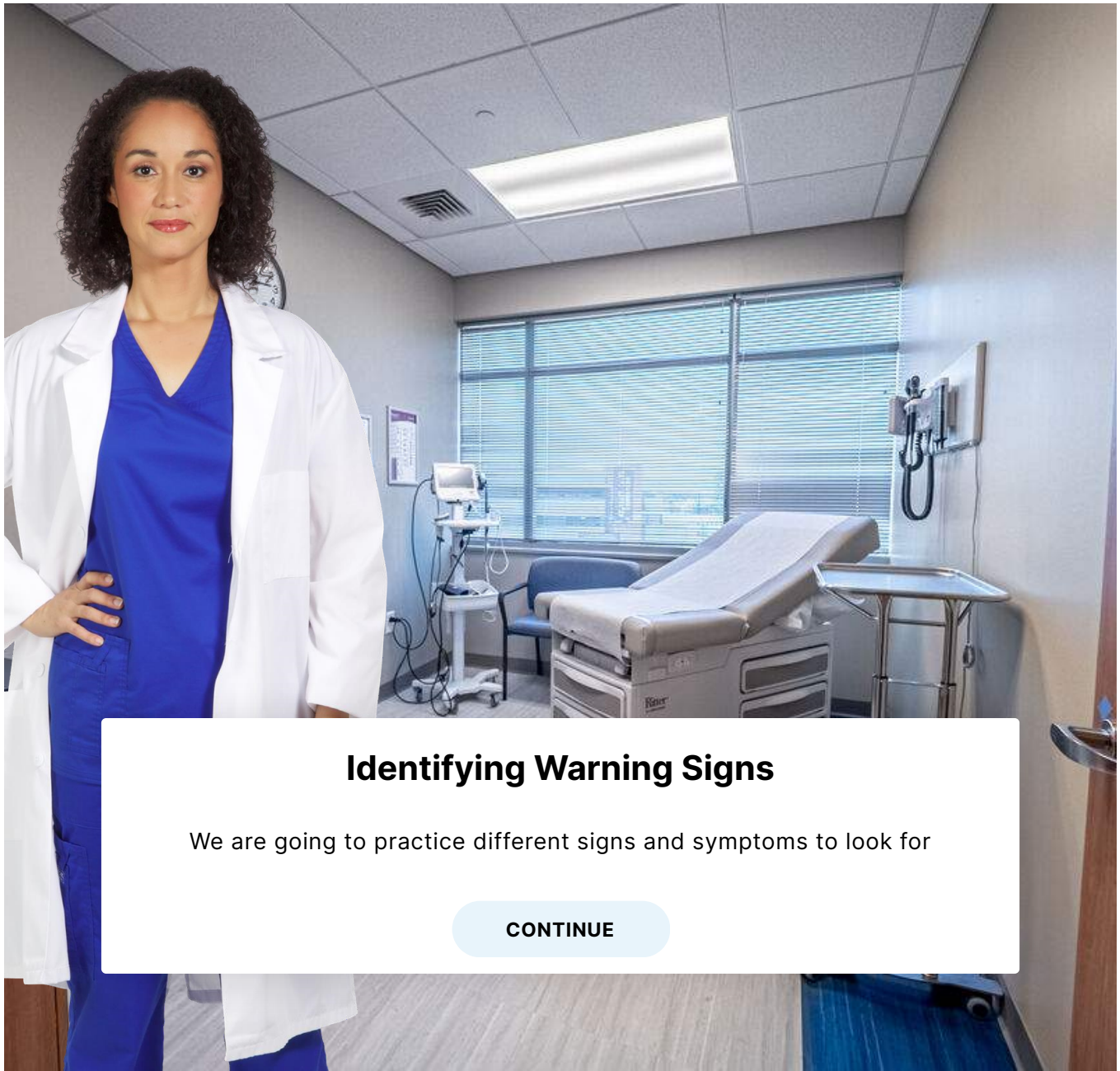
Use blood pressure monitors with confidence

3

Practice taking medications safely and consistently

4

Building heart-healthy eating habits and creating physical activity routines



Identifying Warning Signs

We are going to practice different signs and symptoms to look for

CONTINUE

Scene 1 Slide 1

Continue → Next Slide



"Mr. Thompson, you mentioned you're feeling chest pain. Can you describe it for me?" The patients tell us it feels like heavy pressure right in the center of his chest.

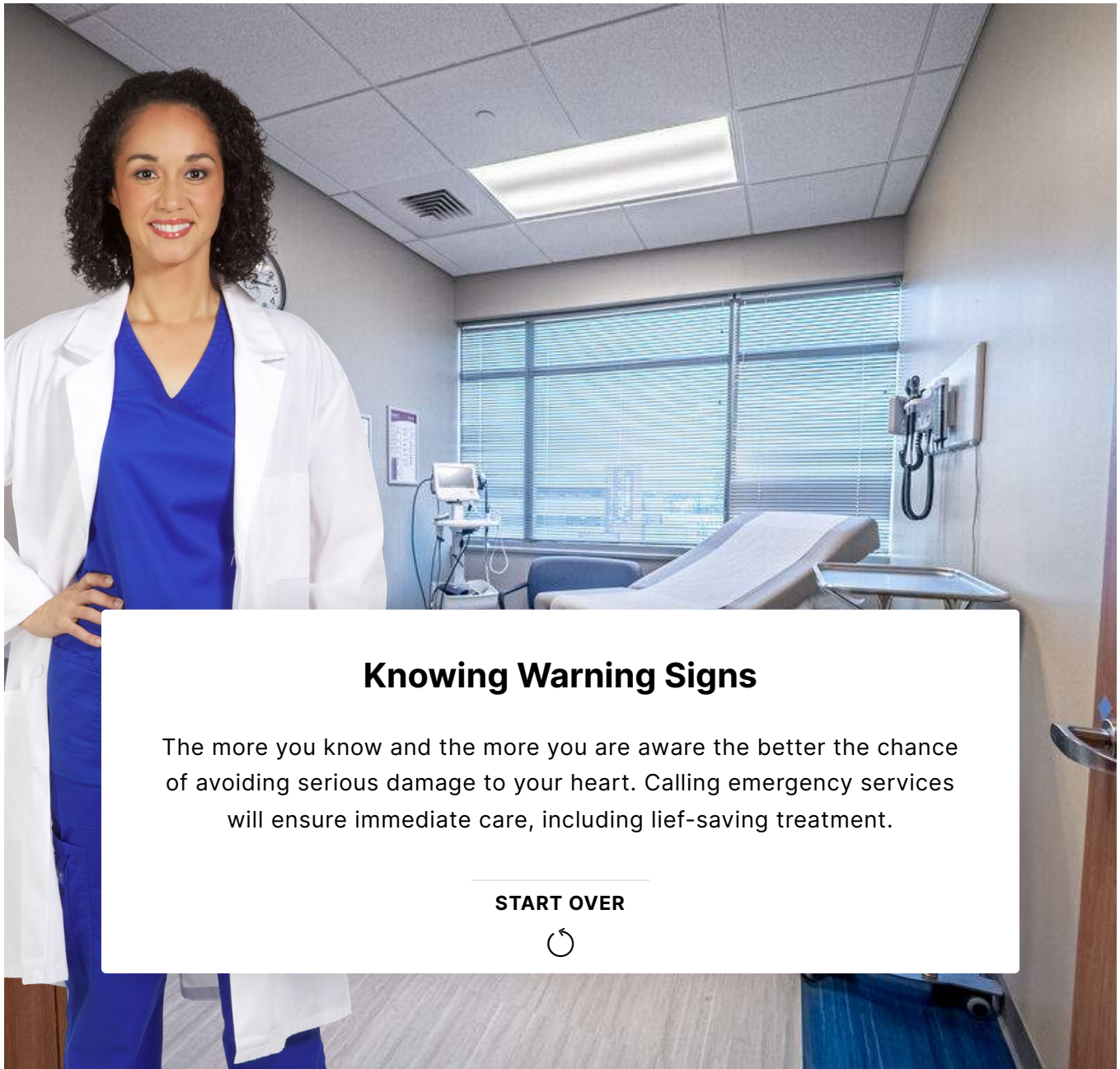
1 Should emergency services be called now?

2 Is it really necessary?

Scene 1 Slide 2

0 → Next Slide

1 → Next Slide

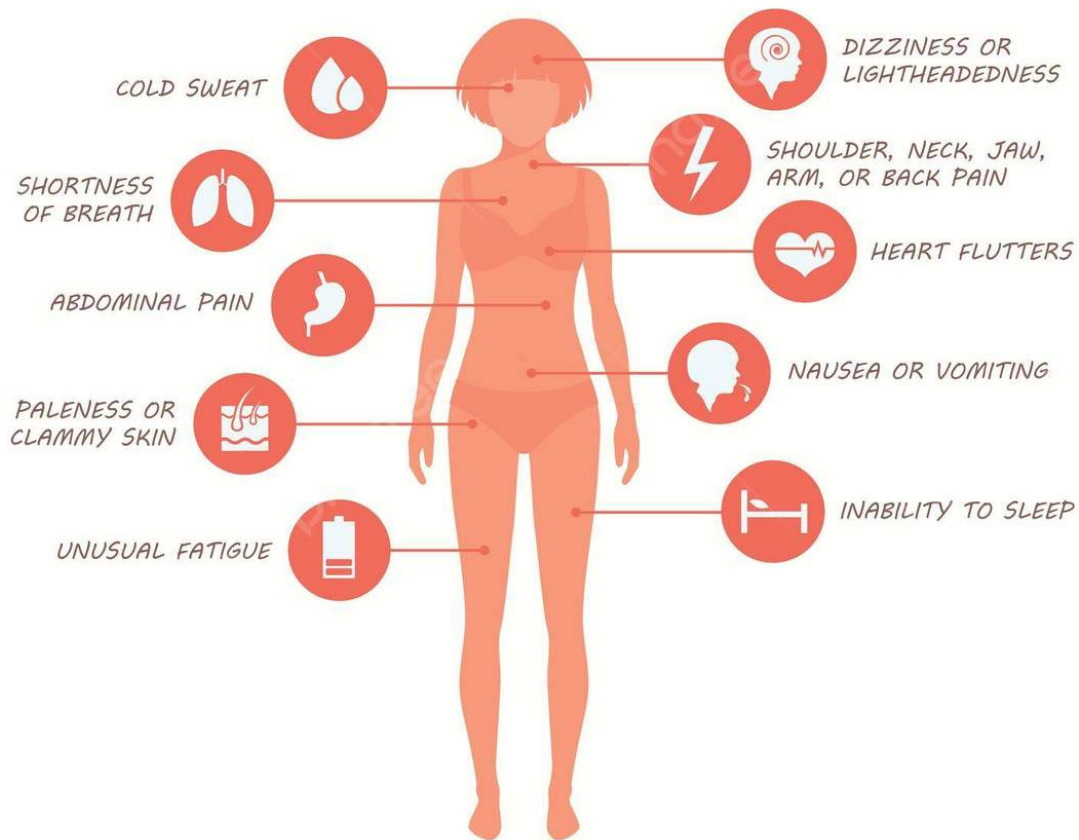


Scene 1 Slide 3

Continue → End of Scenario

HEART ATTACK

WARNING SIGNS



Recognizing the warning signs of a heart attack is critical for early intervention and survival. Symptoms like chest pain, shortness of breath, nausea, lightheadedness, or discomfort in the arms, back, neck, or jaw may signal a cardiac emergency. Prompt action, such as calling emergency services can significantly reduce heart damage and improve outcomes. Many heart attacks begin with subtle signs, so knowing what to look for empowers individuals to act quickly and potentially save lives.



Indigestion

Burning sensations

Sour taste/regurgitation

Worse when laying down

Improves with antacids

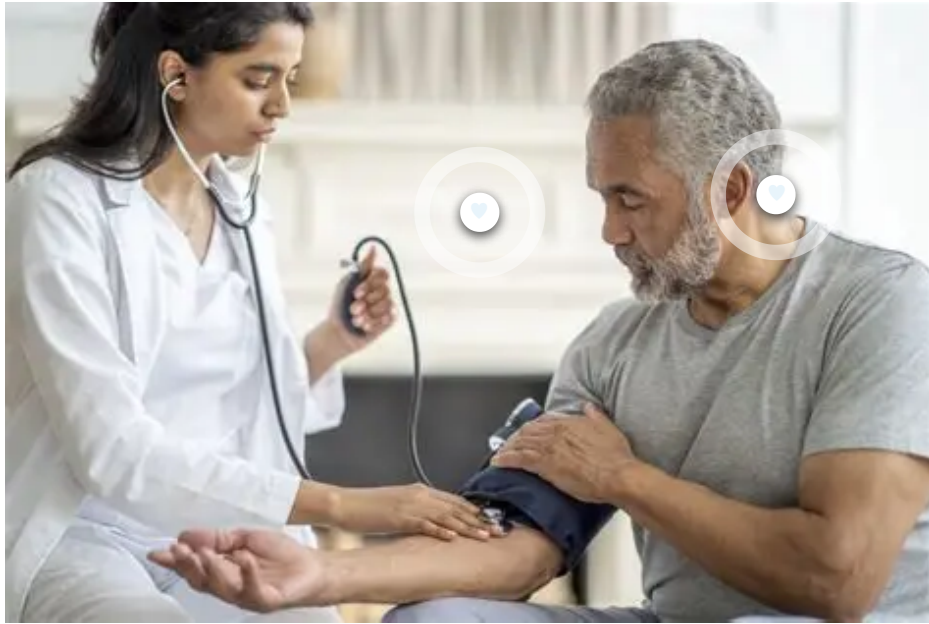
Heart Attack

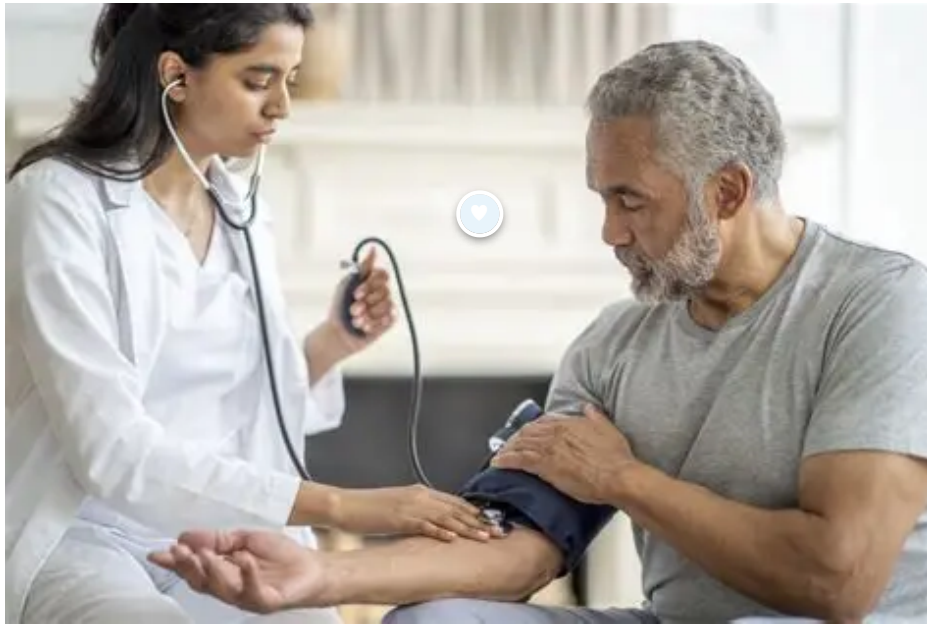
Chest discomfort

Radiating pain

Shortness of breath

Cold sweats/nausea





Step 1

Prepare the equipment and make sure the person is in the upright position with feet on the ground and arm at heart level. Apply the cuff but don't get it too tight.



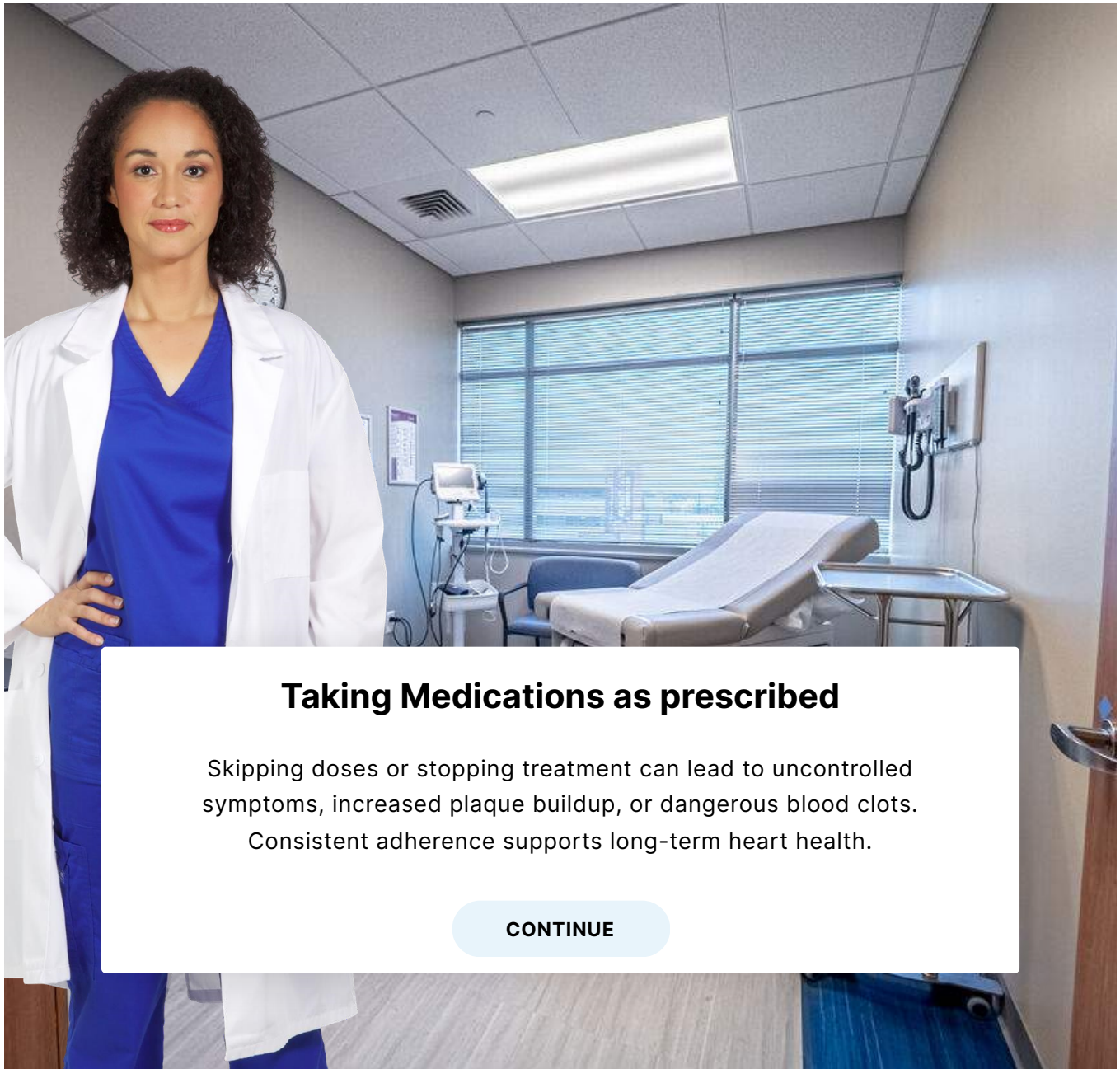
Step 2

Take the measurement with a stethoscope and listen to the sounds while the cuff is inflating and then slowing deflating. Record the readings.

When taking someone's blood pressure...

- They can be laying on the floor
- Need to be sitting upright

SUBMIT



Taking Medications as prescribed

Skipping doses or stopping treatment can lead to uncontrolled symptoms, increased plaque buildup, or dangerous blood clots. Consistent adherence supports long-term heart health.

CONTINUE

Scene 1 Slide 1

Continue → Next Slide



“Doc, I’ve been feeling fine lately. Do I really need to keep taking all these pills every day? They’re expensive, and I don’t notice any difference when I skip a dose.”

1 Skipping doses can raise your risk of a heart attack or stroke. Even if you feel okay now.

2 Since you can't afford it, it's okay. You don't have to take it.

Scene 1 Slide 2

0 → Next Slide

1 → Next Slide



Add another question to your scenario here. There are many ways to branch learners based on their responses.

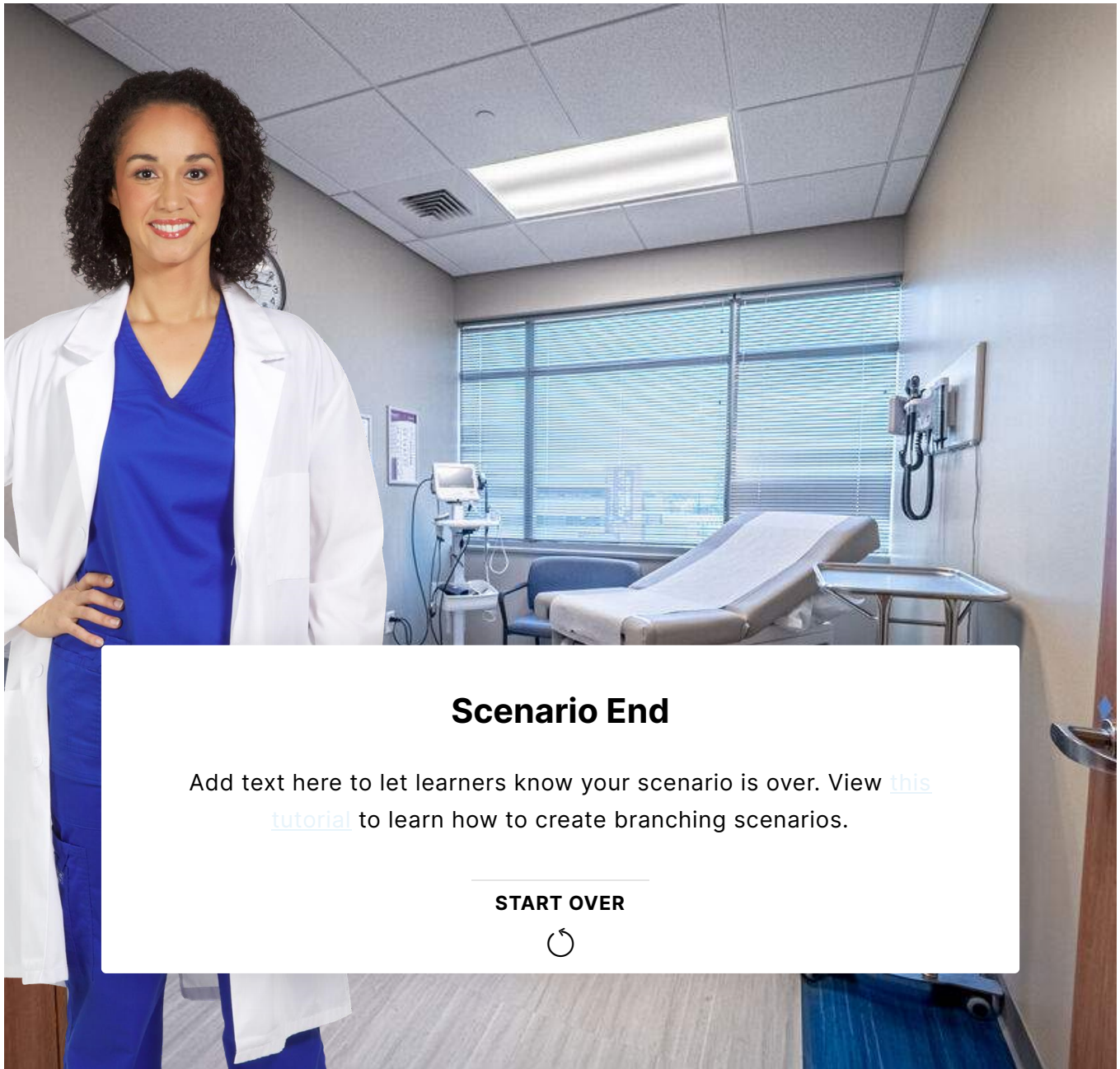
1 End this scenario.

2 I want to do the scenario again.

Scene 1 Slide 3

0 → Next Slide

1 → Scene 1 Slide 1



Scenario End

Add text here to let learners know your scenario is over. View [this tutorial](#) to learn how to create branching scenarios.

START OVER



Scene 1 Slide 4

Continue → End of Scenario

BUILDING HEART-HEALTHY EATING HABITS

CREATING PHYSICAL ACTIVITY ROUTINES

1. Focus on Whole Foods: Prioritize fruits, vegetables, whole grains, legumes, nuts, and seeds. Choose foods rich in fiber, antioxidants, and healthy fats (avocados, walnuts, flaxseed).
2. Limit Saturated and Trans Fats: Reduce intake of red meat, full fat dairy, fried foods, and processed snacks. Opt for lean proteins like fish, poultry, tofu, and beans.
3. Watch Sodium Intake: Aim for less than 2,300 mg of sodium per day (or lower if advised). Read labels and choose low sodium versions of canned goods and condiments.
4. Control Portion Sizes: Use smaller plates, measure servings, and avoid eating straight from packages. Practice mindful eating and slow down and listen to hunger cues.
5. Stay Hydrated: Drink water throughout the day and limit sugary drinks with excessive caffeine. Herbal teas and infused water can be flavorful alternatives.
6. Plan and Prep Meals: Create weekly menus and grocery lists to avoid impulse choices. Batch cook heart-healthy meals and store them for convenience.

BUILDING HEART-HEALTHY EATING HABITS

CREATING PHYSICAL ACTIVITY ROUTINES

1. Start with a Baseline: Assess current activity level and any physical limitations. Consult a healthcare provider before beginning if there are chronic conditions.
2. Set SMART Goals: Specific, Measurable, Achievable, Relevant, Time bound. Example: "Walk 30 minutes, 5 days a week for the next month."
3. Choose Enjoyable Activities: Walking, swimming, dancing, cycling, yoga, or anything that gets the heart rate up. Enjoyment increases consistency and long-term adherence.
4. Mix It Up: Combine aerobic (cardio), strength training, and flexibility exercises. Alternate routines to prevent boredom and reduce injury risk.
5. Schedule It Like an Appointment: Block time in your calendar and treat it as non-negotiable. Morning routines often lead to better consistency.

6. Track Progress: Use a journal, app, or wearable device to monitor activity and celebrate milestones. Reflect on how movement impacts mood, energy, and sleep.

7. Listen to Your Body: Rest when needed and modify intensity based on how you feel. Watch for warning signs like chest pain, dizziness, or shortness of breath.

Which of the following is a heart-healthy food choice?

- Grilled salmon with quinoa and spinach
- Fried chicken and sweet tea
- White bread and soda
- Canned soup with added salt

SUBMIT

Take Charge of Your Heart Health

Understanding cardiovascular health is more than memorizing facts. It's about empowering yourself to take action. By learning how to monitor your blood pressure, recognize early warning signs, take medications as prescribed, and build heart-healthy habits around food and movement, you're actively protecting your heart and improving your quality of life. Every choice from

reading a nutrition label to going for a walk adds up. Small, consistent steps lead to lasting change. And when you know what to look for and how to respond, you're not just managing your health you're leading it. Your heart matters. Keep learning, keep moving, and keep taking care.