



# Chronic Heart Failure: A Primary Care Approach

COURSE INFORMATION



## Course snapshot

### COURSE TITLE

[Chronic Heart Failure: A Primary Care Approach- Nurse Pathway](#)

### COURSE SUMMARY

Chronic heart failure (CHF) is an increasingly prevalent disease which accounts for thousands of repeated hospitalisations, many of which are notionally preventable. The primary care sector is ideally positioned to support innovative models of care that improve patient outcomes, care coordination and quality of care, and reduce avoidable healthcare costs.

This comprehensive course on Chronic Heart Failure (CHF) is designed to equip healthcare professionals with the knowledge and skills needed to effectively manage patients with CHF. Through a structured curriculum, participants will gain an in-depth understanding of CHF pathophysiology, clinical guidelines, causative factors, symptom recognition, and various management strategies. Additionally, the course emphasises the importance of holistic care and care coordination in enhancing the well-being of individuals living with CHF.

This course will help you to support the lifestyle management of your patients afflicted by chronic heart failure and provide them with improved health literacy and an increased ability to self-manage their condition.

### UNITS OF COMPETENCY

Benchmark Group is working with WAPHA to have the Nursing Pathway nationally accredited with ASQA. This process takes approximately 6 months. If you completed the course prior to this, any participating student in the Nursing Pathway will have their learning recognised as soon as the accreditation process is completed.

### COST

Fully Funded

### PRE-READING

NA

### DELIVERY & ASSESSMENT

Online learning with a formative assessment completed via accessIQ. Followed by a full-day virtual workshop.

### ESTIMATED HOURS OF STUDY

25 hours of active learning.

### CPD HOURS

As a general guide, one (1) hour of active learning equates to one (1) hour of CPD. It is the responsibility of the individual student to calculate how many hours of active learning have been completed. The hours of active learning estimated above should act as a guide to CPD hours.

### ENTRY REQUIREMENTS

To view entry requirements please refer to the next page.

### TERMS AND CONDITIONS

[Visit benchmarkgroup.com.au/terms-and-conditions](http://benchmarkgroup.com.au/terms-and-conditions)  
[View Student Handbook](#)



## Course outline

The Chronic Heart Failure: A Primary Care Approach course provides a thorough exploration of CHF management within the community and primary health sector. It underscores the significance of utilising Heart Foundation resources, particularly the 2018 Guidelines, to enhance patient care. The course also places a strong emphasis on fostering cultural awareness and delivering holistic, multidisciplinary care when working with CHF patients.

The course curriculum encompasses a wide range of topics, including the anatomy and physiology of the heart, an introductory overview of heart failure, assessments and diagnosis procedures, and comprehensive guidance on CHF treatment and management.

Throughout the course, you will have access to a wealth of supplementary resources and practical case studies to deepen your understanding and skills.

## Course content

This course is designed to support GPs, practice nurses and Aboriginal health workers and other primary care providers with preventing disease progression in their patients, reducing complications, and improving quality of life.

### 1. Anatomy and Physiology

- Review of the heart's structure and function.
- Blood flow through the heart.
- Overview of gaseous exchange.
- Comparison of normal heart structure to heart failure structure.
- Explanation of pathophysiology, including concepts like pre-load, after-load, and contractility.

### 2. Introduction to Heart Failure

- Examination of the burden of CHF, including its economic costs and increasing rates.
- Definition of heart failure as the heart's inability to pump efficiently to meet the body's metabolic needs.
- Differentiating between Chronic HF and Congested CF.
- Identification of various causes of HF, including heart valve issues, arrhythmias, heart attacks, hypertension, and more.
- Explanation of types of HF and ejection fraction.
- Discussion of stages of HF and associated comorbidities.
- Mental health assessment and social history assessment.
- Online assessments using various resources.

### 3. Assessing Heart Failure

- Evaluation of patient presentation, including opportunistic screenings and health assessments.
- Differentiation of symptoms based on the type of heart failure (right vs. left).
- Holistic assessment, considering physical, psychological, social, and emotional aspects.
- Mental health assessment and social history assessment.
- Online assessments with patient case studies and cultural planning.

### 4. Diagnosis

- Overview of diagnostic workup based on Heart Foundation guidelines.
- Pathology investigations, including blood tests and fasting pathology.
- Use of clinical assessment results, including vital signs, ECG, arterial blood gas, chest X-ray, and echocardiogram.
- Discussion of dialysis, health pathways, cardiologist referrals, and follow-up with GPs.
- Online resources for further reference.

### 5. Treatment

- Emphasis on the management, not cure, of CHF.
- Development of cardiac care plans and utilization of healthcare professionals.
- Review of current patient medications and medications for different types of HF.
- Lifestyle recommendations, including diet, physical activity, alcohol, smoking, stress management, and mental health.
- Discussion of traditional medicines and therapies.
- Multidisciplinary care and online assessments from a nursing perspective.

### 6. Management

- Role of primary healthcare professionals in chronic disease management.
- Patient education, including self-management, daily weights, dietary restrictions, and exercise.
- Regular reviews and evaluations of treatment progress.
- Monitoring through blood tests and preventative health measures.
- Focus on patient behavioral change and self-management in multidisciplinary care.
- Consideration of CHF management in metro vs. rural locations, including telehealth and community-based care.
- Referrals to cardiac rehab nurses, dietitians, home medication reviews, social services, and psychologists.
- Online resources and case studies for further learning.

## Course outcomes

In this course, we will guide you through a journey that equips you with the knowledge and skills necessary to excel in CHF Care within Primary Health.

- Comprehend the Pathophysiology of Chronic Heart Failure: Gain an understanding of the underlying mechanisms and processes involved in Chronic Heart Failure (CHF), or refresh existing knowledge.
- Navigate Heart Failure Clinical Guidelines: Acquire an overview of the Heart Foundation's Heart failure clinical guidelines: Guidelines for the prevention, detection and management of heart failure in Australia 2018, ensuring familiarity with current best practices.
- Explain: the various causative factors, recognise the signs and symptoms, and differentiate between different types and stages of Chronic Heart Failure.
- Identify High-Risk Patients: Develop the ability to identify individuals at risk of developing Chronic Heart Failure based on risk factors and clinical indicators.
- Recognise Chronic Heart Failure Triggers: Identify the precipitating factors and triggers that can lead to the onset or exacerbation of Chronic Heart Failure.
- Understand Pharmacological CHF Treatment: Gain competence in understanding and managing pharmacological interventions for Chronic Heart Failure.
- Support Lifestyle Management: Learn strategies for supporting patients in managing their lifestyle effectively to mitigate the impact of Chronic Heart Failure.
- Address Holistic Health Impact: Address the multifaceted impact of Chronic Heart Failure on an individual's psychological, physical, social, emotional, and financial well-being.
- Understand Care Coordination Role: Develop a clear understanding of your role as a healthcare professional in coordinating care for individuals living with Chronic Heart Failure, ensuring comprehensive and patient-centered care.

## Course delivery

Online learning with a formative assessment completed via accessIQ. Followed by a full-day virtual workshop.

A formative assessment is used to conduct an in-process self-evaluation of your learning. You must attain 100% for each assessment block to proceed with the course.

## Course entry requirements

Entrants to the Chronic Heart Failure course must provide evidence of a relevant professional role.

Relevant roles would include:

- Aboriginal and/or Torres Strait Islander Health Workers or Practitioners
- Registered Nurses
- Enrolled Nurses
- General Practitioners
- Other Primary Care Providers
- Others on request.

Students should have a background in healthcare or a related field and a basic understanding of cardiovascular anatomy and physiology.

## About accessIQ

We are paving the way for innovative and easy online learning through our bespoke online course and assessment platform, accessIQ.

- Study anywhere, anytime
- Edit saved answers, review before submitting
- Live student console – tracks assessment, enrollments and waitlists
- Access statement of results and resource library.

# About WAPHA & Benchmark Group

WAPHA are again working with Benchmark Group as our learning partner in the chronic heart failure project, following a successful history working with them for several years on a range of clinical courses in primary care.

Benchmark Group is a registered training organisation (RTO) and we selected them develop an accredited course that can be accessed by a range of health professionals working in primary care.

Skills learnt today can be used tomorrow.

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