



PATIENT FAMILY ENGAGEMENT

Heart Care Associates truly believes in compassionate patient care and by involving family members/caretaker makes the task easier for the patient and provider. Keeping in consideration of HIPPA rules and patient's consent, eligible family members involved in patient care is highly appreciated.

First and foremost, we need to educate patient and family about the patient's condition involving risk factors such as BMI, smoking cessation, hypertension, family history of coronary artery disease and medication compliance.

Offer the patient and family members a goal plan developed by Heart Care Associates to help their loved ones improve their quality of life and to be a part of patient family engagement team.

Start Date

- Diet – Encourage heart healthy diet
 - Avoid Fast food trips/ Make healthy choices
 - Record your food intake- will keep conscious alert at all times
 - More water intake
- BMI – weight reduction
 - Encourage to join exercise program or walk together as family at least 3 times weekly and gradually increase
 - Cut down TV time and add more physical activity- during commercials get up and walk around.
 - Use of fitbit and record all your activities
- Smoking
 - Make patient aware of risks involved if smoking is not stopped
 - Have them strengthen their willpower
 - Explain the statistical data if smoking stopped at once has more of a success rate but if not cut down on the cigarettes and if not gradually decreased in order to reach goal. Again keep record of your success.
 - Replace the cigarette with a healthy alternative ie gum, nuts.
 - Divert mind so that at time of urge occupy in some activities and try to get through the urge.



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➤ Medication compliance

- Educate the family/caretaker the importance of each and every medication patient is on. Discuss what medication they are on and why they are taking it.
- Help the patient fill up the pill box on a weekly basis and record the activity to make sure the patient is taking the medications they need to be taking.
- Record any missed doses – by recording it can prevent it from happening again.
- If any medication causes any side effect, please inform the doctor right away. Ask for another alternative.
- Keep all physicians in the loop for any change of a medication so all medications are taken in the appropriate way.
- If any financial hardships Heart Care Associates will help the patients and families with getting the medications that they need.

With small goals, baby steps and more encouragement, patients and family members will be able to successfully keep the patients on the right path to a more successful quality of life.