

Patient Education Tracking Checklist

Topic	Taught by	Date	Understood ✓	Additional questions/needs
How the heart works				
Symptoms				
• angina				
• heart failure				
• arrhythmia				
What a heart attack is				
Risk factors				
• hypertension				
• diabetes				
• cholesterol				
• smoking				
• inactivity				
• obesity				
• stress				
Recovering from MI				
• activity in hospital				
• activity at home				
• returning to work				
• driving				
• sexual activity				
Diet				
• low salt				
• low cholesterol				
• other				
Exercise Rx				
• HR target				

Patient Education Tracking Checklist

• frequency/duration				
• type				
Tests				
• stress test				
• stress nuclear test				
• persantine nuclear testing				
• echocardiography				
• cardiac catheterization				
• angioplasty				
• bypass surgery				
Medications Rx				
• aspirin				
• Plavix				
• anti-coagulants				
• nitroglycerin				
• long acting nitrate				
• beta blocker				
• calcium channel blocker				
• digoxin				
• diuretics				
• ACE inhibitor				
• ARB's				
• cholesterol lowering Rx				
• vasodilators				
• anti-arrhythmics				
Discharge plan				
• scheduled				

Patient Education Tracking Checklist

testing				
• cardiac rehab				
Scheduled follow-up				
• Cardiologist				
• Family doctor				
• other				