

**ATLANTA HEART FAILURE KNOWLEDGE TEST (AHFKT-V2)**  
**(Correct answers are marked with an asterisk)**

We have some questions about heart failure. Select one response for each question. Don't worry if you are not sure of the answers; just do the best you can.

1. Heart failure is a problem in which:

- a. There is too much blood in the body
- b. The heart is unable to pump enough blood \*
- c. The blood vessels in the heart are clogged
- d. The heart skips beats

2. Which of the following statements about heart failure is TRUE?

- a. It can be cured with drugs and other treatments.
- b. A person with heart failure cannot live a normal life.
- c. Heart failure cannot be cured but it can be controlled.\*
- d. Heart failure means the heart has stopped beating.

**People with heart failure can do many things to help themselves. Think about each of these activities and decide if they would be helpful for someone with heart failure.**

	Yes	No
3. Avoid salty foods	*	
4. Drink lots of fluids		*
5. Stop smoking	*	
6. Drink alcoholic drinks each day to relax		*

7. Skip heart failure medicines when they feel better		*
8. Know when to call the doctor or nurse for symptoms of heart failure	*	

9. ACE inhibitors (ex. Capoten, Vasotec, Lisinopril, or Zestril) are medicines used to treat heart failure. These drugs help the heart pump stronger by:

- a. Removing extra fluid and salt from the body
- b. Causing blood vessels to get smaller
- c. Blocking the harmful effects of stress hormones\*
- d. Improving blood counts (reducing anemia)

10. People who have heart failure take diuretics (Lasix, "water pills") so that:

- a. Their kidneys will make more urine and pass more water\*
- b. Their heart will beat more steady
- c. The blood vessels in their body will widen or relax
- d. Their heart will pump stronger

11. People with heart failure who are taking a diuretic ("water pill") need to:

- a. Know if they need to take extra potassium with their water pill\*
- b. Take the diuretic after 3-4 pm in the day
- c. Not worry about signs and symptoms of dehydration
- d. Drink lots of water to replace lost fluid

12. If a person with heart failure gains 2-3 pounds in a few days, this usually means he/she:

- a. Is eating too many calories and gaining weight
- b. Has extra water in the body\*
- c. Needs to drink more fluid
- d. Needs to be getting more exercise to burn calories

13. How often should a person with heart failure weigh themselves?

- a. Every day\*
- b. Every week
- c. Every month
- d. Once in a while

14. The best time of day for persons with heart failure to weigh themselves is:

- a. At bedtime
- b. Upon awakening in the morning\*
- c. At or around lunchtime
- d. When they remember to do it

15. Persons with heart failure should call their doctor if they have which of the following symptoms?

- a. Weight gain of 2-5 pounds in 1-2 days
- b. Increased swelling of the ankles and/or stomach
- c. More shortness of breath
- d. All of the above\*

16. How often should a person with heart failure exercise?

- a. Every week
- b. Every day\*
- c. Several times a day
- d. 2-3 times per week

17. A person with heart failure should stop and rest when doing physical activity if:

- a. They feel short of breath or winded
- b. They have chest pain or discomfort
- c. They feel dizzy or lightheaded
- d. All of the above\*

18. Which is a big source of sodium (salt) in the diet?

- a. Processed foods (such as tv dinners)
- b. Smoked or cured meats
- c. Table salt
- d. All of the above\*

19. Which has the LOWEST amount of sodium (salt)?

- a. Fresh fruits\*
- b. Canned vegetables
- c. Reduced sodium soup
- d. Frozen dinners

20. Which food has the MOST sodium (salt)?

- a. Sliced tomato
- b. Broiled fish
- c. Baked ham\*
- d. Skim milk

21. Which dessert has the LOWEST amount of sodium?

- a. Hot fudge sundae
- b. Baked apple\*
- c. Low fat instant pudding made with skim milk
- d. Chocolate cake made from a mix

22. Select the fast food with the LOWEST amount of sodium.

- a. Fried chicken
- b. Cheeseburger
- c. Baked potato with sour cream and chives\*
- d. Taco salad

23. Some people with heart failure are told by their doctor to limit fluids. Which of the following count as fluids?

- a. Water and clear liquids
- b. Milk, ice cream, and yogurt
- c. Jello, pudding, and soups

d. All of the above\*

24. If a person with heart failure has a headache or pain, which would be the best medicine to take?

a. Aspirin

b. Tylenol (Acetaminophen)\*

c. Advil® or Motrin® (Ibuprofen)

d. Anacin Regular Strength or Excedrin

25. The recommended total daily amount of sodium that persons with heart failure should eat is:

a. 3,000 milligrams

b. 2,500 milligrams

c. 2,000 milligrams\*

d. 500 milligrams

Use the picture of the soup label, to answer questions 26 and 27:

26. How many servings are in the can?

a. 1

b. 2

c. 2 ½\*

d. 3



The image shows a Nutrition Facts label for condensed soup. The label is divided into two columns. The left column lists 'Total Fat 1.5g 2%', 'Sat. Fat 0.5g 3%', 'Trans Fat 0g', 'Cholest. 15mg 5%', and 'Sodium 890mg 37%'. The right column lists 'Total Carb. 8g 3%', 'Fiber Less than 1g 4%', 'Sugars 1g', and 'Protein 3g'. At the bottom, it lists 'Vitamin A 4% • Vitamin C 0% • Calcium 0% • Iron 2%'. The label also includes 'Serv. Size 1/2 cup (120mL) condensed soup' and 'Servings about 2.5'. The word 'Calories' is listed as 60, with 'Fat Cal.' listed as 15. A note at the bottom states '\*Percent Daily Values (DV) are based on a 2,000 calorie diet.' and 'Satisfaction guaranteed' is partially visible at the very bottom.

	Amount/serving	%DV*	Amount/serving	%DV*
<b>Total Fat</b>	1.5g	2%	<b>Total Carb.</b>	8g 3%
Sat. Fat	0.5g	3%	Fiber	Less than 1g 4%
Trans Fat	0g		Sugars	1g
<b>Cholest.</b>	15mg	5%	<b>Protein</b>	3g
<b>Sodium</b>	890mg	37%		
*Percent Daily Values (DV) are based on a 2,000 calorie diet.				
Satisfaction guaranteed				

27. How much sodium is in one serving of soup?

- a. 15mg
- b. 890mg\*
- c. 445mg
- d. 2225mg

28. A person with heart failure who is trying to limit their fluids may reduce symptoms of thirst by:

- a. Chewing gum or sucking hard candy\*
- b. Cutting back on their medications
- c. Drinking small amounts every 30-60 minutes to prevent thirst
- d. Warming fluids before drinking

29. If a person with heart failure forgets to take their medicine, they should:

- a. Take their medicines as usual the next day

- b. Take the medicines as soon as remembered\*
- c. Take double the dose the next day
- d. Call their doctor immediately

30. It is important for a person with heart failure to:

- a. Make sure they get the flu shot every year
- b. Receive the pneumovax vaccination to prevent pneumonia
- c. See their heart failure doctor regularly
- d. All of the above\*

## Reference

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# Development, Psychometric Testing, and Revision of the Atlanta Heart Failure Knowledge Test

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**Background and Research Objective:** Several heart failure (HF) knowledge tools have been developed and tested over the past decade; however, they vary in content, format, psychometric properties, and availability. This article details the development, psychometric testing, and revision of the Atlanta Heart Failure Knowledge Test (A-HFKT) as a standardized instrument for both the research and clinical settings. **Participants and Methods:** Development and psychometric testing of the A-HFKT were undertaken with 116 New York Heart Association (NYHA) class II and III community-dwelling HF patients and their family members (FMs) participating in a family intervention study. Internal consistency, reliability, and content validity were examined. Construct validity was assessed by correlating education level, literacy, dietary sodium ingestion, medication adherence, and healthcare utilization with knowledge. **Results:** Content validity ratings on relevance and clarity ranged from 0.55 to 1.0, with 81% of the items rated from 0.88 to 1.0. Cronbach's alpha values were .84 for patients, .75 for FMs, and .73 for combined results. Construct validity testing revealed a small but significant correlation between higher patient and FM knowledge on sodium restriction questions and lower ingested sodium,  $r = 0.17$ ,  $P = .05$  and  $r = 0.19$ ,  $P = .04$ , respectively, and between patient knowledge and number of days that medications were taken correctly (diuretics:  $r = 0.173$ ,  $P = .05$ , and angiotensin-converting enzyme:  $r = 0.223$ ,  $P = .01$ ). Finally, patients seeking emergency care or requiring hospitalization in the 4 months before study entry were found to have significantly lower FM knowledge using both t test and logistic regression modeling. **Conclusions:** The A-HFKT was revised using the content and construct validity data and is available for use with HF patients and FMs. The construct validity testing indicates that patient knowledge has a significant relationship to aspects of self-care. Furthermore, family knowledge may influence patient adherence with sodium restriction and healthcare utilization behavior.