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.

<table>
<thead>
<tr>
<th>Activity</th>
<th>Yes</th>
<th>No</th>
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<tbody>
<tr>
<td>3. Avoid salty foods</td>
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<td>4. Drink lots of fluids</td>
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<td>5. Stop smoking</td>
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<tr>
<td>6. Drink alcoholic drinks each day to relax</td>
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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:
   - Removing extra fluid and salt from the body
   - Causing blood vessels to get smaller
   - Blocking the harmful effects of stress hormones*
   - Improving blood counts (reducing anemia)

10. People who have heart failure take diuretics (Lasix, "water pills") so that:
   - Their kidneys will make more urine and pass more water*
   - Their heart will beat more steady
   - The blood vessels in their body will widen or relax
   - Their heart will pump stronger

11. People with heart failure who are taking a diuretic (“water pill”) need to:
   - Know if they need to take extra potassium with their water pill*
   - Take the diuretic after 3-4 pm in the day
   - Not worry about signs and symptoms of dehydration
   - 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
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

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