

Learn AFib by Heart

*Learn the signs of atrial fibrillation (AFib) —
know how you can act and adapt to reduce stroke risk*

Resource List

The lesson provides suggested American Heart Association/American Stroke Association resources. You can tailor the lesson to your specific community needs. Add more resources or substitute different ones to make the lesson work best for your community.

Are mostly families attending? Pick at least one activity that engages children. For ideas, check out the American Heart Association's Healthier Kids resources (<http://bit.ly/1Hwez4p>).

Is the program aimed at adults? Keep participants interested by breaking them into small groups to review a resource. Ask each group to share what they learned with the full group.

No audiovisual equipment? No worries. Make copies of printed handouts. Ask participants to take turns reading aloud key messages.

Have a projector? Great. Use the slides to guide your talk, and download an American Heart Association video for one of your interactive activities.

Have a good Internet connection? Show one of the American Heart Association videos, break participants into groups to take an online quiz or give a demo of an online tool.

Think about which formats best teach the health messages to your community members. Consider what type of information is most motivating for your community.

The icon in front of each resource tells you the format of that activity. Below are tips on how to incorporate that activity into the lesson and how much time to budget for it.



Video: Play the video and engage participants in a discussion after the viewing.



Printed Handout: Ask volunteers to take turns reading the information on the handout.



Group Discussion: Break participants into small groups. Ask each group to review the resource and report what they learned to the full group.



Online Tool: Give a short demonstration of the tool. Encourage participants to make a note of the URL so they can access it from home.

Point #1: Learn about atrial fibrillation (AFib) – signs, symptoms and increased stroke risk.



AFib Awareness PSA
(1 minute)
<http://bit.ly/1Liwgqw>



The Faces of AFib:

- Carl Romero (3 minutes, 26 seconds) <http://bit.ly/1jmiSaE>
- Jane Golub (3 minutes, 8 seconds) <http://bit.ly/1jvHIEA>
- Karen Christensen (3 minutes, 19 seconds) <http://bit.ly/1Lsv1Fv>



What are the Symptoms of Atrial Fibrillation (AFib or AF)?
(10-15 minutes to review the symptoms of AFib)
<http://bit.ly/1tN9Y59>



AFib Animation
(10-15 minutes to review the AFib animations online)
<http://bit.ly/1yjaWZl>






FAQs of Atrial Fibrillation (AFib or AF)
(5-10 minutes to review key points)
<http://bit.ly/1IQYlpk>









What Is Atrial Fibrillation?
(5-10 minutes for small-group discussion)
<http://bit.ly/1JgZRMQ>


From “AFib 5: A Guide To Your Healthiest Life With AFib”







-  Learn About AFib & Your Heart
(2 minutes, 6 seconds)
<http://bit.ly/1jeJFpx>
-  Identify Your Potential AFib Risks
(2 minutes, 22 seconds)
<http://bit.ly/1VHTItA>
-  Patient Story—Marcie Wilson
(1 minutes, 45 seconds)
<http://bit.ly/1WQ5TMJ>

Point #2: Talk to your healthcare provider. Learn how AFib can increase stroke risk.

-  AFib: Partnering in Your Treatment
(5-10 minutes—print web page and review the questions)
<http://bit.ly/1pH9FEE>
-  Simplifying Your Atrial Fibrillation Treatment Plan
(3-5 minutes to review key points)
<http://bit.ly/1Ooeh4z>
-  Let's Talk About Stroke, TIA and Warning Signs
(5-10 minutes to review key points online)
<http://bit.ly/1htc09z>
-  Identify Your Potential AFib Risks: Know Your Risk for Stroke
(5-10 minutes for online tool demo, internet connection required)
<http://bit.ly/1Oof4T9>
-  Learn about AFib and Your Heart: Know Your Symptoms
(3-5 minutes to review key points)
<http://bit.ly/1RwIDQN>
-  Work With Your Healthcare Team
(1 minute, 30 seconds)
<http://bit.ly/1LkJS4H>

Point #3: Live with AFib. Reduce your stroke risk.

-  The AFib Five: 5 Steps to Your Healthiest Life with AFib
(5-10 minutes to review key points; encourage participants to download later)
<http://bit.ly/1INI9u3>

-  How Do I Manage My Medicines?
(3-5 minutes to review key points; encourage participants to download later)
<http://bit.ly/1JVIAYu>
-  Medicine Chart
(3-5 minutes to review key points; encourage participants to download later)
<http://bit.ly/1tf5FBP>
-  Let's Talk About Risk Factors for Stroke
(3-5 minutes to review key points; encourage participants to download later)
<http://bit.ly/1jez2Cv>
-  Answers by Heart Fact Sheets: Lifestyle and Risk Reduction
(5-10 minutes to review fact sheets; encourage participants to download later)
<http://bit.ly/1N2oG2K>
-  Heart360
(5-10 minutes for website demo, internet connection required)
www.heart360.org
-  What Are Anticoagulants and Antiplatelet Agents?
(3-5 minutes to review key points; encourage participants to download later)
<http://bit.ly/1jeB4T6>
-  The AFib Five: Patient Story—John Criswell
(3 minutes, 2 seconds)
<http://bit.ly/1NradR4>
-  Understand Your Options. Work With Your Healthcare Team.
(3-5 minutes to review key points; encourage participants to download later)
<http://bit.ly/1L9OTts>
-  Learn about AFib and Your Heart. Create Healthy Habits.
(3-5 minutes to review)
<http://bit.ly/1JVMuR4>
-  From “My AFib Experience”
(3-5 minutes each, review key points; encourage participants to download later)
 - Vitamin K Guides (for patients on warfarin) <http://bit.ly/1L2FbLm>
 - Symptom Tracker <http://bit.ly/1Eg07il>
 - Food Diary <http://bit.ly/1Vlghca>
-  What Are the Warning Signs of Stroke?
(3-5 Minutes to review key points; encourage participants to download later)
<http://bit.ly/1VHW1SO>

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