





Internet Video Resources for Heart Failure

Patient Information • Cardiac Services

www.interiorhealth.ca

There are many resources on the internet however not all will display accurate information. Below is a list of trusted internet resources for cardiac health. Open camera on phone, focus on image (QR Code), tap website link to open document.

Public website – Interior Health	Interior Health (IH) website www.interiorhealth.ca 	IH Heart Failure information https://www.interiorhealth.ca/health-and-wellness/heart-health/heart-failure 
Managing Heart Failure: Edubite Series	<ol style="list-style-type: none"> 1. Heart Failure and Heart Function Clinics 2. Heart Failure Zones and the Role of a Medication Action Plan 3. The Role of Sodium and Fluid 4. Keeping Active 5. Medications 6. Mental Health Well Being 7. Goals of Care for Patients 8. Cardiac Device Education for Patients 	
Mindfulness and Pause Practice Videos	<ol style="list-style-type: none"> 1. From the Heart Pause Practice 2. Setting Intentions Pause Practice 3. Receiving Hope + Releasing Fear Mindfulness Practice 	

Call 8-1-1 Healthlink BC www.healthlinkbc.ca	Nurse	24 hours a day	Daily	Call 8-1-1 to speak with a nurse, ask a dietitian about nutrition, or a pharmacist about your medication.
	Dietitian	9 a.m. – 5 p.m.	Mon – Fri	
	Pharmacist	5 p.m. – 9 a.m.	Daily	
	Hearing Impaired	Call 7-1-1		