Cardiology

with Dr. Nicole B. Cyrille-Superville

Talking *points*

Knowledge & Comprehension

1. What is heart failure with preserved ejection fraction (HFpEF)?
2. What are social determinants of health, and why do you think they are important in cardiology?
3. What are the methods and aims of the HeartShare project?
4. Nicole blends her clinical work with her research. How does she do this, and what are the advantages?

Application

5. Nicole visits churches and community centers to get a better understanding of the challenges and motivations of her patients. Why do you think this is helpful for her role as a cardiologist? Where else could you visit to better understand different groups of people in your local community?
6. What areas of cardiology interest you most, and why? What steps could you take now if you wanted to pursue a career in cardiology?

Analysis

7. Why is health literacy important? How can it help a patient with heart failure? What are the challenges in providing suitable health resources for patients?

Evaluation

8. Nicole wants to ensure that representative groups are enrolling in medical trials. Why do you think this is important? What challenges might there be in achieving this?

Let us know what you think of this educational and career resource. To provide input, simply scan the QR code or use this link: **redcap.school.wakehealth.edu/surveys/?s=NPK347RYHCR3FNDC**

Activity

Being diagnosed with heart failure can be a worrying time for patients and their loved ones. Nicole talks about the need for more health resources, to help patients better understand their condition. With this in mind, design an informative, understandable, and engaging resource.

Include the following:

- What heart failure is, including symptoms and the impacts they can have.
- What treatment options are available.
- Lifestyle changes a patient may want to make that can help them with their recovery. You can find information about this on the American Heart Association (**heart.org**) and the British Heart Foundation (**bhf.org.uk**) websites.
- What support options are available to patients with heart failure. You could research support services in your local area and include telephone numbers or website address.

Decide what kind of resource you want to create. It could be a poster, leaflet, short audio recording, or short video. Think about the factors that Nicole said were important in a health resource; it will need to be understandable for someone with the health literacy of a 10-year-old, and you may want to take into consideration that the patient could have declining vision or hearing. Think about how your resource could appeal to the likely audience – Nicole said that heart failure most often affects older people, women, and underrepresented minority groups.

Finally, think about how you can make your resource interesting and engaging, while also bearing in mind how a heart failure patient may be feeling and being sensitive to the worries they may have.

Share your research with your fellow students and have a look at theirs. What do you think you have done well? How clear do you think the information is? What would you do differently in the future?

More *resources*

- Visit Nicole's Futurum webpage to read her article in Spanish and to find an animation, podcast and PowerPoint about her work: **futurumcareers.com/cardiology-with-dr-nicole-b-cyrille-superville**
- This TED talk explores how social determinants of health impact healthcare: **ted.com/talks/veronica_scott_fulton_how_social_determinants_impact_healthcare?language=en**
- The Heart podcast (**heart.bmj.com/pages/heart-podcast**) and the Cardionerds podcast (**cardionerds.com/episodes**) both contain interviews with cardiologists and cover a wide range of topics.