

Spotlight on Coronary Heart Disease

[Social prescribing in cardiology: rediscovering the nature within us. Howarth, M & Lister, C. British Journal of Cardiac Nursing. 2019; 14\(8\): 1- 9](#)

[Comorbidity in patients with cardiovascular disease in primary care: a cohort study with routine healthcare data. Buddeke, J et al British Journal Gen Pract. 2019; 69\(683\):e398-e406](#)

[Links between mental and heart health. Mendes, A. British Journal of Nursing. 2019; 28 \(20\): p1335](#)

BMJ Best Practice

[Stable Ischaemic Heart Disease](#)

BMJ

[Light smoking confers up to half the amount of the cardiovascular risk associated with smoking a pack of cigarettes a day.](#)

Dynamed

[Acute Coronary Syndromes](#)

[Management of Stable Angina](#)

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All these journals are free to access online via the Knowledge Network library.
Click on the links to see more:

[British Heart Journal](#)

[British Journal of Cardiac Nursing](#)

[Coronary Artery Disease](#)

[European Heart Journal](#)

[Heart](#)

E- Books:

[10 Minute Consultation Cardiovascular Risk, Aldegather, Jihad, 2010](#)

[Manual of coronary heart diseases, Chatterjee, K, 2014.](#)





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Information to Support Patients

[NHS Inform - Coronary Heart Disease](#)

[British Heart Foundation](#)

[Chest, Heart and Stroke Scotland](#)

[Heart attack: Questions to ask your Doctor – patient information from BMJ](#)



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Remember health literacy issues

It can be difficult when working with patients to know whether the information you are providing is being understood. People may hide any communication or understanding issues they have. Therefore, it is key that practitioners communicate in an effective manner. Use these communication techniques:



Teach Back is a simple way to check understanding. Ask the person to tell you in their own words. Say that it is not a test but you would like to make sure that you have explained everything correctly.



Break down the information that you need to discuss and that you need the person to understand into smaller more manageable chunks rather than providing it all at once.

For more information visit www.healthliteracyplace.org.uk



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