

# Appointment with a nurse in the field of cardiology (heart failure)

**The cardiology nurse teaches the patient and their loved ones to monitor for signs of disease. If necessary, they will also organise outpatient monitoring.**

The following are topics covered during cardiac insufficiency consultations:

- nutritional and lifestyle consultation
- training in self-monitoring and explaining the treatment regimen
- monitoring of blood analyses and adjusting the treatment on the basis of it
- identifying the risk factors of cardiovascular diseases
- developing an individual prevention system
- monitoring medication adherence

A cardiologist of AS ITK will refer the patient to an appointment.