

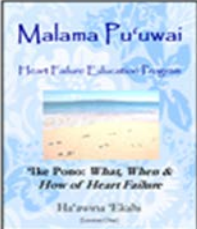
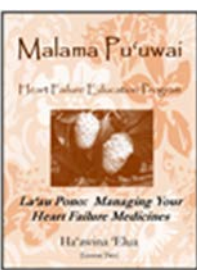
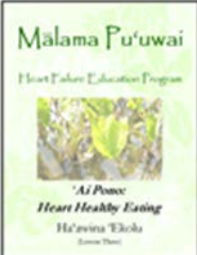
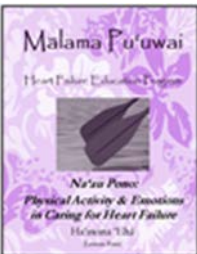


# Mālama Pu'uwai Study

The Mālama Pu'uwai Study is a randomized clinical trial conducted by the Queen's Medical Center and the Department of Native Hawaiian Health at John A. Burns School of Medicine at University of Hawaii. This project is funded by the National Institute of Health – National Heart, Lung and Blood Institute (U01-HL079163, NCT00101465). The purpose of this research study is to determine if a community-based, culturally-competent education and support program for heart failure will reduce heart failure hospitalizations and all-cause mortality compared to usual care in Native Hawaiians and Pacific Peoples with moderate to severe heart failure.

During the recruitment period (June 2006 – April 2010), 377 congestive heart failure patients hospitalized in the Queens Medical Center were screened. 189 individuals were consented (agreed to participate in the study) and 151 Native Hawaiians and Other Pacific Islanders were randomized (met eligibility criteria based on medical record review post-discharge) into the study for 1 year. 76 participants were randomized to the Intervention arm and 75 participants to the Control (usual care) arm. Participants in the intervention arm received 4 face-to-face educational sessions (**Mālama Pu'uwai Program**) delivered every 2 weeks by the study nurse educator. After the completion of the 4 sessions, participants received phone calls to reinforce the lessons in the monitoring phase. Participants in the Control arm received 4 heart failure education materials in mail and the monitoring phase followed via postcard mailings.

**The Mālama Pu'uwai Program consists of the following educational lessons:**

Lesson:	Summary:
 <p><b>Ha'awina 'Ekahi</b> <i>The Pono: Signs and Symptoms of Heart Failure</i></p>	<ul style="list-style-type: none"> <li>✚ Description and common cause of heart failure (HF)</li> <li>✚ Self-recognition of signs and symptoms of HF</li> <li>✚ Identifying signs and symptoms, to seek medical care</li> <li>✚ Daily weight: Symptoms / signs of volume overload</li> <li>✚ Treatment plan for HF</li> </ul>
 <p><b>Ha'awina 'Elua</b> <i>La'au Pono: Managing Your Heart Failure Medicines</i></p>	<ul style="list-style-type: none"> <li>✚ Understanding the relationship between medications and HF</li> <li>✚ Expected benefits from medications</li> <li>✚ Common types of medications used for HF</li> <li>✚ Possible side effects</li> <li>✚ Use of diuretics to manage symptoms of volume overload</li> </ul>
 <p><b>Ha'awina 'Ekolu</b> <i>'Ai Pono: Heart Healthy Eating</i></p>	<ul style="list-style-type: none"> <li>✚ Importance of healthy diet for HF</li> <li>✚ Impact of diet, salt (sodium) intake and fluid intake on symptoms</li> <li>✚ How to read food labels</li> <li>✚ Plan healthier meals for HF</li> </ul>
 <p><b>Ha'awina 'Eha</b> <i>Na'au Pono: Physical Activity &amp; Emotions in Caring for Heart Failure</i></p>	<ul style="list-style-type: none"> <li>✚ Importance of physical activities in controlling HF</li> <li>✚ Impact of lifestyle health behaviors and HF status</li> <li>✚ Tips about physical activities</li> <li>✚ Self-recognition of emotional well-being</li> <li>✚ How to deal with depression, anxiety and stress</li> </ul>