

Assessing salt literacy in CHF patients using an image-based approach.

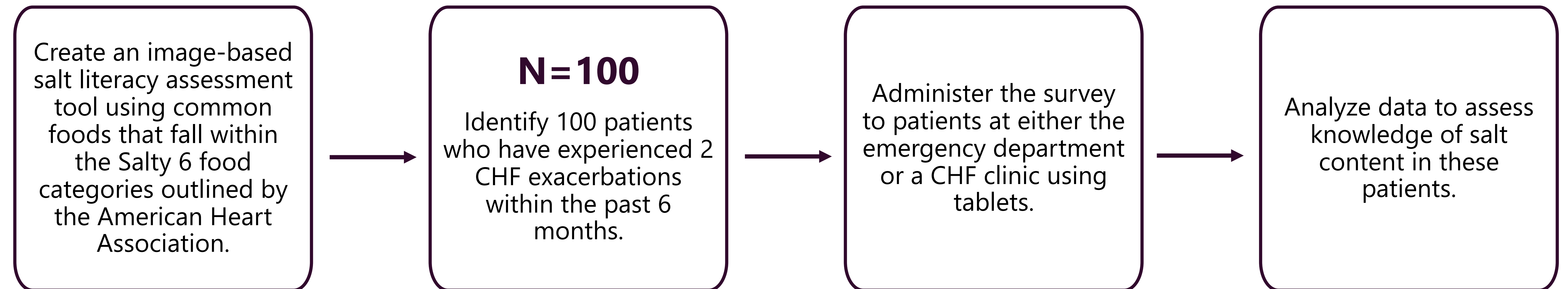
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Background

- Common non-cardiac reasons for congestive heart failure (CHF) exacerbations include medication nonadherence and **dietary indiscretion**.
- Patients with CHF are often instructed to restrict their salt intake.
- Our **objective** is to conduct a cross-sectional assessment of salt content knowledge in 100 patients who have experienced two exacerbations of CHF in the past 6 months.
- We **hypothesize** that patients may not realize how much salt is in common foods they eat regularly.

Methods



Results & Significance

- We have created the assessment tool and will begin data collection soon
- The image-based assessment tool provides researchers a new way to assess salt knowledge in different patient groups.
- This data will serve to **reveal knowledge gaps** in patients who are experiencing CHF exacerbations due to dietary indiscretion.
- Looking ahead, the data collected will provide a foundation for future studies and insight for physicians to provide targeted dietary advice to their congestive heart failure patients.

Acknowledgements

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References

- *The Salty 6 Infographic*. (2021, March 19). American Heart Association. <https://www.heart.org/en/healthy-living/healthy-eating/eat-smart/sodium/salty-six-infographic>