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

**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**

Create an image-based salt literacy assessment tool using common foods that fall within the Salty 6 food categories outlined by the American Heart Association.

N=100
Identify 100 patients who have experienced 2 CHF exacerbations within the past 6 months.

Administer the survey to patients at either the emergency department or a CHF clinic using tablets.

Analyze data to assess knowledge of salt content in these patients.

**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.

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**References**