

New Program Assists CHF Patients

New York Methodist is pleased to introduce our Congestive Heart Failure Volunteer Intervention Program (CHF-VIP). CHF-VIP was created to enhance patients' understanding of Chronic Heart Failure and to teach patients practical techniques and skills to help manage their disease. CHF-VIP Volunteers partner with patients and NYM professional staff to bridge the gap in patient information through education.

Volunteers interview CHF patients, using health literacy techniques, to determine the patient's knowledge and ability to grasp the importance of ongoing maintenance of this disease (including: medication regimens, daily weight management, diet adherence and the importance of consistent follow up with physician through post-discharge appointments). To support the patient at home the volunteers make follow-up phone calls to: boost patient involvement, improve patient awareness, with the goal to ultimately reduce rates of re-hospitalization within 30-days. CHF-VIP Volunteers will also be responsible for assisting with mobilization of patients, distributing meal trays, stocking supplies, and any other tasks that facilitate patient-centered care.

Highlights of the CHF Program:

- Volunteer training by Vice President of Nursing, Director of Non-invasive Cardiac Imaging, and Social Work
- One-to- One patient education on CHF management skills
- Weekly follow-up calls to discharged patients for the first month to provide on-going education regarding daily weights, medication compliance, awareness of CHF symptoms, diet and exercise

Best suited for those with an interest in...

- Public health
- Health Literacy
- Pre-med students
- Cardiology
- Nursing

***This program requires

- Initial application and interview
- Completion of medical clearance and general orientation
- CHF specific group training-HAPPENS DURING WORK WEEK
- CHF volunteer-to-volunteer training
- 8-10 hours a week, with at least 4 hours during 8a-4p, Monday-Friday.
- FULL 6 MONTH COMMITMENT

How to apply **Only applicants who complete all steps will be considered**

1. **Complete online application at** www.nym.org/Get-Involved/Volunteer-Opportunities/How-to-apply-to-volunteer.aspx
2. **Email resume and short essay (see below) to** mit9035@nyp.org **SUBJECT LINE: CHF VIP APPLICANT**

Essay question: Brief description how you believe this program will prepare you for a health-related career.