

SMHeartCard Assessment for Pharmacist review



My Name: _____

My date of birth: _____

My heart attack risk factors

- I have angina
- I have had a heart attack
- I have high cholesterol
- I have diabetes
- I have high blood pressure
- I smoke / I used to smoke
- I am over 50 years old
- I don't exercise regularly
- I have blood relatives with heart disease
- Sometimes I'm far from emergency care
- I want SMHeartCard for first aid

Cautions

- I have low blood pressure
- I take Viagra (sildenafil) or Cialis (tadalafil) or Levitra (vardenafil)
- I am allergic to Aspirin / ASA or NSAIDs
- I have other medical conditions:

Why carry SMHeartCard?

SMHeartCard gives you instant access to emergency heart attack pills, ASA and Nitroglycerin. Quick treatment improves your chances to survive a heart attack. One third of Canadians having a heart attack don't survive long enough to get to a hospital.

Pharmacist review

Client Name: _____

- History of angina, coronary disease
- Hypertension
- Hyperlipidemia
- Diabetes
- Peripheral vascular disease
- Current smoker Prior smoker
- Age > 50 years
- Sedentary lifestyle
- Obese / BMI > 30
- Works away from emergency care
- Vacations away from emergency care

Cautions:

- Known hypotension
- Interaction Viagra with 24 h of NTG or Cialis / Levitra within 48 h of NTG

Contraindication:

- ASA / NSAID allergy

Pharmacist Intervention

- No intervention required
(continue lifestyle interventions)
- Smoking cessation aid and discussion
- Medication adjustments
- Provided SMHeartCard and teaching
- Other _____

Pharmacist signature: _____

Patient label here

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Patient Instructions: How do I use SMHeartCard?

What is inside a filled SMHeartCard?

When loaded with pills SMHeartCard holds four ASA 81 mg pills and three Nitroglycerin pills.

How do I know when I need fresh pills?

There is a label on the back of the card. The expiry date is circled and it is 6 months after each filling.

When should I use SMHeartCard?

A heart attack can give you feelings of chest pain, upper body pain, shortness of breath, sweating, or dizziness. If you might be having a heart attack, put the SMHeartCard flat. Pull the caps off. CHEW and swallow the four ASA tablets. Put a NTG tablet UNDER YOUR TONGUE. If your symptoms continue after 5 minutes, put the second NTG tablet under your tongue and call 911. If chest pain continues 5 minutes more, put the third NTG tablet under your tongue. Even if your symptoms go away, see your doctor.

When should I NOT use SMHeartCard?

Don't use if you are allergic to ASA. Don't use NTG if you've taken Viagra (sildenafil) or Cialis (tadalafil) or Levitra (vardenafil) within 48 hrs.

I have more questions!

See www.smheartcard.ca
or call 1-780-965-7678 for answers.

SMHeartCard is made in Canada for
Canadians.



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