

## MODULE 1 - ALL ABOUT HEART DISEASE: HOW DIET AND CHOLESTEROL ARE CONNECTED

**Terminal Objective #1: The learner will compare therapies for reducing blood cholesterol levels for the most effective and least detrimental.**

Enabling Objectives	Assessment	Absorb Activity	Do Activity	Connect Activity
Describe how cholesterol impacts the cardiovascular system.	Pre-test; check for understanding web-based sequence question quiz asking the learner to demonstrate sequence of events that result in end-stage ruptured arterial plaques	<a href="#">Watch video animation how cholesterol clogs your arteries</a>	<p>Individual pre-test before instruction.</p> <p>At the start of the course, large group brainstorm to complete KWL chart about cholesterol, heart disease and nutrition impact on health.</p> <p>Small group sequence question activity. In small groups, learners create a sequential order for the events that lead to atherosclerosis.</p>	
Identify dietary source of cholesterol and other foods that negatively impact blood cholesterol levels.	Image Selection activity to check for understanding using visual matching list of foods	Watch film- <i>Forks Over Knives</i>	<p>Small groups activity:</p> <ol style="list-style-type: none"> <li>1. Select the food that is a source of dietary cholesterol.</li> <li>2. Select the food that increases serum cholesterol.</li> <li>3. Select the best healthy choice foods.</li> </ol>	

<p>Discuss why nutrition is a viable alternative to, or combination with, statin drugs to lower blood cholesterol levels and improve cardiovascular health.</p>	<p>Small group presentation; check for understanding using case study scenario</p>	<p>1. Watch videos about the Numbers Needed to Treat (NNT) and Numbers Needed to Harm (NNH) which explain relative versus absolute risk:  <a href="#">-NNT</a>  <a href="#">-NNH</a></p> <p>2. Read <a href="http://thennt.com">thennt.com</a> pages for statins  <a href="#">-Heart Disease Prevention With Known Heart Disease</a>  <a href="#">-Heart Disease Prevention Without Prior Heart Disease</a></p>	<p>Small group project presentation - Each small group is given a unique case study of an individual who presents with high cholesterol. Considering all known factors (age, life style, bio-markers, evidence of heart disease or disease progression) what treatment or combination would you recommend if you were their loved one (wife, brother, friend)? Would you recommend the same treatment if you were their doctor? Why?</p>	
<p>Given a list of medical outcomes, learner will correctly identify known side effects of statin drug therapy.</p>	<p>Response journal</p>	<p>1. Watch slide presentation on statin side effects  2. Read:  <a href="#">Who Should Take Statins? Everyone or No One</a>  3. Watch 1-2 selected videos:  - Forks Over Knives Extended Interviews</p>	<ul style="list-style-type: none"> <li>• Think/Pair/Share - reflect on new information including personal experiences with heart disease and/or treatment for the condition in family or friends, and discuss concerns for yourself going forward.</li> <li>• Revisit beginning of course KWL chart and add Further Wanderings</li> </ul>	<p>Response journal on the questions - 1-Considering your health and current cholesterol numbers and new information on statins efficacy, how do you chose to move forward today to reach your health goals? (i.e. statins only, statins in combination with diet changes, or diet changes only); 2) Do you have any questions or concerns?</p>