

Free Cardiac Health Education Videos

The North West Coast Cardiac Clinical Network has made a set of easy-to-understand videos to help you learn about heart health. These videos were made by doctors, nurses, patients, charities and other helpers. They worked together to make sure the videos are helpful and friendly for everyone.

The videos talk about important heart topics, including:

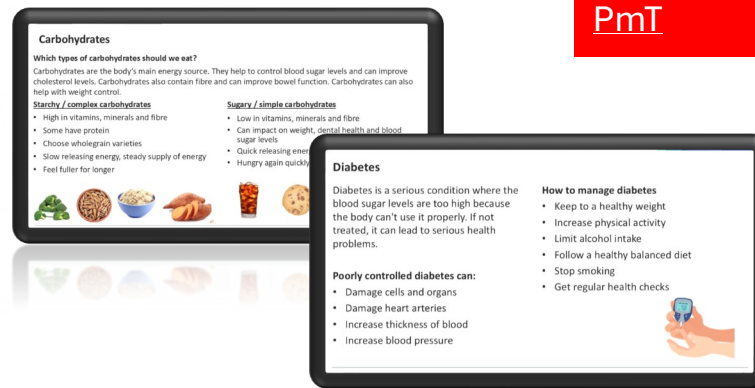
- **Adult Basic Life Support**
- **Cardiovascular Risk Factors**
- **Coronary Heart Disease and How the Heart Works**
- **Healthy Eating**
- **Mental Health and Wellbeing**
- **Physical Activity and Exercise**
- **Understanding Your Medicines**



Access the videos-

<https://youtube.com/@northwestcoastclinicalnetworks?si=eaXRruyPGSPVTpMT>

On reviewing existing resources, the Network realised that most of the patient information available is lengthy, only available in written/booklet format and typically only available in English. To maximise accessibility, we wanted to create a resource that was interesting, interactive, informative but in bitesize form which can be viewed/listened to via a smart device. Each video has been designed to be concise (10 minutes) but informative, to use uncomplicated words, to include a voiceover and available in multiple languages



Available in English, Arabic, British Sign Language, Cantonese, Polish, Romanian, Russian, Urdu



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