



Get the most out of online learning with the Heart Foundation

E learning is an efficient and cost effective way to grow confidence and competence around skills and knowledge

A free online course to support health professionals successfully design and deliver CV risk assessment and management and support people to stay well with heart failure

Below are some of the eLearning challenges and ways the Heart Foundation has attempted to overcome these and what you can do to enhance your learning online.

Interesting and engaging material

Interactivity between material and learner is important for transmission of ideas. Catering for different styles of learning such as audio or visual as well as having quizzes are just a few ways to make it more engaging. The CVD eLearning avoids large pieces of reading, has videos and audio material and a short quiz at the end of each module

Structure

Started but never finished? Working in a self-paced manner takes motivation. Develop a study/work schedule rather than seeing learning as an add-on will help you focus on completion. It is also important for the material to be relevant, engaging and innovative- this will ensure you want to get back to it!

Organizational Support

Let others know what you are doing, when you are doing it and what you need from them e.g. use of a computer, uninterrupted time. Telling others what you are learning engages the whole practice/organization, encourages others to give it a go and consolidates your own learning.

Technical support

Frustrated with technology? Technical issues plague the most computer literate people! Don't hesitate to ask around, try "google" for an answer or you can contact Kineo healthonline@support.kineo.co.nz or the Heart Foundation jannaa@heartfoundation.org.nz for advice.

Exploring links provided and sharing information

There are many links in the program for you to explore. Disseminating or pulling apart information, seeing how it relates to other things and solving problems means you take full advantage of the learning provided. You may like to print an article or page of interest and share it with colleagues, highlight sections you found interesting and leave it in the staff room.

Discussion and questions

Having discussions, questions, informal testing, non-verbal cues, brainstorming and problem solving promotes learning. Starting the course with others, for example in a peer group, and setting time aside to discuss module content with each other will make the most of your eLearning.

Good Luck!



Available at www.learnonline.health.nz

- Anyone can do the program; you can do all or some of the modules in any order you like
- Come back to where you finished last time, in a time that suits you
- Certificate with time spend or MoPs/CNE points on completion of each module and at the end
- There are five modules and it will take about approx. 2.5 hours

NEW- Heart Foundation Stop Smoking eLearning program- AVAILABLE SOON

Want to critique the content?

We encourage inquisitive minds and are mindful at the pace new knowledge appears.

We regularly update material and need your feedback!