

vCHAT



This study uses digital (online) behavioral counseling via videos, tools, and trackers; weekly webcasts; and social network support to improve health status and quality of life for persons living with chronic heart failure (CHF). Other outcomes include promoting health literacy, self-care, and peer support.

YOU MAY QUALIFY IF YOU:

- Are living with chronic heart failure

PARTICIPATION INVOLVES:

- Weekly webcasts cohosted by a health care professional and person with lived experience of CHF
- Accessing online behavioral counseling materials for CHF self-care
- Participating in chatroom discussions about topics related to CHF self-care and quality of life

BENEFITS OF PARTICIPATING

- Strengthen your knowledge, skill, and confidence in managing your CHF condition
- Receive free online digital counseling and social network support

LOCATION & TIME FRAME

Sites that are currently enrolling participants include: the University Health Network, Sunnybrook Hospital, Mount Sinai Hospital, and The Ottawa Hospital. All participation will be virtual.

This study is in progress, and it will continue until late 2022.

FOR MORE INFORMATION

If you are interested in participating in this study and would like further information, please contact Julia Wong at 416-340-4800 ext. 6400, vCHAT or email: odyssee@uhnresearch.ca