

**Additional file 1 - Description of the “Curriculum Heart Failure”**

<b>Module (Trainer)</b>	<b>Time (min)</b>	<b>Content</b>	<b>Methods</b>	<b>Materials</b>
Module 1: Heart failure – what does it mean and how can it be treated? (Physician)	60	Introduction to the program (content, targets, organization); HF: aetiology, symptoms and signs, diagnostics, treatment options, non-surgical device treatment, surgery, pharmacological treatment	Interactive short lectures, group discussion, homework	ppt-presentation, flipchart, educational booklet with HF information and worksheets (“the causes of my illness”), symptom-monitoring diary with worksheet (“my medication report”)
Module 2: Heart failure – what can I do on my own? (Nurse, physician)	75	Lifestyle and self-care recommendations for cardiac patients and HF patients; symptom-monitoring; fluid balance; management of fluid and sodium intake; signs and management of fluid overload and deterioration; daily weight, pulse and blood pressure monitoring	Interactive short lectures, group discussion, individual work and homework	ppt-presentation, flipchart, educational booklet with HF information and worksheets (“my individual recommendations for a healthy life”, “how much do I drink in everyday life”), symptom-monitoring diary
Module 3: Heart failure – how can physical activity help? (Physiotherapist, exercise therapists)	60	Physical activity recommendations for HF patients; experience with physical activity; individual ideas for physical activity after discharge; action and coping planning; action control	Interactive short lectures, partner work/group discussion, homework.  Behavior change techniques [21]: 1, 21, 18, 5, 7, 8, 10, 16 <sup>a</sup>	ppt-presentation, flipchart, educational booklet with HF information and worksheets (“my activity plan”, “my activity record”)

Module 4: Heart failure – what changes in everyday life may arise? (Psychologist)	60	Illness burden and coping in everyday life; recognizing emotional distress, depression and anxiety; coping and seeking (professional) help; coping with sexual difficulties	Interactive short lectures, group discussion, individual work, relaxation exercise (optionally)	ppt-presentation, flipchart, educational booklet with HF information and worksheet (“peer stories”)
Module 5: Heart failure – how can medicine help? (Physician)	60	HF medicines (main types, common side effects); medication adherence - unintentional and intentional barriers for taking medicine and corresponding management strategies; daily weight, pulse and blood pressure monitoring at home; physical activity plans; individual “take-home-messages”	Interactive short lectures, group discussion, individual work	ppt-presentation, flipchart, educational booklet with HF information and worksheets (“tips for taking medicine as prescribed”, “my activity plan”), symptom-monitoring diary and worksheet (“my medication record”)

The detailed trainer manual is available in German and can be requested from the authors.

<sup>a</sup> 1 indicates “provide information on consequences of behavior in general”; 5, “goal setting (behavior)”; 7, “action planning”; 8, “barrier identification/problem solving”; 10, “prompt review of behavioral goals”; 16, “prompt self-monitoring of behavior”; 18, “prompt focus on past success”; 21, “provide instruction on how to perform the behavior”.