

## Mobile app intervention to support heart failure management

**Location:** Canada-wide.

**Description:** People with heart failure are often asked to follow a sodium (salt) and fluid restricted diet to help manage their symptoms. However, many people have difficulty following these recommendations. Our research team has created a mobile app called the Sodium NavigatorHF to help people with heart failure to more easily learn how to apply a sodium and fluid restricted diet to their everyday life. We are conducting a study to find out if the Sodium NavigatorHF app helps patients with these dietary recommendations, including what they learn, how they apply what they learn to their everyday eating habits, and how much they like the app.

**Language:** English-only.

**Eligibility:**

- English speakers
- 18+ years
- have heart failure
- own an Android device

**Participant requirements:** Participants of the study will be invited to take part in a 60-minute introductory session with a research team member. The session will take place online using Zoom. During the session, the participant will learn about the study and have questions answered, complete questionnaire about dietary sodium, and be asked to download the Sodium NavigatorHF app on their Android device. Prior to the session, they will also be asked to complete an online three-day food record. After the introductory session, participants will use the Sodium NavigatorHF app for a 1-week period at home. After the 1-week period, the participant will be scheduled for 45-minute follow-up session with a research team member. This session will also take place via Zoom. At this time, the participant will complete questionnaires on dietary sodium and their experience using the app. After the session, they will be asked to complete another three-day food record.

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