

## Online Session 1 – Research and Analysis

### Session topic focus

How to carry out research based on predefined questions on the heart or the brain.

how to **distinguish between reputable and un reputable** sources of information, and the ability to **examine the implications of their research**.

### Pre-Session Task

Think about why you chose your source to answer the questions and note down your reason for discussion at the beginning of the session.

#### Activity time: 15-20 mins

1. What are cardiovascular diseases?
2. What is cognition?
3. What is heart failure?
4. What is dementia?

You can use the sources below or google search yourself for additional resources. These will also be used in the session

Use Padlet [here](#) to view resources and like the ones you've used in your research.

### Resources

#### Cardiovascular Sources

1. <https://www.bhf.org.uk/what-we-do/our-research/heart-conditions-research/heart-failure-research>
2. <https://www.who.int/health-topics/cardiovascular-diseases#tab=tab>
3. <https://www.heart.org/en/health-topics/heart-failure>
4. <https://www.heart.org/en/health-topics/heart-failure/treatment-options-for-heart-failure/medications-used-to-treat-heart-failure>

#### Dementia Sources

1. [https://www.who.int/health-topics/dementia#tab=tab\\_1](https://www.who.int/health-topics/dementia#tab=tab_1)
2. Dementia: Patient perspective:
3. A global perspective on Dementia: [WHO: Dementia – it affects us all](#)
4. [Five things you should know about dementia | Alzheimer's Society \(alzheimers.org.uk\)](#)
5. [Dementia medication | Alzheimer's Society \(alzheimers.org.uk\)](#)
6. Risk Factors : <https://www.youtube.com/watch?v=sNlpWHVKIkE>

#### Extra Resources

1. Data literacy and why context matters. <https://www.youtube.com/watch?v=oYcG5OxkMZU&list=PLID58IQe16nE-1980HOGDWsvf0skE2jvS&index=15>
2. Heart attack: <https://watchlearnlive.heart.org/?moduleSelect=hrtatk>
3. An understanding of Dementia: <https://www.youtube.com/watch?v=gKZhp2JNYyl>

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**Workbook Template**

Pre-session tasks	<ul style="list-style-type: none"><li>• What are cardiovascular diseases?</li><li>• What is cognition?</li><li>• What is heart failure?</li><li>• What is dementia?</li></ul>	
Why did you choose your sources?		
<b>Session Questions</b>		
Set A	1.How many people are affected by cardiovascular disease, dementia, (UK and worldwide) 2.Is there a cure for heart failure or dementia?	
Set B	1.What treatments are currently given out for heart failure / dementia? 2.Which health professionals do patients with cardiovascular disease or dementia see? 3.What can you learn from different perspectives	
Extra Notes / things to remember		