Million Hearts®: Partnering for Major National Impact
Presenters

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Symposium Objectives

1.) The learner will understand the Million Hearts initiative and the National Interprofessional Education and Practice Consortium to Advance Million Hearts.

2.) The learner will describe the Million Hearts Fellowship program.

3.) The learner will be able to identify 3 ways to integrate Million Hearts screenings and education into health sciences’ curricula and community outreach.
Heart Disease Burden

- **THE NATION’S #1 CAUSE OF DEATH**
- 600,000 people in the U.S. die of heart disease each year
- Someone has a heart attack every 34 seconds
- 1 in 31 women die from breast cancer whereas 1 in 3 die from heart disease

Stroke Burden

- Stroke is the fourth leading cause of death in the U.S.
- 800,000 people in the United States have a stroke each year
- One American dies every 4 minutes from a stroke; 130,000 Americans
- Over 85% of strokes are caused by blockage in the brain’s blood vessels
- Stroke often leads to long-term disability

Cardiovascular Disease Risk Factors

Risk Factors that CAN be changed

- High blood pressure
- High cholesterol
- Tobacco Smoke
- Overweight/Obesity
- Diabetes
- Physical Inactivity
- Unhealthy eating
- Depression
- Stress

Risk Factors that CANNOT be changed

- Race
- Older age (65 or older)
- Gender
- Genes
Considering all Causes of Morbidity and Mortality, Behaviors are the #1 Killer of Americans
Sitting Increases Risk of Heart Disease

SITTING IS THE NEW SMOKING
it's time to quit
KIRSTENBENTSON.COM

BEWARE OF THE CHAIR

÷Hearts®
WHAT IS THE MILLION HEARTS® INITIATIVE?
“The Million Hearts® initiative focuses, coordinates, and enhances cardiovascular disease prevention activities across the public and private sectors in an unprecedented effort to prevent 1 million heart attacks and strokes and demonstrates to the American people that improving the health system can save lives.”

- CDC, 2013
WHAT ARE THE ABCSs?
Know your ABCSs

- Appropriate Aspirin Therapy
- Blood Pressure Control
- Cholesterol Management
- Smoking Cessation
- Stress Reduction**

** Ohio State’s additional “S”
Controlling these risk factors can reduce risk of heart attack and stroke by more than 80%\(^1\)....

Look at the opportunity that exists!

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TAKING ACTION: REDUCING RISK
Appropriate Aspirin Therapy

• Benefits and risks of aspirin therapy should be assessed with each patient

• If it is determined that aspirin is right for a patient, then determine which dose is indicated:
  - One baby aspirin (81 mg) every day, or
  - One regular aspirin (325 mg) every other day

1. Agency for Healthcare Research and Quality, Taking Aspirin to Prevent Strokes
Blood Pressure Control

• If indicated, make sure the patient has been taking the medication as directed

• Lifestyle Modifications for blood pressure reduction include¹:
  - Weight reduction
  - Adoption of the Dietary Approaches to Stop Hypertension (DASH) eating plan
  - Dietary sodium reduction
  - Increased physical activity
  - Moderation of alcohol consumption

Cholesterol Management

• If indicated, make sure the patient has been taking medication as directed

• Lifestyle Modifications for cholesterol reduction include\(^1\):
  
  - Following a healthy diet high in fruits, vegetables, low-fat dairy foods, and whole grains and low in saturated fat, trans fat, and cholesterol
  - Weight reduction
  - Increased physical activity

\(^1\) Agency for Healthcare Research and Quality High Cholesterol
Smoking Cessation

• Advise quitting

• Proactive telephone counseling, group counseling, and individual counseling formats are effective and should be used

• Both counseling and medication should be provided to patients trying to quit smoking¹
Stress Reduction

• No single method works for everyone or in every situation

• Some things to try: eat a well balanced diet, listen to music, spend time with family or friends, deep breath, join a support group, keep a journal, practice yoga or meditation, exercise, take a walk or get a massage
INTRODUCING….

THE NATIONAL INTERPROFESSIONAL EDUCATION & PRACTICE CONSORTIUM TO ADVANCE MILLION HEARTS®
What is NIEPCAMH?

• An association of academic institutions, community groups, and healthcare organizations who are committed to the advancement of Million Hearts® and promoting population health through prevention and screening

• Our goal is to screen and educate 100,000 individuals
CURRENT NUMBERS
JOIN US TODAY
THE MILLION HEARTS® ONLINE EDUCATIONAL MODULES & SCREENING PROCESS

Kate Gawlik
Million Hearts Fellowship Program

4 Easy Steps
Million Hearts Fellowship Program

Step 1
Million Hearts Fellowship Program

Step 2
Million Hearts Fellowship Program

Step 3 & 4
Million Hearts® Community Ambassador Program
10 Step Million Hearts® Screening Protocol
Supplies Needed to Complete a Million Hearts® Screening

- Blood pressure cuff*
- Stethoscope*
- Stadiometer
- Scale
- Body Mass Index Chart*
- Perceived Stress Scale-4 (PSS-4)*
- Cholesterol machine & equipment
- Million Hearts® educational handouts*
- Participant Clinical Recording Log*
- Cloth tape measure

* essential items for basic assessment
10 Easy Steps to Performing a Million Hearts® Screening

1. Gather supplies.

2. Greet the participant and ask for permission to conduct a Million Hearts® screening on him/her.

3. Record the participant’s age, gender, race/ethnicity, state of residence, & smoking status on the Participant Clinical Recording Log. If you are doing cholesterol, also record whether the participant is currently fasting.
10 Easy Steps to Performing a Million Hearts® Screening

4. Obtain and record blood pressure.

5. Obtain a height, weight, (actual or reported) and waist circumference.

6. Calculate and record Body Mass Index.

7. Complete and record the Perceived Stress Scale-4.
10 Easy Steps to Performing a Million Hearts® Screening

8. Complete and record a cholesterol screen. If unable to complete a cholesterol screen, ask the participant about past cholesterol screenings and encourage him/her to see a health care provider to be screened.

9. Counsel on all normal findings, abnormal findings, and taking the Million Hearts® pledge.

10. Provide Million Hearts® educational hand-outs and refer to a health provider for any abnormal findings.
Incorporating into Curricula

- Assessment, Community/Public Health, Leadership, and nursing clinical courses provide numerous clinical opportunities
  - Flu clinics
  - Alumni Activities
  - Community Activities
  - Free Clinics
  - Community Partnerships
  - Grant Partnerships
  - Sporting Events
  - Medical Centers
  - Student Groups
Advantages for Incorporating into Curricula

• Student clinical experiences in population health and contributing to national initiatives

• Online, self-study module for students

• Resume builder – certified as a Million Hearts Fellow

• Builds partnerships between colleges/schools of nursing and community organizations

• Benefits local community members
MILLION HEARTS® COMMUNITY OUTREACH & ENGAGEMENT
Local Screening Events

- Examples of participation in community events
  - Ohio State Fair
  - Farm Science Review
  - Ask-A-Buckeye Nurse
OSU Screening Events

• Examples of participation within OSU
  - Heart Checks
  - OSU Retirees Association
  - Valentine’s Day
Partnering with OSU Extension to Advance Million Hearts®
Wellness on Wheels (WOW)

- Four WOW tours have been completed
  - Bus tours with students and faculty from the colleges of nursing, medicine, nutrition, exercise science, public health and pharmacy
  - Conducted large scale Million Hearts® and wellness screening utilizing interprofessional teamwork
Local Corporate Screenings

- Partnerships with local corporations
- Students conducted Million Hearts screenings on employees
Statewide Impact

• Ohio Nurses Association
  • Collaboration with the Ohio Nurses Association to offer the educational program for continuing education credit to members for free

• Focus on nurses participating in screening events
Nationwide Impact

- NIEPCAMH
- American Heart Association
- Women’s Heart Alliance
Online Million Hearts® Courses

• 3 online courses for the community members who screen positive
  • Blood pressure
  • Cholesterol
  • Stress & Smoking

• Heavily focused on lifestyle modifications
Questions??