

Million Hearts®:

An Exemplary Platform for Teaching Interprofessional Practice & Population Health in Advanced Practice Nursing Curricula



THE OHIO STATE UNIVERSITY

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THE OHIO STATE UNIVERSITY

NONPF 2015 Million Hearts Symposium

Symposium Objectives

- 1.) The learner will be able to describe the Million Hearts® initiative and key strategies for its advancement through interprofessional education and practice initiatives.
- 2.) The learner will be able to identify three ways to incorporate Million Hearts into advanced practice curricula and community outreach to improve population health.







Heart Disease Burden

- Heart Disease is the leading cause of death for both men and women in the U.S.¹
- Each year, about 735,000 people in the U.S. have a heart attack²
- Each year, about 610,000 people die of heart disease¹
- 1 in 4 deaths in the U.S. is due to heart disease1

1. CDC, NCHS, Underlying Cause of Death 1999, 2013 on CDC WIGNESS Office States are riseased 2015. Data are from the Multiple Cause. Death First, 1999, 2015, as compiled from data provided by the 51 vital statistics pare



Stroke Burden

- 1 in every 20 deaths in the U.S. is due to stroke1
- Every 4 minutes, someone dies of a stroke²
- Each year, about 795,000 people in the U.S. have a stroke



Stroke is the third leading cause of death in the U.S.¹

1. CDC, NCHS, Underlying Cause of Death 1999-2013 on CDC WONDER Online Database, released 2015. Data are from the Multiple Cause of Death Fit 1999-2013, as complete from data provided by the 57 vital statistics jurisdictions through the Vital Statistics Cooperative Program. Accessed Maint, 19, 22, Mozaffarian D, Beniamin EJ, Do AS, et al. Heart diseases and stroke statistics—2015 undate: a report from the American Heart Association, Civulation. Civulation.







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 by 2017 and demonstrates to the American people that improving the health system can save lives."

- CDC, 2013





- · Prevent 1 million heart attacks & strokes by 2017
- Empower and educate Americans to make healthy choices
- · Target care by focusing on the "ABCSs"
- Use proven clinical and communities strategies to prevent cardiovascular disease

Centers for Disease Control and Prevention (n.d). Million Hearts. Retrieved from



Reaching Goals

- Improving access to effective care
- Improving the quality of care for the ABCS
- Focusing clinical attention on the prevention of heart attack and stroke
- · Activating the public to lead a heart-healthy lifestyle
- Improving the prescription and adherence to appropriate medications for the ABCS

Centers for Disease Control and Prevention (n.d). The Initiative. Retrieved from





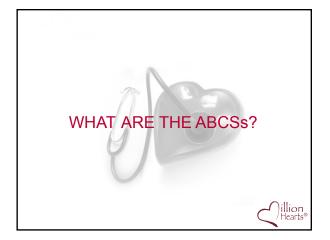
Key Partners



- Co-leaders of Million Hearts® within the U.S.
 Department of Health and Human Services

 - The Centers for Disease Control and Prevention
 - Centers for Medicare and Medicaid Services
- Key private-sector partners include American Heart Association American Nurses Association American Association of Colleges of Nursing American Association of Nurse Practitioners YMCA





Know your ABCSs

Appropriate Aspirin Therapy **B**lood Pressure Control **C**holesterol Management **S**moking Cessation Stress Reduction**



** Ohio State's additional "S"



Appropriate Aspirin Therapy

- The Million Hearts® goal for 2017 is to increase aspirin use in high-risk candidates to 65%
- The U.S. Preventive Services Task Force1 recommends aspirin therapy for cardiovascular disease and stroke prevention in:
 - Men 45-79 years oldWomen 55-79 years old



1. US Preventive Services Task Force, Aspirin for Prevention of Cardiovascular Disease

Blood Pressure Control



- The Million Hearts® goal for 2017 is to achieve blood pressure control in 65% of people with hypertension
- Blood pressure guidelines¹ recommend initiating treatment for:
 - BP of <140/90 for adults aged < 60 years
 - BP of <150/90 for adults aged ≥ 60 years

The 8th Report of the Joint National Committee on Prevention, Detection, Evalual Treatment of High Blood Pressure, 2014.



Cholesterol Management

- The Million Hearts® goal for 2017 is to achieve cholesterol control in 65% of people with high cholesterol
- Risk factors, disease states, LDL cholesterol levels, and an estimated 10 year risk of having an cardiovascular event determine whether cholesterol medication is initiated1

1. 2013 ACC/AHA Guidelines on the Treatment of Blood Cholesterol to Reduce Atherosclerotic Cardiovascular Risk in Adult



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Smoking Cessation



- People who smoke increase their risk of heart disease by 2-4 times that of people who do not smoke1
- 19% of the U.S. population smoke tobacco; The Million Hearts® goal is to reduce this number to 17%

1. American Heart Association, 1997



Stress Reduction



- Stress can increase the body's release of certain hormones, such as cortisol and adrenaline
- Persistently elevated levels of these hormones from chronic stress may lead to serious health problems, such as heart disease and high blood pressure1

1.National Institute of Mental Health, Fact Sheet on Stress



The Million Hearts® Initiative

Controlling these risk factors can reduce risk of heart attack and stroke by more than 80%1....



1. Centers for Disease Control and Prevention (n.d.) About Heart Disease and Stroke. Retrieved f http://millionhearts.hhs.gov/abouthds/risk-factors.html#hdAge



Appropriate Aspirin Therapy

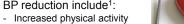
- Benefits and risks of aspirin therapy should be assessed with each patient
- If it is determined that aspirin is right for a patient, then determine which dose is indicated:

 - One baby aspirin (81 mg) daily, or
 One aspirin (325 mg) every other day¹



Blood Pressure Control

- If indicated, make sure the patient has been taking medication as directed
- · Lifestyle Modifications for BP reduction include¹:



- Weight reduction
- Adoption of the Dietary Approaches to Stop Hypertension (DASH) eating plan

 - Dietary sodium reduction
- Moderation of alcohol consumption

1. The $7^{\rm th}$ Report of the Joint National Committee on Prevention, Detection, Evaluation, and Treatment of High Blood Pressure.



Cholesterol Management

- If indicated, make sure the patient has been taking medication as directed
- Lifestyle Modifications for cholesterol reduction include¹:
 - 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





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

Clinical Practice Guidelines: Treating Tobacco Use and Dependence, 2008



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





The Million Hearts® Pledge

- SIGN the Million Hearts® pledge at millionhearts.hhs.gov
- COMMIT to changing just ONE thing
- PARTNER with us TODAY to provide the biggest Million Hearts® outreach in the COUNTRY



INTRODUCING....

The National Interprofessional Education & Practice Consortium to Advance Million Hearts®



National Interprofessional Education What is NIEPCAMH?
Advance Million Hearts

- · 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 by 2017





Join Us Today THANK YOU





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