

 **THE OHIO STATE UNIVERSITY**

Million Hearts®:
An Exemplary Platform for Teaching
Interprofessional Practice & Population Health in
Advanced Practice Nursing Curricula



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Presenters




Alice Teall MS, RN, FNP/PNP, FAANP

Kate Gawlik, MS, RN, ANP, DNP(c)

Margaret Clark Graham, PhD, RN, FNP/PNP,
FAANP, FAAN




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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.



NONPF 2015 Symposium 1



WHAT IS MILLION HEARTS® ?






THE DISEASE BURDEN




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.gov/nchs/data/tables](http://www.cdc.gov/nchs/data/tables), released 2015. Data are from the Multiple Cause of Death Files, 1999-2013, as compiled from data provided by the 50 state statistics jurisdictions through the Vital Statistics Cooperative Program. Accessed March 18, 2015.
2. Mozaffarian D, Benjamin EJ, Go AS, et al. Heart disease and stroke statistics—2015 update: a report from the American Heart Association. *Circulation*. 2015;131:e29-322.



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 Files, 1999-2013, as compiled from data provided by the 37 vital statistics jurisdictions through the Vital Statistics Cooperative Program. Accessed March 16, 2016

2. MacLafferty D, Benjamin EJ, Go AS, et al. Heart disease and stroke statistics—2015 update: a report from the American Heart Association. Circulation. 2015;132:514-522.



WHAT IS THE MILLION HEARTS® INITIATIVE?






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




Goals of Million Hearts®




- 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 <http://millionhearts.hhs.gov/index.html>




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 <http://millionhearts.hhs.gov/about/ih/overview.html>





PARTNERS



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



WHAT ARE THE ABCSs?



Know your ABCSs

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



** Ohio State's additional "S"

Picture: <http://www.heartdiseaseclub.com/wp-content/uploads/2010/07/heart.png>



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....

Look at the  that exists!

1. Centers for Disease Control and Prevention (n.d.) About Heart Disease and Stroke. Retrieved from <http://millionhearts.hhs.gov/about/hsd/risk-factors.html#theAge>





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




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

Blood Pressure Control

- If indicated, make sure the patient has been taking medication as directed
- Lifestyle Modifications for BP reduction include¹:
 - Increased physical activity
 - Weight reduction
 - Adoption of the Dietary Approaches to Stop Hypertension (DASH) eating plan
 - Dietary sodium reduction
 - Moderation of alcohol consumption



1. The 7th 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



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

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



TAKING THE PLEDGE





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®**



 **What is NIEPCAMH?**

National Interprofessional Education and Practice Consortium to 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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