



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



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## Presenters

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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.



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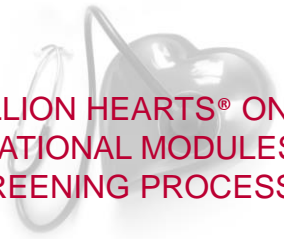
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NONPF 2015 Symposium Part 2



## THE MILLION HEARTS® ONLINE EDUCATIONAL MODULES & SCREENING PROCESS




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### Million Hearts Online Modules



- Two different "certifications"
  - Million Heart Fellowship
  - Million Heart Community Ambassador
- Four hours for completion
- Free to access and utilize




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### Million Hearts Fellowship Program

- Consists of 4 easy steps
  - Watch a series of 5 online lectures
  - Participate in 10 community Million Hearts® screenings
  - Enter data from screenings into module
  - Take a post test and print your certification




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## Million Hearts Fellowship Program

### Step 1

- Watch a series of five focused lectures
- Content includes:
  - an overview of the Million Hearts initiative
  - how to complete an accurate and comprehensive Million Hearts screening
  - how to interpret normal and abnormal values
  - a sample triage protocol for screenings with cases
  - how to effectively counsel participants on making lifestyle modifications




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## Million Hearts Fellowship Program

### Step 2

- Complete ten community screenings
- Module has screening resources including:
  - Screening how-to pocket guide
  - Million Hearts® patient educational handouts
  - Participant Recording Log
  - Body Mass Index Charts
  - Perceived Stress Scale 4 <sup>1</sup>
  - Wallet blood pressure card

1 Cohen, S., Kamarck, T., Mermelstein, R. (1983). A global measure of perceived stress. *Journal of Health and Social Behavior*, 24, 385-396.




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## Million Hearts Fellowship Program

### Step 3

- Enter participant data from 10 screenings into online module
- 11 questions per participant
- Allows us to track impact



### Step 4

- Take a 10 item post test
- Upon completion with an 80%, a Million Hearts Fellow certificate is generated




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## Million Hearts® Community Ambassador Program

- Designed for community members
- Same 4 step process as the *Million Hearts® Fellow* program except the lecture content is more basic




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## How to access the modules

1. Go to <http://go.osu.edu/millionhearts>
2. Select *Million Hearts Fellow (or Community Ambassador if applicable)* from the list
3. Select *Create new account* if you are a new user or login with your existing account if you are a returning user.




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## How to access the modules

4. If you are registering as a new user you will receive an email with a confirmation link to verify you have used a valid email address. After receiving this e-mail, please click on the link to activate your account.
5. You will be asked for an enrollment key to enroll in the Million Hearts course. The enrollment key is "osumillionhearts".
6. This should complete your enrollment into the course.




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## 10 Step Million Hearts® Screening Protocol



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## 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



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## 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, & smoking status on the *Participant Clinical Recording Log*. If you are doing cholesterol, also record whether the participant is currently fasting.



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## 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.




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## 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.




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## Transdisciplinary Colleges Partnering Together to Improve Population Health through Million Hearts®

• If each health professional student across the country educated 10 people on the ABCSs before graduation, we could reach millions of people



• IMAGINE how many lives we could SAVE.




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