



**THE OHIO STATE UNIVERSITY**

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**Advancing Million Hearts®:  
Interprofessional Education and  
Practice Initiatives to Prevent  
1 Million Heart Attacks and Strokes  
across the U.S.**





# Presenters

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# Symposium Objectives

- 1.) The learner will be able to describe the Million Hearts<sup>®</sup> 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 undergraduate and graduate curricula and community outreach to improve population health.



# 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 and strokes by 2017
- Empower and educate Americans to make healthy choices
- Target care by focusing on the “ABCS”



Picture <http://hub.sierratradingpost.com/images/wpuploads/2009/03/healthy-choices-healthy-food.jpg>



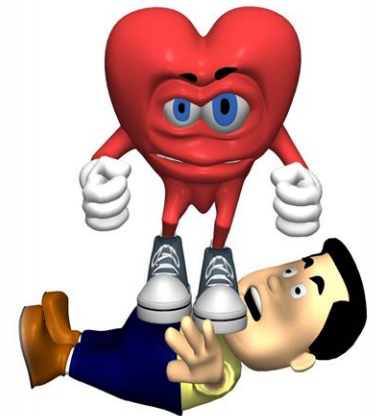


# THE DISEASE BURDEN



# Heart Disease Burden

- Every 34 seconds, someone in the United States (U.S.) has a heart attack
- Each year, about 935,000 people in the U.S. have a heart attack
- Each year, about 600,000 people die of heart disease
- 1 in 4 deaths in the United States is due to heart disease



Picture: <http://www.thediabetesclub.com/wp-content/uploads/2010/10/heart-attack-causes.jpg>

# Stroke Burden

- Every 4 minutes, someone dies of a stroke
- Each year, about 795,000 people in the U.S. have a stroke
- Stroke is the fourth leading cause of death in the U.S. for both men and women
- 1 in every 18 deaths in the U.S. is due to stroke



Picture  
<http://yogiwellnessjourney.blogspot.com/2012/12/yoga-for-stroke-recovery-and-prevention.html>





Million  
Hearts



Million  
Hearts®

# 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, including the American Heart Association, American Nurses Association, American Association of Colleges of Nursing, American Association of Nurse Practitioners and the YMCA



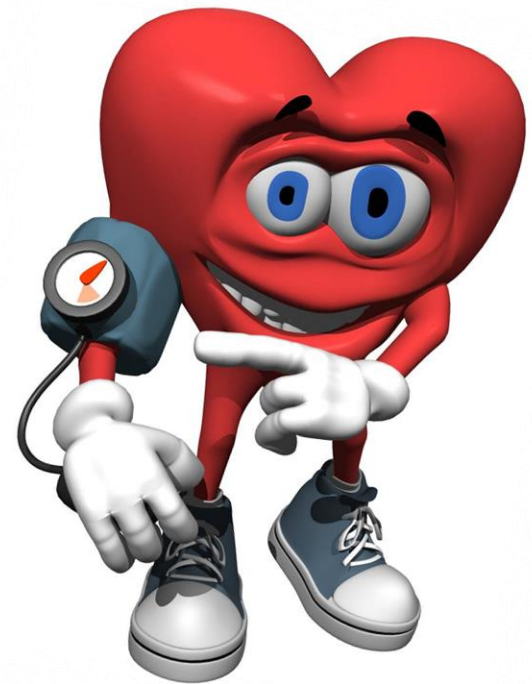


**WHAT ARE THE ABCSs?**



# Know your ABCSs

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



Picture <http://www.thediabetesclub.com/wp-content/uploads/2010/07/blood-pressure.jpg>

\*\* Ohio State's additional "S"



# Appropriate Aspirin Therapy

- The Million Hearts® goal for 2017 is to increase aspirin usage in high risk people to 65%
- The U.S. Preventive Services Task Force <sup>1</sup> recommends aspirin therapy for cardiovascular disease and stroke prevention in:
  - Men 45-79
  - Women 55-79



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



# Blood Pressure Control

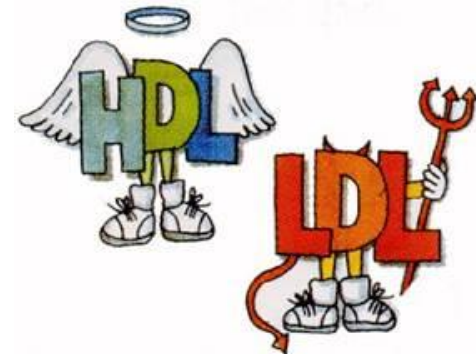
- The Million Hearts® goal for 2017 is to achieve blood pressure control in 65% of people with hypertension
- Blood pressure guidelines recommend a target blood pressure of 120/80<sup>1</sup>

1. The 7<sup>th</sup> Report of the Joint National Committee on Prevention, Detection, Evaluation, and Treatment of High Blood Pressure.



# Cholesterol Management

- The Million Hearts® goal for 2017 is to achieve cholesterol control in 65% of people with high cholesterol
- Target LDL is variable and depends on individual risk



# Smoking Cessation

- Smoking is a major risk factor for heart disease in both men and women
- People who smoke increase their risk of heart disease by 2-4 times that of people who do not smoke





# 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 pressure<sup>1</sup>



Picture  
<http://choosehypnosis.com/stress.htm>



**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 <sup>1</sup>

# Blood Pressure Control

- If indicated, make sure the patient has been taking the medication as directed
- Lifestyle Modifications for blood pressure reduction include<sup>1</sup>:
  - Weight reduction
  - Adoption of the Dietary Approaches to Stop Hypertension (DASH) eating plan
  - Dietary sodium reduction
  - Increased physical activity
  - Moderation of alcohol consumption

1. The 7<sup>th</sup> 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 include<sup>1</sup>:
  - 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 smoking<sup>1</sup>

# 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](http://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 Consortium to

**Advance Million Hearts**

# What is NIECAMH?

- 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**



STTI 2013 Symposium Part 2



**THE MILLION HEARTS® ONLINE  
EDUCATIONAL MODULES**



# Million Hearts Online Modules



**CERTIFIED**

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



# Million Hearts Fellowship Program

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



# Million Hearts Fellowship Program

## Step 1

- Watch a series of four 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 and counsel on preventive lifestyle modifications
  - a sample triage protocol for screenings





# Million Hearts Fellowship Program

## Step 2

- Complete the 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>
  - Framingham Risk Calculator Tables

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



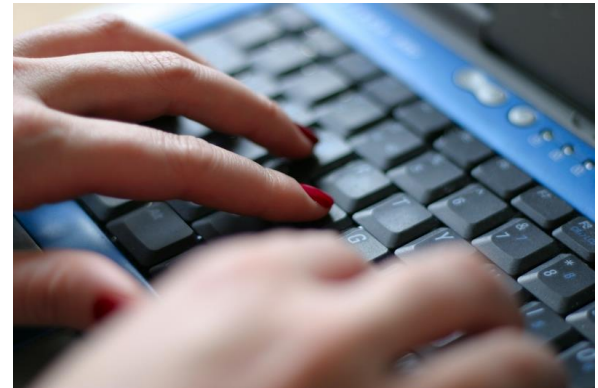
# Million Hearts Fellowship Program

## 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



# 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



# 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.



# 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.



# 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.



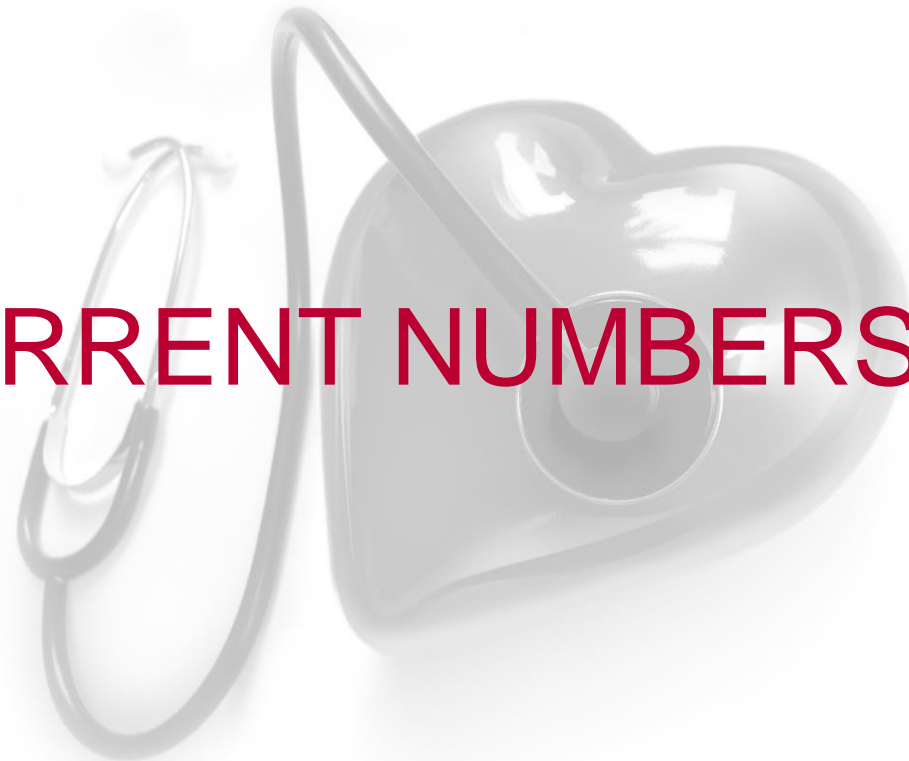
# Reaching Higher: The Million Hearts® Partnership Program

- Bronze Star = 200 students participating
- Silver Star = 300 students participating
- Gold Star = 400 students participating
- Platinum Star = 500 students participating

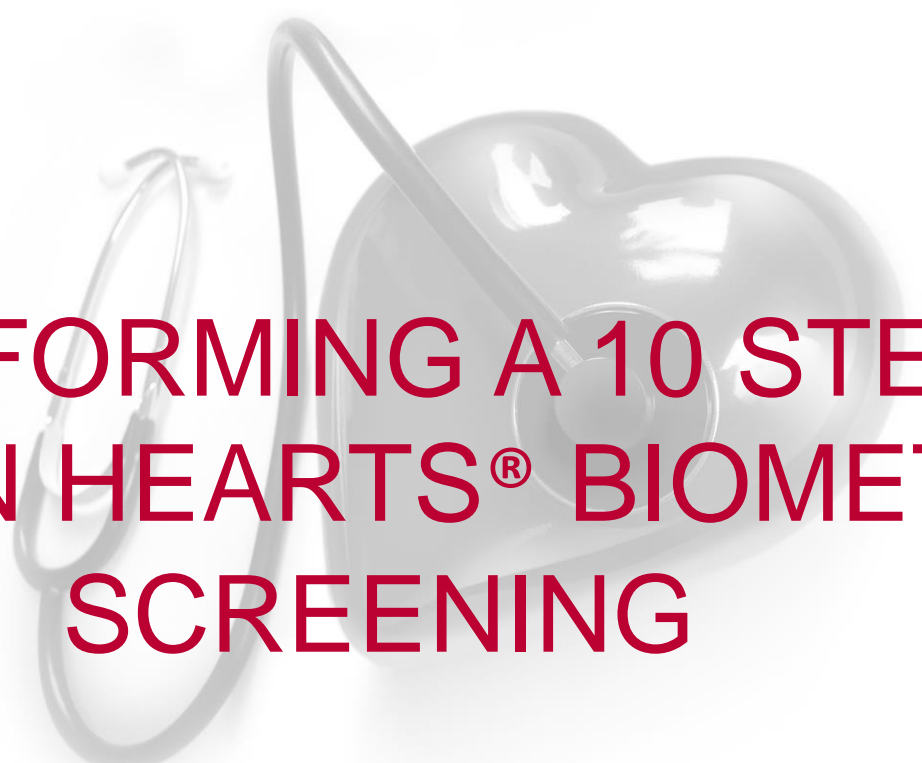




# CURRENT NUMBERS







**PERFORMING A 10 STEP  
MILLION HEARTS® BIOMETRIC  
SCREENING**



# 10 Easy Steps to Performing a Million Hearts® Biometric Screening

1. Gather supplies.
2. Greet the participant and explain that you will be completing a Million Hearts screening on him/her.
3. Record participant age, gender, race/ethnicity, and smoking status on the participant clinical recording log.



# 10 Easy Steps to Performing a Million Hearts<sup>®</sup> Biometric Screening

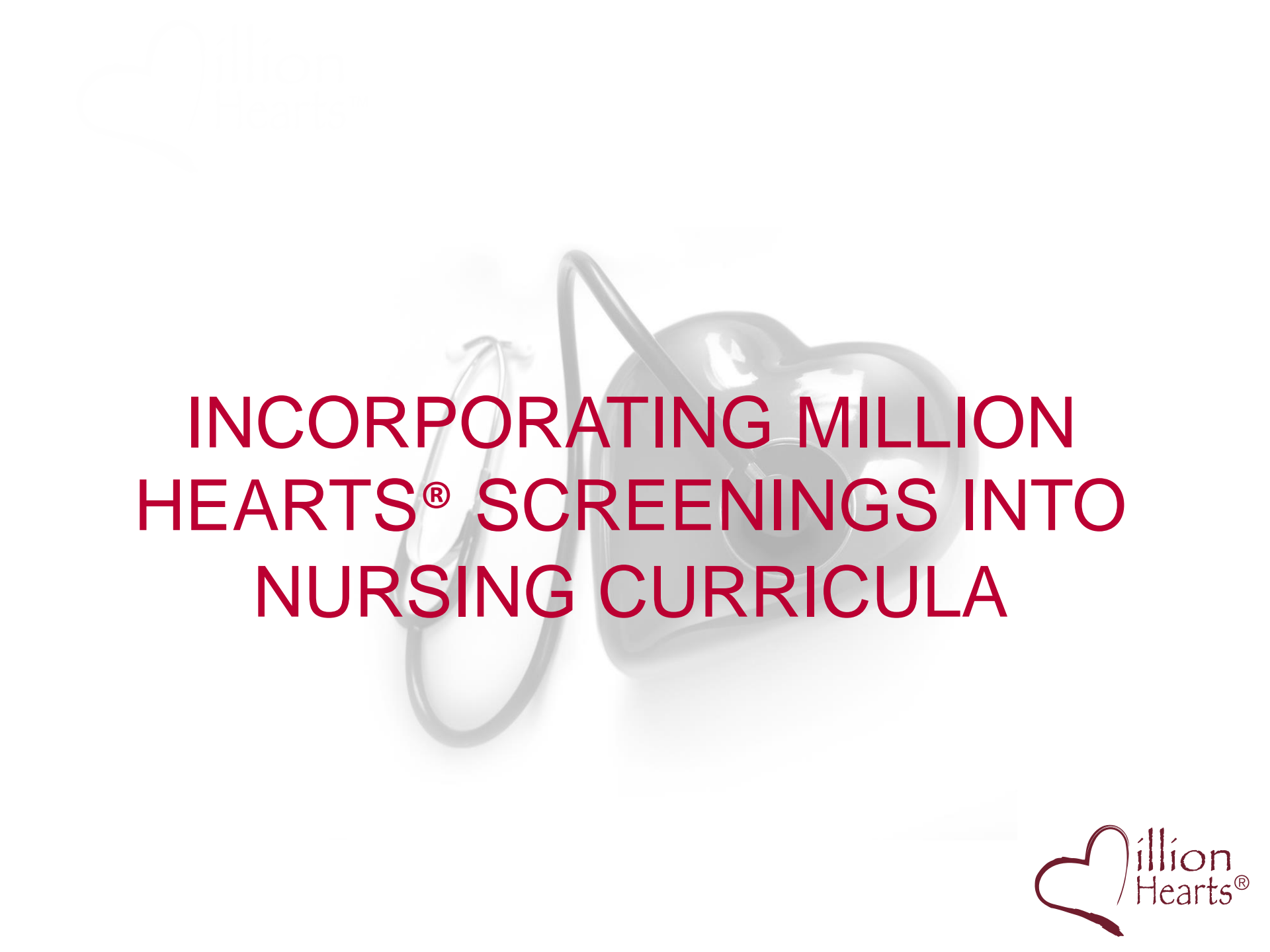
4. Obtain a blood pressure.
5. Obtain a height and weight (actual or reported).
6. Calculate Body Mass Index.
7. Counsel on normal values and abnormal values.



# 10 Easy Steps to Performing a Million Hearts® Biometric Screening

8. Ask the participant about stress level and complete the PSS-4. Counsel on stress reduction if needed.
9. Ask participant about past cholesterol screenings and counsel on obtaining screenings and follow-up with a health care provider.
10. Provide Million Hearts® educational hand-outs and refer to a health provider when indicated.





**INCORPORATING MILLION  
HEARTS® SCREENINGS INTO  
NURSING CURRICULA**



# Population Health & Baccalaureate Nursing Education

- In alignment with the American Association of Colleges of Nursing's *Essentials of Baccalaureate Education* summary
- Essential VII: Clinical Prevention and Population Health
  - “Health promotion and disease prevention at the individual and population level are necessary to improve population health and are important components of baccalaureate generalist nursing practice”<sup>1</sup>

<sup>1</sup> American Association of Colleges of Nursing (2008). *The essentials of baccalaureate education for professional nursing practice*. Washington, DC: Author.



# Graduate Nursing Education

- In alignment with the American Association of Colleges of Nursing's *Essentials of Master's Education* summary
- Essential VIII: Clinical Prevention and Population Health for Improving Health
  - “Recognizes that the master’s-prepared nurse applies and integrates broad, organizational, client-centered, and culturally appropriate concepts in the planning, delivery, management, and evaluation of evidence-based clinical prevention and population care and services to individuals, families, and aggregates/identified populations.” <sup>1</sup>

<sup>1</sup> American Association of Colleges of Nursing (2011). *The essentials of masters education in nursing*. Washington, DC: Author.



# Incorporating into Curricula

- Million Hearts® biometric screenings provide a hands-on clinical experience for students to participate in a population health experience
- Can be completed as a specific assignment or incorporated into current clinical experiences
- Requirement vs. extra credit
- Any course or education level can incorporate the Million Hearts® screenings





# Incorporating into Curricula

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





# COMMUNITY ENGAGEMENTS

# Incorporating into Local Community Churches



- 65 participants from local area congregations attended a training session on Million Hearts<sup>®</sup>
- Asked to participate by their local pastor and become the point person or the *Community Ambassador* for their congregation
- Most had a health care background







# Local Screening Events

- Examples of participation in community events
  - Ohio State Fair
  - Farm Science Review
  - Ask-A-Buckeye Nurse
  - Valentine's Day



# OSU Screening Events

- Examples of participation within OSU
  - New Hire Onboarding process
  - Collaborating with the OSU Health Plan to provide screenings



# Partnering with OSU Extension to Advance Million Hearts®

- OSU Extension is a division of Ohio State that addresses the needs of the local communities around Ohio and combines the needs of local citizens and communities with new research and technical information
- At-risk individuals are identified during screenings at local community events





# Partnering with OSU Extension to Advance Million Hearts®

- At-risk individuals are referred to a series of 3 educational classes designed around the ABCs of Million Hearts
- Main focus is lifestyle modifications to reduce risk
- Classes consist of informative information, cooking demonstrations, and hand-on activities
- Graduate students perform the initial screenings



# Ohio's Medicare Quality Improvement Organization

- Organization that works with health care professionals to improve quality of care for Ohio's Medicare beneficiaries
- Working to implement Million Hearts<sup>®</sup> screenings and education in physicians' offices throughout Ohio
- Certifying health care providers as Million Hearts<sup>®</sup> Fellows and Community Ambassadors



# Upcoming Community Events

- Wellness on Wheels
  - Planned for spring 2014
  - Bus tour with students and faculty from the colleges of nursing, medicine, and pharmacy that will provide large scale Million Hearts® screening events in 3 cities across the state of Ohio
  - Partnered with OSU Alumni Association and OSU Extension to arrange sites, advertising, and logistics



# Outreach & Networking

- *Community Commons* website
- Online community developed by the CDC to connect, collaborate, and highlight the work you are doing to support the Million Hearts ® initiative.
- <http://www.communitycommons.org/groups/million-hearts/>





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