



THE OHIO STATE UNIVERSITY

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 ¹
 - 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.



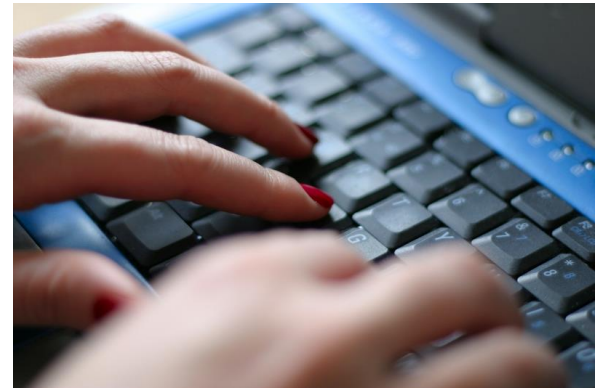
Million Hearts Fellowship Program

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.



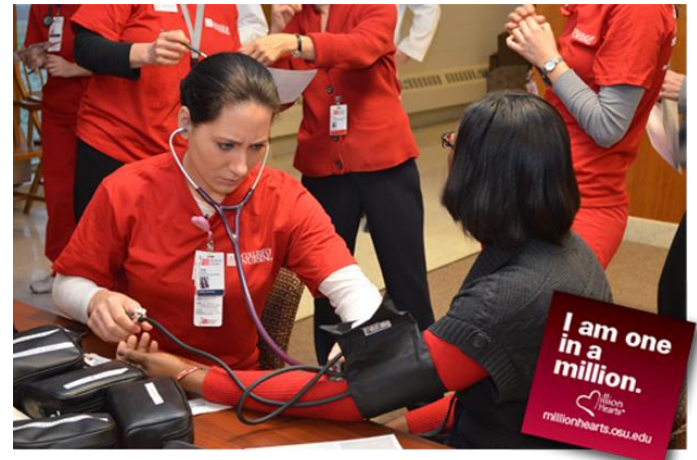
How to access the modules

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.



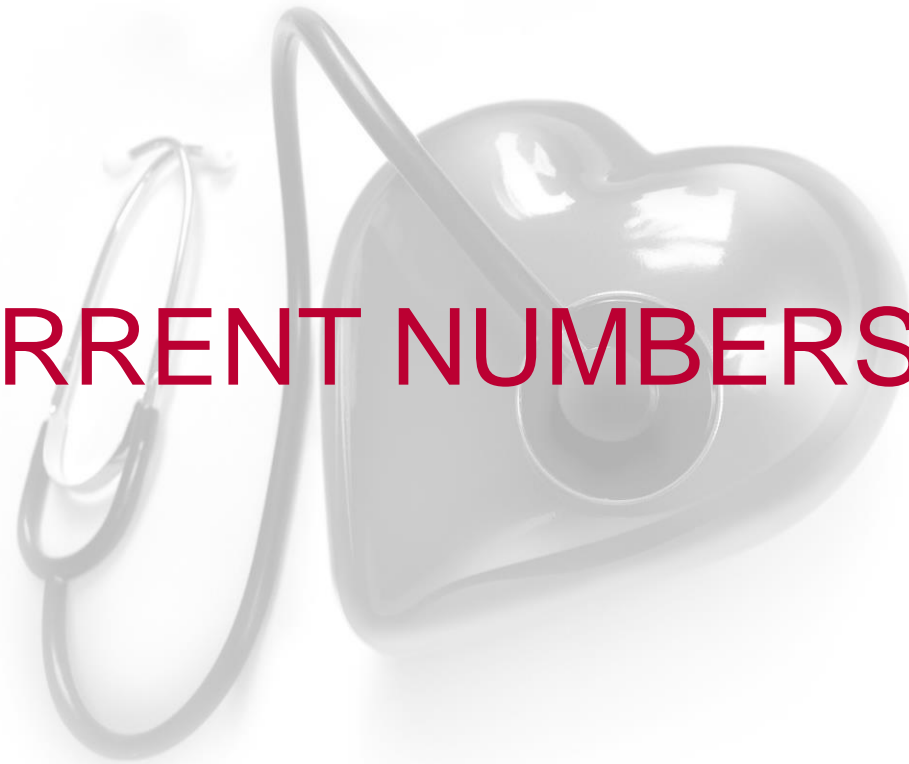
Reaching Higher: The Million Hearts® Partnership Program

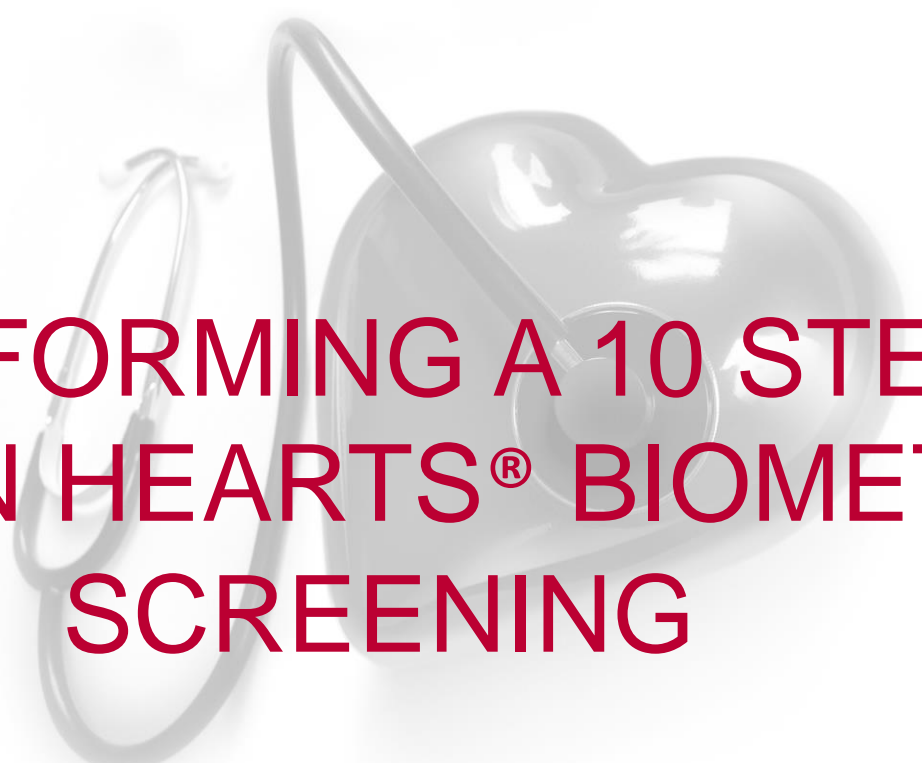
- Bronze Star = 200 students participating
- Silver Star = 300 students participating
- Gold Star = 400 students participating
- Platinum Star = 500 students participating





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® Biometric Screening

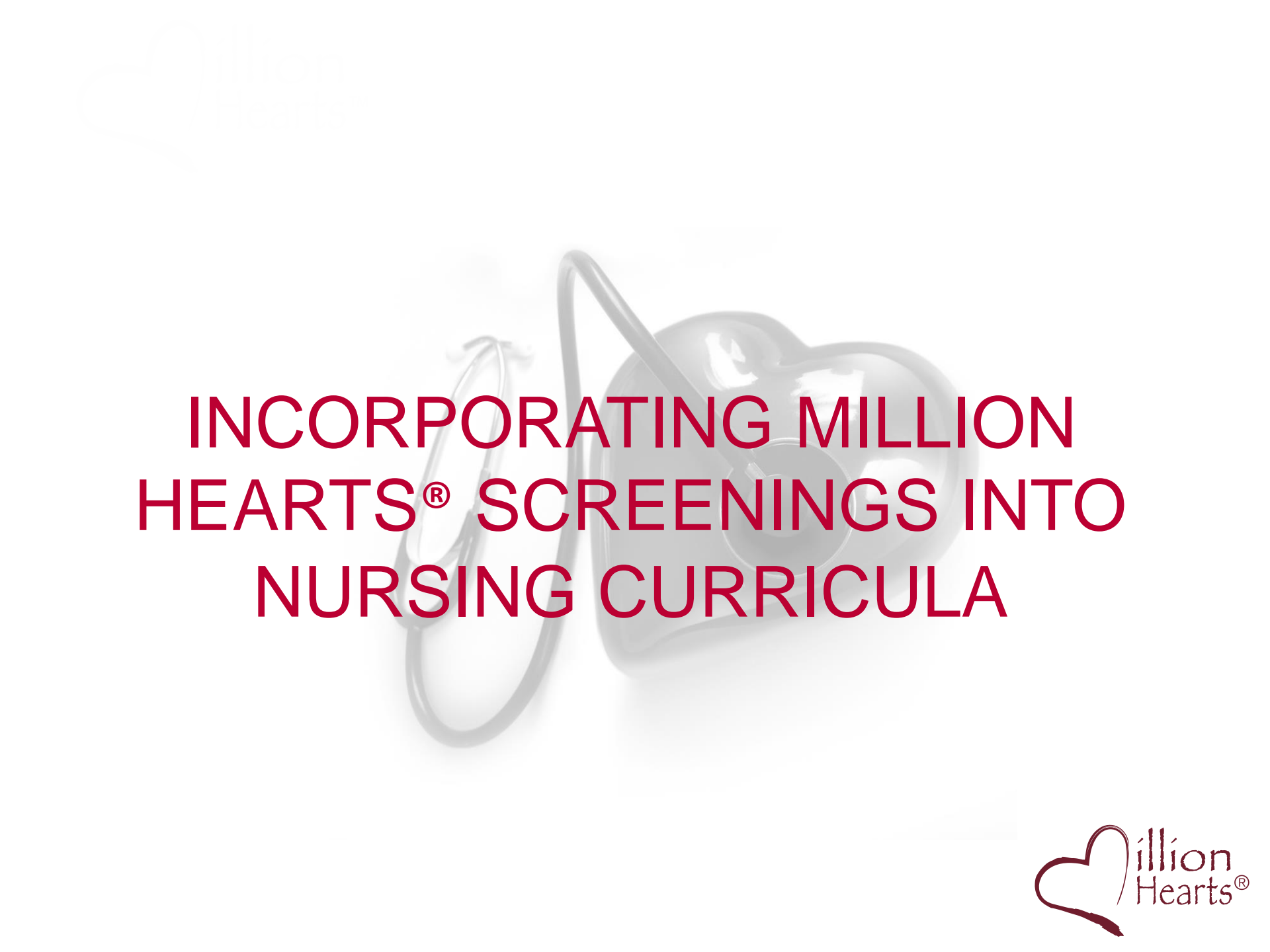
4. Obtain a blood pressure.
5. Obtain a height and weight (actual or reported).
6. Calculate Body Mass Index.
7. Counsel on normal values and abnormal values.



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”¹

¹ 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.”¹

¹ 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

