



PCNA

PREVENTIVE CARDIOVASCULAR
NURSES ASSOCIATION

Prevention is Everyone's Business: *A Heart Health Equity Lens*

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Foundations

Health Equity

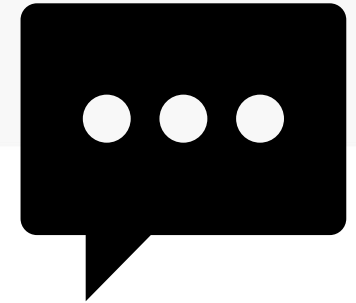
- “Every person has a fair opportunity to attain his or her full health potential, and no one is disadvantaged from achieving this potential because of social position or other socially determined circumstances”

Social Determinants of Health (SDOH)

- The conditions in the environment that affect health outcomes



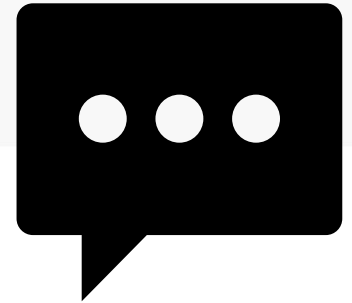
Poll



I have been actively involved in Diversity, Equity, and Inclusion efforts at my workplace or community over the past year.

- Yes
- No
- Prefer not to answer

Poll



I feel confident in finding tools and resources to close the gap in Health Equity in my place of employment or community.

(5 being the most confident and 1 being the least confident)

- 5
- 4
- 3
- 2
- 1
- Prefer not to answer

Cardiovascular Disease Risk Factors

Modifiable Risk Factors:

- High cholesterol
- High blood pressure
- Smoking
- Diabetes



Preventive Cardiovascular Nurses Association - PCNA

PCNA's mission is to promote nurses as leaders in cardiovascular disease prevention and management across the lifespan.

Accomplished through:

- Educational Tools for Patients and Health Care Providers
- Education Summits and Symposium on CVD Topics
- Podcast – Heart to Heart Nurses
- Timely news articles

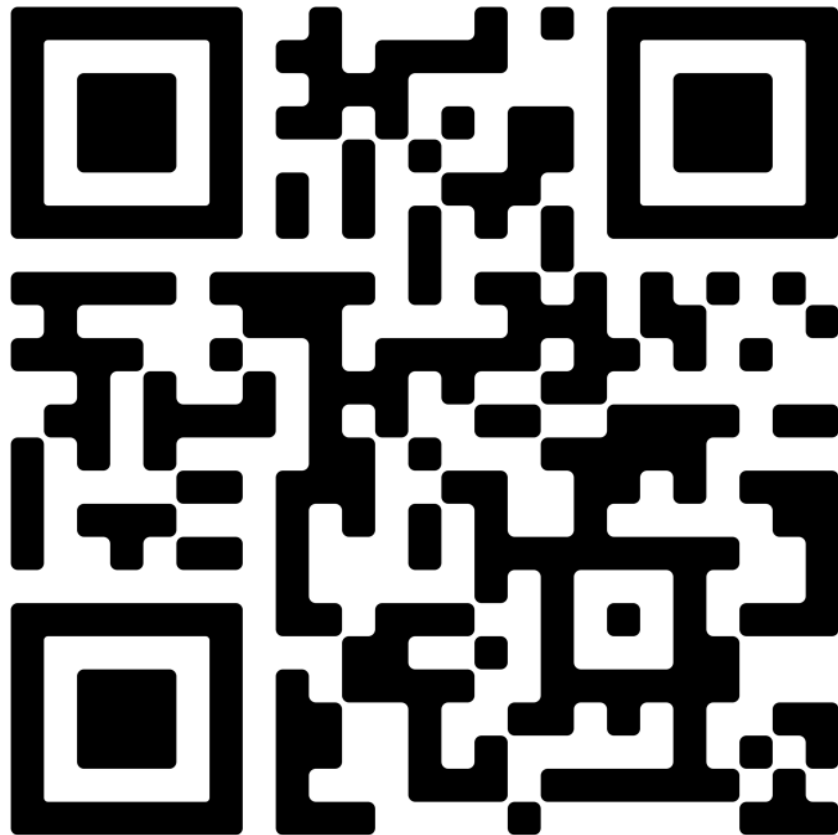


A Commitment to Health Equity

The Preventive Cardiovascular Nurses Association recognizes the importance of building a diverse coalition of cardiovascular nurses. PCNA strives to engage all members and non-members of the cardiovascular nursing population through inclusive and accessible programming at the national and chapter levels. By engaging and retaining diverse communities of cardiovascular nurses, PCNA is better able to fulfill its mission of promoting nurses around the world as leaders in equitable cardiovascular prevention and management across the lifespan for all people.



Heart to Heart Nurses Podcast

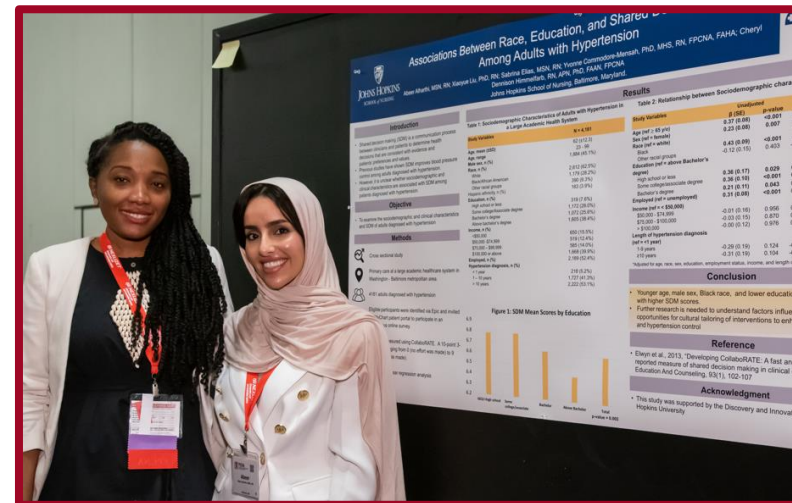


A Commitment to Health Equity



2021-2022 Health Equity Initiatives

- Health Equity Summit
 - In partnership with the Association of Black Cardiologists (ABC)
 - 2-day, virtual non-CE educational summit
- Health Equity Advocacy Update
 - In partnership with ABC and Medical Alley
 - 2 podcast episodes and one live panel discussion



A Commitment to Health Equity

Future Initiatives

- 2023 3rd Annual Health Equity Summit & Advocacy Update
- 2023-2024 Health Equity Self-Assessment



A Commitment to Health Equity

Health-Equity Focused Solutions and Findings

- Care standardization
- Patient-centric care
- Broaden intended audience for screening tools
- Increase diversity in clinical trials
- Digital health opportunities
- Community-based resources

A Commitment to Health Equity

Tools & Resources to close the gaps



Understanding Your Risk for Heart Disease and Stroke

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Risk factors increase your chance of heart disease and stroke, also known as ASCVD, or atherosclerotic cardiovascular disease.

MAJOR risk factors for ASCVD	OTHER factors that increase your risk
High blood pressure	<input type="checkbox"/> Family history of ASCVD: men less than 55 or women less than 65
High cholesterol	<input type="checkbox"/> LDL cholesterol (LDL-C) higher than 160 mg/dL or triglycerides higher than 175 mg/dL
Diabetes/high blood sugar	<input type="checkbox"/> Metabolic syndrome
Tobacco use	<input type="checkbox"/> Chronic kidney disease
	<input type="checkbox"/> Ongoing inflammation or infection: lupus, psoriasis, rheumatoid arthritis, HIV
	<input type="checkbox"/> Menopause before age 40, or pre-eclampsia
	<input type="checkbox"/> South Asian ethnicity
	<input type="checkbox"/> High Lipoprotein(a), apolipoprotein B, or high-sensitive C-reactive protein (hs-CRP)
	<input type="checkbox"/> Ankle brachial index (ABI) less than 0.9

Preparing for a Telehealth Visit

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What is a telehealth visit?

A telehealth visit allows you and your provider to share information without going to the office. You can discuss your diagnosis, treatment, prescriptions, questions and concerns, just as you would in person. A telehealth visit may take less time since you do not need to travel.

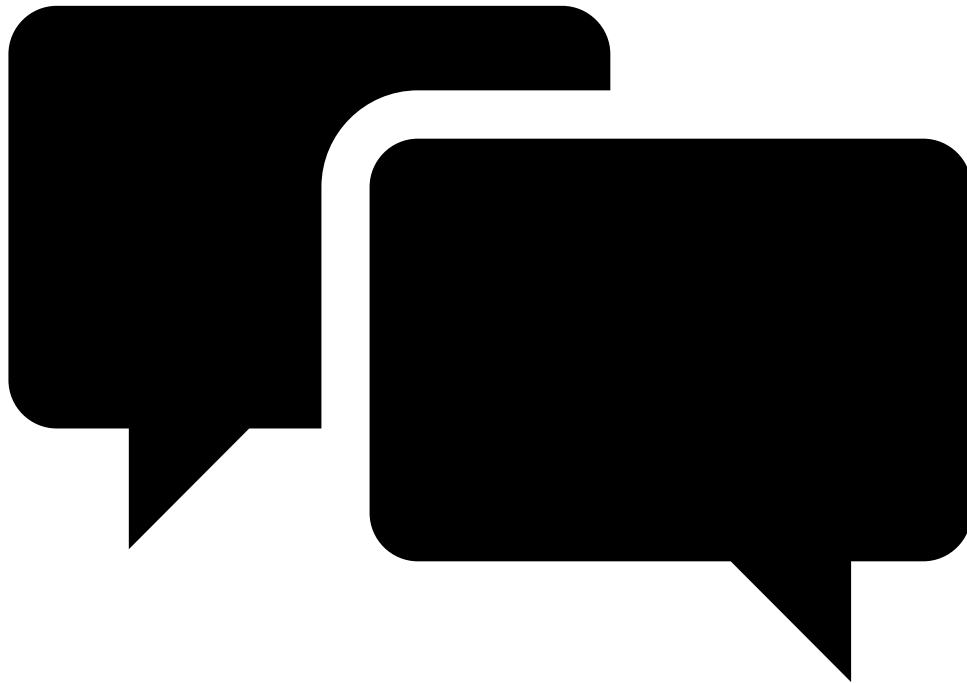
A telehealth visit can be a phone call, or a video visit where you and your provider can see each other using a smart phone, tablet, laptop or desktop computer.

To get the most out of the visit, it is very important that you are prepared.

Use the checklists below to help stay organized.

A circular inset image showing an elderly man with glasses sitting in a wheelchair, using a laptop computer. He is in a home setting, illustrating a telehealth visit.

Discussion

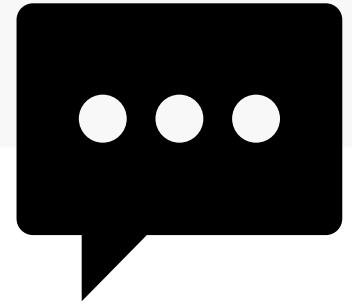


Contact Info

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Twitter: [@HeartNurses](https://twitter.com/HeartNurses)

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