



MILLION HEARTS COLLABORATION

- APHN IS A MEMBER OF THE [MILLION HEARTS COLLABORATION](#)
- CO-LED BY AHA & NATIONAL FORUM FOR HEART DISEASE & STROKE PREVENTION
- OTHER PARTNERS: THE OHIO STATE UNIVERSITY, PCNA, NACCHO, ASTHO, PHARMACY ASSOCIATION
- CALLS EVERY-OTHER MONTH AND IN-PERSON MEETINGS IN WASHINGTON, DC TWICE/YEAR

APHN COMMITMENTS TO MH 2022

1. KEEP MILLION HEARTS/CHRONIC DISEASE PREVENTION & MANAGEMENT "IN FRONT ON" APHN MEMBERS.
2. DEVELOP AND DISSEMINATE SUCCESS STORIES THAT HIGHLIGHT HOW PUBLIC HEALTH NURSES ARE MOVING THE NEEDLE/IMPACTING CARDIOVASCULAR HEALTH.
3. ENCOURAGE PUBLIC HEALTH NURSES TO GET INVOLVED IN MILLION HEARTS® AND PROMOTE THE INITIATIVE.
4. FOR COLLECTIVE IMPACT, CONNECT WITH OTHER NURSING PARTNERS TO IDENTIFY WAYS TO ADVANCE MILLION HEARTS®.

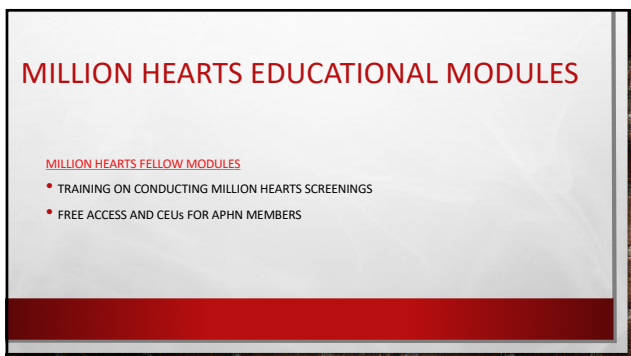
ACADEMIC NURSING PROJECT

PROJECT GOALS:

1. EDUCATE APHN MEMBERS ON THE MILLION HEARTS INITIATIVE AND 2022 PRIORITIES.
2. COLLABORATE WITH OTHER NURSING ORGANIZATIONS AND PARTNERS ON MILLION HEARTS GOALS.
3. COLLECT STORIES FROM COMMUNITY/PUBLIC HEALTH NURSES TO SHOW THE IMPACT OF THEIR WORK WITHIN THE MH 2022 PRIORITY AREAS AND DISSEMINATE THEM ON APHN'S MILLION HEARTS WEBPAGE.
4. PROMOTE HEART-HEALTHY LIFESTYLES AMONG APHN MEMBERS.







2017 NATIONAL GUIDELINES FOR BLOOD PRESSURE

2017 National Blood Pressure Guidelines
Classification and Management of Blood Pressure for Adults

BP Classification	Systolic* BP		Diastolic* BP	Lifestyle Modification	Initial Drug Therapy With Cardiovascular Risk Factors**	Referral and Follow-Up
Normal	less than 120	and	less than 80	Encourage	None	Re-evaluate in 1 yr
Elevated	120-129	and	less than 80	Yes	Possible BP lowering medications	Refer to physician if cardiovascular risk factors** are present (current or 1 month). Otherwise, re-evaluate in 3-6 months. Document follow-up.
Stage 1 Hypertension	130-139	or	80-89	Yes	Possible BP lowering medications are recommended if cardiovascular risk factors** are present	Refer to physician if cardiovascular risk factors** are present, re-evaluate in 1 month. Otherwise, re-evaluate in 3-6 months. Document follow-up.
Stage 2 Hypertension	140 or higher	or	90 or higher	Yes	BP lowering medications are recommended	Refer to physician. Re-evaluate in 1 month. Document follow-up.
Hypertensive Crisis	higher than 180	and/or	higher than 120	Yes		Reside BP in 5 min. If not lowered, see physician immediately.

*Treatment is based on 2 careful readings on 2 occasions. Individuals with SBP and DBP in 2 categories should be designed to higher BP category.
 **Cardiovascular risk factors include: coronary artery disease, heart failure, diabetes, kidney disease, stroke or TIA.
 College of Cardiology and American Heart Association Blood Pressure Guidelines. Published November 2017. www.heart.org search Know Your Numbers

Blood Pressure Categories

BLOOD PRESSURE CATEGORY	SYSTOLIC mm Hg (upper number)		DIASTOLIC mm Hg (lower number)
NORMAL	LESS THAN 120	and	LESS THAN 80
ELEVATED	120 – 129	and	LESS THAN 80
HIGH BLOOD PRESSURE (HYPERTENSION) STAGE 1	130 – 139	or	80 – 89
HIGH BLOOD PRESSURE (HYPERTENSION) STAGE 2	140 OR HIGHER	or	90 OR HIGHER
HYPERTENSIVE CRISIS (consult your doctor immediately)	HIGHER THAN 180	and/or	HIGHER THAN 120

THE GUIDELINE REPLACES JNC7, SEEN HERE SIDE BY SIDE FOR COMPARISON

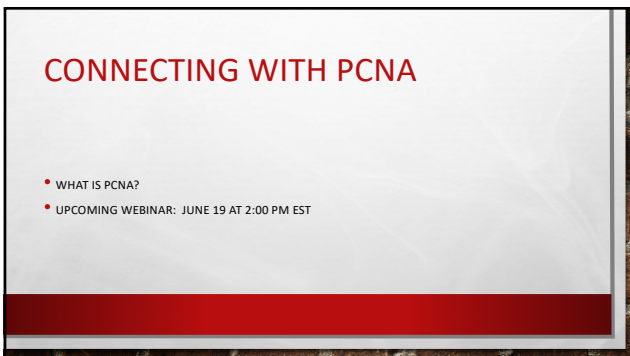
2017 Guideline for the Prevention, Detection, Evaluation and Management of High Blood Pressure in Adults

BP Classification (JNC 7 and ACC/AHA Guidelines)

SBP		DBP	JNC 7	2017 ACC/AHA
<120	and	<80	Normal BP	Normal BP
120-129	and	<80	Prehypertension	Elevated BP
130-139	or	80-89	Prehypertension	Stage 1 hypertension
140-159	or	90-99	Stage 1 hypertension	Stage 2 hypertension
≥160	or	≥100	Stage 2 hypertension	Stage 2 hypertension

- Blood Pressure should be based on an average of >3 careful readings on 2 occasions
- Adults being treated with antihypertensive medication designated as having hypertension







PHN SUCCESS STORIES

- CALL FOR STORIES HAS BEEN THERE, BUT WITH LITTLE RESPONSE OR FOLLOW-UP
- EMAIL ACCOUNT CREATED TO COLLECT STORIES: phnursestories@gmail.com
- GOAL IS TO DEVELOP AN "EMERGING PHN PRACTICES IN CARDIOVASCULAR HEALTH" GUIDE AND/OR A MINI-LEARNING COLLABORATIVE
- NEW IDEAS: RECORDING INTERVIEW

GOAL 4:

PROMOTE HEART-HEALTHY LIFESTYLES AMONG APHN MEMBERS.



APHN MILLION HEARTS MEMBER CHALLENGE

GOAL: TO MEASURABLY IMPROVE THE HEALTH OF INDIVIDUAL PHNS IN ALIGNMENT WITH MILLION HEARTS 2022 GOALS. THIS WILL ALLOW PHNS TO BE ABLE TO UNDERSTAND ON A PERSONAL LEVEL THE LIFESTYLE CHANGES REQUIRED TO ACHIEVE A HEART-HEALTHY LIFESTYLE, WHICH WILL MAKE THEM EVEN MORE EQUIPPED TO ASSIST MEMBERS OF THE COMMUNITY TO IMPROVE THEIR HEALTH.

HOW TO PARTICIPATE:

- **SCORE YOURSELF:** USING THE HEALTH CONTINUUM GRID, RATE YOUR HEALTH IN EACH OF THE SIX FOCUS AREAS, FROM 5 (IDEAL) TO 1 (SIGNIFICANT HEALTH RISK).
- **SELECT AREAS FOR IMPROVEMENT:** CHOOSE AT LEAST TWO AREAS THAT YOU WOULD LIKE TO IMPROVE, PREFERABLY ONE OF THEM BEING A CATEGORY IN WHICH YOU SCORED THE LOWEST.
- **SET A GOAL:** SET YOUR GOAL FOR IMPROVEMENT (I.E IF YOU SCORED A 2 ON STRESS MANAGEMENT, YOUR GOAL MIGHT BE TO IMPROVE YOUR SCORE TO A 4).
- **SPECIFY A TIME FRAME:** ONCE YOU HAVE SELECTED YOUR GOAL, SET A REASONABLE TIME FRAME IN WHICH YOU WOULD LIKE TO REACH YOUR GOAL.
- **SHARE YOUR SUCCESS**

	Sodium Intake	Tobacco Use	Physical Activity	BP Control	Cholesterol	Stress Mgt. Skills
5	Max of 2,300mg/day for persons with no BP issues OR Max of 1500/day for persons with BP issues	NO tobacco use	At least 30 minutes of aerobic activity every day	<120/80	LDL <100	Excellent: stress does not affect the quality of my life
4	2,400-3,000mg/day	Social use/ special events	Daily activity but <30minutes	120-129/80-90 (elevated)	LDL 100-129 (near/above optimal)	Good: stress affects the quality of my life 1 day/week or less
3	3,100-4,000mg/day (avg. American consumption is 3,400mg/day)	Intermittent use	30min of activity 3 days/week or less	130-139/80-89 (Stage 1 HTN)	LDL 130-159 (borderline high)	Fair: stress affects the quality of my life 2-4 days/week
2	>4,000mg/day *for reference avg. fast food meal is 1,200mg sodium	Daily use: <1 pack/day	30 min of activity 1-2 days/ week	>140/90 (Stage II HTN)	LDL 160-189 (high)	Poor: Stress affects the

QUESTIONS/COMMENTS?

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Thanks for joining the session!
