

### *Description of the programmatic innovation: The Million Hearts® Fellowship Program*

Cardiovascular disease is the number one cause of death and disability in the world; however, it is the most preventable chronic disease. One out of three women and men die from heart disease. Million Hearts® is a national initiative from the Department of Health and Human Services that is focused on promoting cardiovascular evidence-based healthy lifestyle behaviors in an effort to prevent one million heart attacks and strokes. By practicing four simple lifestyle behaviors, more than 80% of heart attacks and strokes can be prevented.

In an effort to promote this initiative, the National Interprofessional Education and Practice Consortium to Advance Million Hearts® (NIEPCAMH) was founded in January 2013. The consortium is designed to facilitate the partnering and synchronization of community partners and academic institutions in initiating and promoting cardiovascular population health by completing specially designed cardiovascular Million Hearts® screenings and behavioral lifestyle education in local communities. The global need for cardiovascular preventive population health and healthcare cost reduction has developed the partnerships through NIEPCAMPH. Over 180 different academic institutions, professional organizations and community agencies have partnered through NIEPCAMH in an effort to improve the health of their communities.

As part of NIEPCAMH, The Ohio State University College of Nursing developed a free online Million Hearts® interprofessional educational module, the *Million Hearts® Fellowship program*. Nursing and transdisciplinary colleges along with public/community health organizations and professional associations across are using the online Fellowship program as a method of teaching their health sciences' students about population health. By all partners working together, over 93,000 people have been screened and educated about cardiovascular disease nationwide. With over 93,000 screenings and patient education sessions completed nationwide, the partnerships have made a colossal and widespread impact on cardiovascular population health by preventing disease, improving health, and reducing costs. Early identification of disease and promotion of cardiovascular prevention leads to reduced morbidity and mortality rates.

The *Million Hearts® Fellowship* module is online, free for anyone to use, and takes approximately five hours to complete. It entails four easy steps. The first step involves watching a series of online lectures. Content includes: an outline of Million Hearts® initiative/population health; an overview of how to complete an accurate and uniform Million Hearts® screening; an interpretation of normal and abnormal values; a sample triage protocol for screenings; and a review of how to effectively counsel participants on healthy cardiovascular lifestyle modifications. The second step requires students to complete 10 Million Hearts screenings in their communities. During the third step, the students enter de-identified data on the 10 people for whom they conducted Million Hearts screenings (e.g., age, race/ethnicity, blood pressure). The final step is taking a post-test. Upon passing the test, students are certified as *Million Hearts® Fellows* and are able to print a Million Heart Fellow certificate.

### *Positive, Measureable Outcomes Achieved*

As noted above, step three of the educational module requires students/clinicians to complete an online survey on each person they screen in their community as part of the *Million Hearts Fellowship* experience. Students/clinicians answer eleven questions about each person they screened. This process has allowed us to track our impact nationwide and study the population that is being screened and educated. This program has led to the uniform cardiovascular screening and risk reduction education of over 93,000 people nationwide and over 30,000 referrals to health care providers for cardiovascular risk factors and abnormal clinical findings. In addition, there are over 180 partners participating in NIEPCAMH. The *Million Hearts® Fellowship* (curriculum) has been in place over 9 years.

### *Award Criteria*

#### *Catalyst for Curricular Change*

The *Fellowship* program has been embedded into nursing and health sciences' student curricula. Nursing schools include the Fellowship program as part of community health, leadership, and advanced practice nursing courses. Million Hearts® screenings provide an excellent combination of hands-on patient experience and learning for students while addressing the growing need to reach larger numbers of people at a low cost. Nursing and health sciences' schools have the unique advantage of having access to a pool of enthusiastic and eager providers who are excited about immersing themselves into the community and working together to help people make healthier lifestyle choices. Million Hearts® screenings also help students understand the importance of population health, national initiatives and goals, and allows them the opportunity to actively participate in and contribute to the application and execution of these initiatives. By joining NIECAMH and engaging in Million Hearts® screenings, faculty and students are contributing to national initiatives and goals: the Million Hearts® initiative, Healthy People 2030, and the 2020 Surgeon General's Call to Action to Control Hypertension (HHS, 2011; Department of Health and Human Services, 2020).

#### *Evidence of Execution & Sustainability*

The Fellowship was started in 2013 and has demonstrated sustainability and excellent outcomes for 9 years. This program has led to the uniform cardiovascular screening of 93,875 people across the nation. It has identified 26,729 patients with pre-hypertension and 16,336 patients with hypertension. 63,390 patients have received cardiovascular risk reduction education and over 30,000 referrals have been made for follow-up visits with a clinician for abnormal findings.

#### *Potential for replication & dissemination*

Over 180 academic and community partners are currently using the program and have integrated it into their curricula. There have been over 9,000 users of the educational program. The program is currently widely used and disseminated.

### *Demonstrated interprofessional faculty teams*

The Fellowship module was designed for interprofessional use and learning. Educational content was designed for any health sciences' student or clinician. The educational lectures found in the program are delivered by faculty from nursing, medicine, and pharmacy.

### *Consistency with AACN mission & vision*

In alignment with AACN's vision, the Million Hearts® Fellowship program strives to transform health care by moving from a sick care model to a well care model through early screening and lifestyle intervention. The Fellowship program improves health by early identification and intervention of cardiovascular disease. In alignment with AACN's mission, the Fellowship module integrates nursing education, research, and practice. It is a hands-on opportunity for nursing students to learn about population health, practice their skills, and contribute to important national population health initiatives. Data from the pioneering Million Hearts Fellowship program has led to important, peer-reviewed articles in cardiovascular population health. One of the article titled "An epidemiological study of population health reveals social smoking as a major cardiovascular risk factor" published in the *American Journal of Health Promotion* studied the cardiovascular effects of "social smokers." Social smokers are a subpopulation of individuals who smoke but only in social situations. The data demonstrated that social smokers (10% of the population) have the same cardiovascular risk of having hypertension or high cholesterol as that of a current smoker. This has important clinical implications for both nurses as well as patients. Nurses need to be asking patients about social smoking and educating patients about the associated risks of this social habit. A media scan indicated that over 150 news stories were written on the findings from this study. The news briefs indicate an international reach, spanning as far as India and Asia. This paper was presented at the Council for the Advancement of Nursing Science meeting and received an abstract of distinction and received the Editor's Pick for 2017 Paper of the Year by the *American Journal of Health Promotion*. Its altmetrics score is 473. In addition, AACN emphasizes the need for population health to be integrated into undergraduate and graduate curricula under domain three of the AACN 2021 Essentials.

### *Demonstrated Advancement of Professional Nursing Education*

The *Million Hearts® Fellowship* program is an innovative model that embodies three major concepts in nursing and health sciences' teaching: promotion of population health, engagement in interprofessional practice, and prevention of cardiovascular morbidity and mortality through national outreach. The Fellowship program has a demonstrated a strong record of achieved successful outcomes and advancement in nursing education, practice, and research, which should highly qualify it for AACN's Innovations in Professional Nursing Award.