

Heart Yourself: Fighting Heart Disease in Women

Presented by: Cilgy Abraham

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The mission statement for my social action project is to create greater awareness of heart disease in women while also educating nursing students on cardiovascular disease presentation and preventative action with particular attention to women and gender.

The Problem

- Heart disease is the leading cause of death in women
 - Largely a **preventable** chronic condition
 - Declining quality of life, decreased productivity, higher healthcare costs (AHA estimates \$ 818.1 billion/year by 2030).¹
- Misconception: Heart disease is a man's disease (Moller-Leimkuhler, 2007)
- Women may experience different warning signs of an impending heart attack (Myocardial Infarction)
- Unhealthy Lifestyle Behaviors

1. <http://www.fightchronicdisease.org/media-center/releases/american-heart-association-report-costs-heart-disease-united-states-will-tripl>

Intellectual Foundations: Exploration of Research

- Young Women and Heart Disease Awareness (Greenberger, 2012).
- Stress (Terrill, 2012).

SAP-Timeline

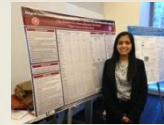
September - October 2015

Spoke with Cardiac patients at St.Peter's University Hospital. Worked on and created Heart Healthy Educational Brochures.



October 17-18, 2015

Presented & Won Third place at the 2015 Scientista Symposium held at Microsoft Office in NYC.



October 6 & 14, 2015

Held two workshops titled, Women's Heart Disease: A Clinical Guide for Healthcare Professionals, at St.Peter's University Hospital, Unit 1D.



October 29, 2015

Attended the NJCCN Summit on Building a Culture of Health Through Innovation

December 3, 2015

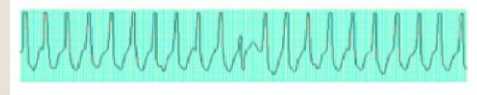
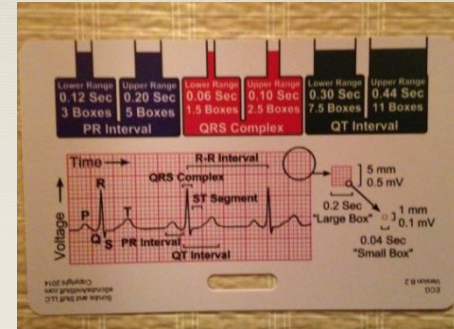
Presenting Social Action Project at The Institute for Women's Leadership at Rutgers University.

Heart Healthy Workshops

- Saint Peter's University Hospital, New Brunswick, NJ
- Participants consisted mostly of Rutgers, Nursing students.

• Workshop Content

- Prevalence
- Risk factors
- Signs & Symptoms
- Preventative action
- Nursing Implications
- Contraindications
- Practice EKG/Cardiac Rhythm Strips
- Evidence Based Practice
- Gender Disparities



Workshop Evaluations/ Impact

How will you use the information presented in this workshop in your clinical practice or in your own lives?

“This information was vital with regards to clinicals and my own life. Heart health is important for everyone to know.”

“Super helpful.”

“Having knowledge about heart disease and EKG strips will help me in nursing because I want to work in a cardiac floor.”

“I will use the knowledge I gained to better help patients with heart disease.”

“The Cardiac Rhythm strip card will be on my future Registered Nurse ID badge FOREVER!”

“Didn’t realize the disparities in women’s heart health until this workshop.”

“It has helped me to identify modifiable risk factors for heart disease and how to measure cardiac rhythm strips.”

Insights regarding Women's Heart Disease

- Addressing Heart Disease requires a holistic approach
- Challenge and critically analyze existing structures
 - Barriers in Healthcare
 - Biases, Stereotypes, Judgments
 - What is the priority for the patient?

Lessons Learned

- **Interdisciplinary & Collaborative Leadership**
- **Networking & Building Partnerships**
- **The importance of culturally competent care**

Partnerships & Impact

- **Partnerships**

- Networking with other activists, researchers, nurse scientists, leaders, etc.
- Symposium
- NJCCN Summit

- **Impact**

- Spreading Awareness
- Education



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- Institute of Women's Leadership
- Fellow Leadership Scholars
- Fellow RU-Nursing colleagues
- The Douglass Project for Rutgers Women in Math, Science, and Engineering
- Saint Peter's University Hospital, New Brunswick, NJ

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Thank you

Questions?

