

Heart Disease: Female Nurses At Risk



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Why Nurses?

“Nurses are less healthy than the average American. Research shows that nurses are more likely to be overweight, have higher levels of stress, and get less sleep. As the largest and most trusted health care profession, nurses are critical to the health of the nation. Healthy nurses are great role models for their patients, colleagues, families, and neighbors.”



Figure 3. Stethoscope image (“Stethoscope,” 2017)
(American Nurse Association, 2020)



Heart Disease Risk

- ♡ **#1 cause of death for Caucasian and African American women in U.S.**
- ♡ **#2 cause of death in Hispanic women**
- ♡ **On the rise in women ages 35-54**
- ♡ **Ohio ranked 13th in highest prevalence of heart disease of 50 states**
- ♡ **Gender and race differences in care and treatment exist**
- ♡ **Atypical symptoms lead to delay in diagnosis and treatment**

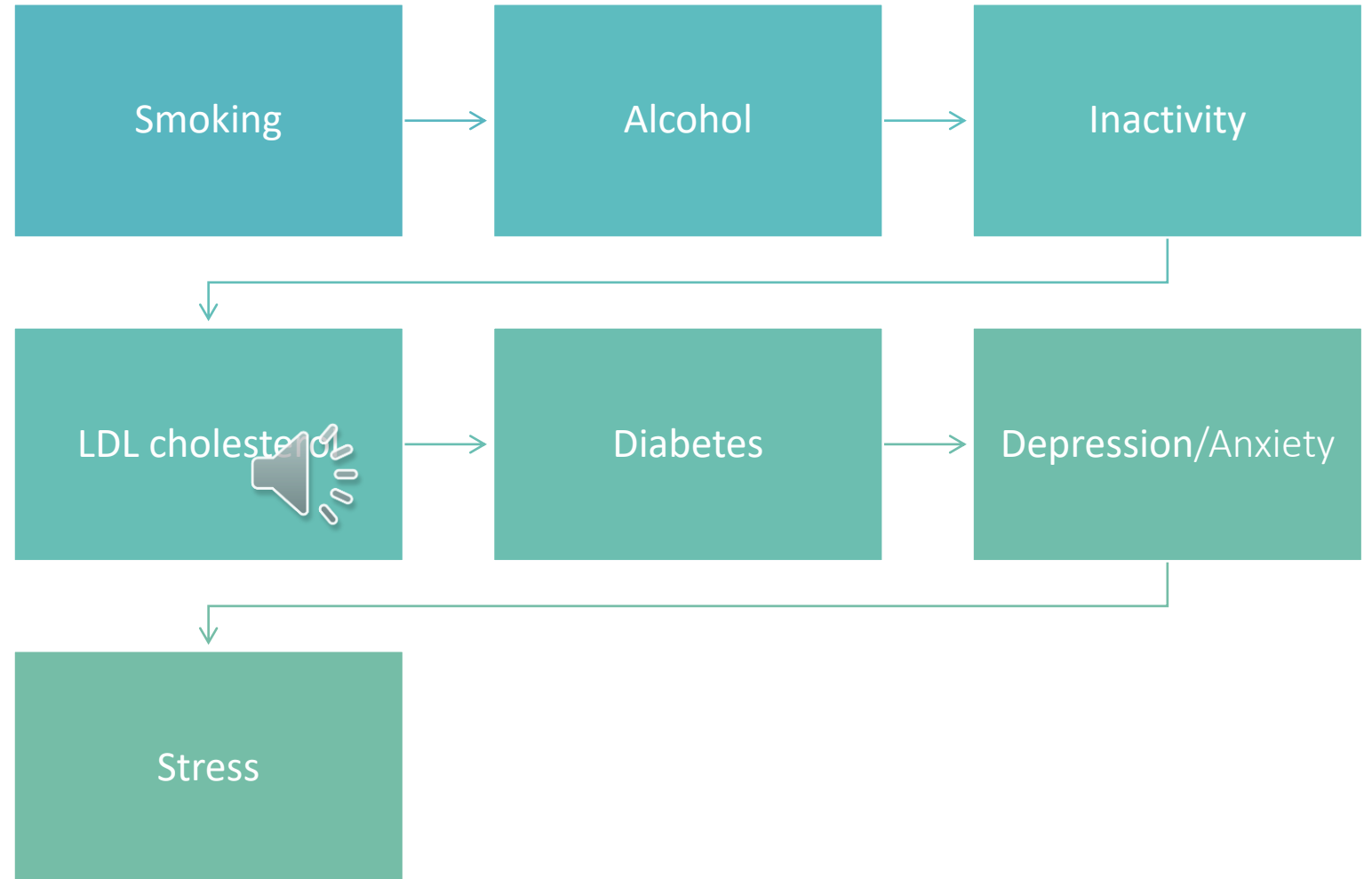
(Centers for Disease Control and Prevention, 2019)

(American Heart Association, 2018)

(Ohio Department of Health, n.d.)



Risk Factors



(Her Heart. 2019)

(Texas Heart Institute, n.d.)



Risk Factors Cont...

Smoking

- 40% women who smoke die from heart disease
- Effects can be quickly reversed when stopped

Alcohol

- Limit to two drinks per day for less than six days per week is recommended
- Disrupts energy levels, sleep, and mental health



Inactivity

- Doubles risk of heart disease
- Thirty minutes total of moderate activity per day is recommended

LDL cholesterol

- "Bad" cholesterol resulting in plaque in arteries

Diabetes

- Too much sugar in the blood can triple risk for heart attack

Depression/Anxiety

- Interferes with behavior, emotion, and perception

Stress

- Leads to unhealthy behavior



Comorbidity	Ohio	U.S.
Smoking	19.2%	18%
Obesity	30.5%	31%
Inactivity	26.3%	28%
Diabetes	84.9%	85%



Ohio vs. U.S. Comorbidities



(Cleveland Clinic, n.d.)

Physiologic Factors

Quality care measures continue to be higher in males than females

Caucasian women are more likely to receive treatment according to American Heart Association Guidelines

African American and Hispanic women tend to delay treatment 

- Cost, weight problems, refusal to change, putting others before self

Gender specific differences-atypical symptoms

- Fatigue, anxiety, shortness of breath

(Benjamin et al., 2019)

(Kalman & Wells, 2018)

(Lundberg et al., 2018)



Pharmacologic Factors

In the U.S. 75% of individuals take medications as prescribed



Abuse of opioids increase risk for stroke, myocardial infarction, atherosclerosis

Highest prevalence in Hispanic and Caucasian women

52,000 women ages 26+ in Ohio stated abuse opioids

(American Heart Association, 2019)

(American Addiction Centers, 2019)

(Substance Abuse and Mental Health Services Administration, 2018)




Pharmacologic Factors Cont..

Medications prescribed:

- Beta blockers, antiplatelets, nitrates, ACE inhibitors, statins

Supplement use:

-  **Coenzyme Q10**-cardiomyopathy from statin use
- **Fish oil**-cholesterol, blood pressure, heart rate
- **Probiotics**-cholesterol, blood pressure
- **Vitamin D**-atrial fibrillation, heart failure, coronary artery disease

Supplement use on the rise in the U.S.

- More common among women
(Aroesty & Kannam, 2018)
(Bronzato & Durante, 2018)
(Mozaffarian, 2019)

Figure 1. Supplement image (Handler, 2019)



Environmental Factors

Circadian rhythm

- Sleep-wake cycle
- Controls cardiovascular system

Seasonal changes

- Diet and activity changes
- Lack vitamin D

Air pollution

- Causes 70-80% premature deaths
- Cleveland/Akron/Canton ranked #9 in U.S. polluted cities

Social environment

- Influence modifiable risk factors more than genetics

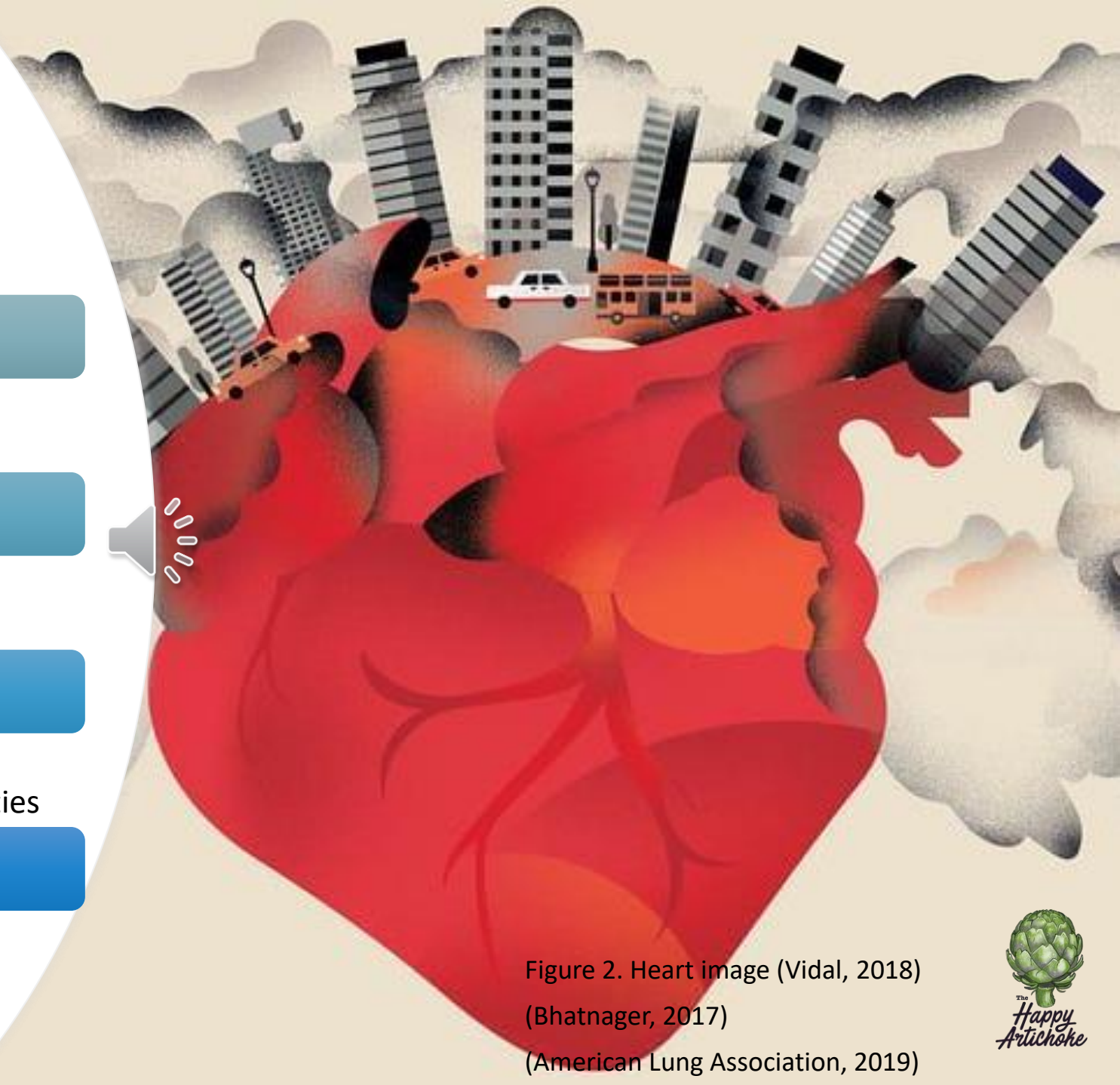


Figure 2. Heart image (Vidal, 2018)
(Bhatnager, 2017)
(American Lung Association, 2019)



— Need for Change

Rotating shifts →

Change in circadian rhythm

Mental stress →

Obesity, diabetes, hypertension, smoking, excessive alcohol intake

Physical stress →

Abuse of painkillers

Lack of breaks →

Dehydration and unhealthy food choices

Nursing shortage →

Increase in nursing workload



Figure 4. Nurse image ("Nursing registered," n.d.)

How to Stay Healthy and Active at Home



Tips for Eating Healthy on a Busy Schedule

01

Tip 1: Use a planner or calendar to plan time slots for meal prepping or planning

02

Tip 2: Drink plenty of water throughout the day

03



Tip 3: Protein or granola bars are fuel as a snack, not a meal replacement

04

Tip 4: Pack healthy snacks, such as trail mix, pretzels with hummus, or apple slices with peanut butter to prevent overeating

05

Tip 5: Make healthier choices when eating out, such as a vegetable side dish or choosing whole grain bread

Healthy Food Substitutes



- Sour cream

Yogurt or
cottage cheese

- Mayonnaise

Yogurt or
avocado

- Butter

Banana or
avocado

- Oil













Yogurt or
applesauce

- Baking chocolate

Cocoa Powder

(U.S. Department of Veterans Affairs, n.d.)

Healthy Portion Sizes

Dairy: Milk, Yogurt, Cheese				
Cheese (string cheese)			Pointer finger	1½ ounces
Milk and yogurt (glass of milk)			One fist	1 cup
Vegetables				
Cooked carrots			One fist	1 cup
Salad (bowl of salad)			Two fists	2 cups
Fruits				
Apple			One fist	1 medium
Canned peaches			One fist	1 cup

(Dairy Council of California, 2012)







Healthy Portion Sizes Cont...

Grains: Breads, Cereals, Pasta

Dry cereal (bowl of cereal)			One fist	1 cup
Noodles, rice, oatmeal (bowl of noodles)			Handful	½ cup
Slice of whole-wheat bread			Flat hand	1 slice

Protein: Meat, Beans, Nuts

Chicken, beef, fish, pork (chicken breast)			Palm	3 ounces
Peanut butter (spoon of peanut butter)			Thumb	1 tablespoon

Goal Setting



Figure 7. Goals image (Smallwood, 2020)



Goal Setting Cont....

Examples:

1. I will run on my treadmill every morning before work for thirty minutes for the next month.
2. I will increase my fruit intake by buying one fruit everyday with my lunch on work days for the next two weeks.



Calling All MetroHealth Employees!

What does MetroHealthy have to offer?



- Discounts on fitness centers, healthcare reimbursement, Weight Watchers
- Support groups and counseling for smoking cessation, survivor recovery, nutrition and diabetes management, CustomCare Program
- Metrocize, fitness classes, meditation, free workshops for stress management, financial wellness, diabetes, heart health topics, and more
- Log nutrition, exercise, steps, water intake
- Download the application and connect a device



Figure 5. Metrohealthy image (ConscienHealth, 2016) (MetroHealthy, 2020)

MetroHealthy is there to help you achieve your health goals.

- Educational tools and resources for wellness, exercise, and nutrition are available.
- Get involved in the community by registering for events.
- Go online to log and check your progress.
- Get rewarded for your achievement



Go to:

metrohealth.org, MetroHealthy Health and Wellness Initiative, MetroHealthy Wellness Portal

Figure 5. Metrohealthy image (ConscienHealth, 2016) (MetroHealthy, 2020)



Healthy Nurse Healthy Nation Grand Challenge

Goal

“Connect and engage nurses, employers, and organizations around improving health in five areas: *physical activity, nutrition, rest, quality of life, and safety.*”

Register:

1. <https://www.healthynursehealthynation.org/>
2. Register under “Healthy Nurse, Healthy Nation Connect”
3. Participate in health assessment survey
4. Choose focus areas and participate in challenges
5. Connect with other nurses nationwide



Figure 6. Challenge image (“ANA,” 2017).
(American Nurse Association, 2020)

It's never too late to make a change in your life.

Start by creating a SMART goal and making little changes each day.

Make these changes a lifestyle.  Put aside any self doubt or fear.

YOU CAN DO THIS!



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