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Cedarville and Taiwanese Nursing Students Join Million Hearts Day

CEDARVILLE, OHIO – Cedarville University's School of Nursing will join the nationwide quest for a million healthy hearts this Valentine's Day. And they've invited nursing students from Taiwan to join them.

Cedarville Nursing Honor Society students, along with visiting nursing students from Dayeh University in Taiwan, will perform blood pressure screenings in Stevens Student Center from 11 a.m.-1:30 p.m. on Wednesday, Feb. 14.

The screening effort is part of Million Hearts Day on February 14, made official by proclamation from Ohio governor. John Kasich and Lt. Gov. Mary Taylor.

Million Hearts Day is part of a five-year initiative by the U.S. Department of Health and Human Services to prevent one million heart attacks and strokes.

Patients with elevated blood pressure readings will be educated on dietary approaches to stop hypertension (DASH) and presented with physical exercise options. Cedarville University Medical Services will perform follow-up readings two weeks after the event, according to Angelia Mickle, dean of the school of nursing. "If blood pressure remains elevated, a referral will be made to a primary care provider for ongoing management," she added.

The U.S. Centers for Disease Control and Prevention (CDC) and the Centers for Medicare & Medicaid Services (CMS) are partners in this effort, as well as the National Interprofessional Education and Practice Consortium to Advance Million Hearts (NIEPCAMH). NIEPCAMH represents 160 institutions across the United States, including Ohio colleges and schools of nursing.

"Cardiovascular disease (CVD) related illnesses are a major burden in the United States health care system," Mickle said. "Each year, \$316 billion is spent on CVD-related health care, and one-third of all U.S. adult deaths are related to poor heart health. The majority of these illnesses and deaths are preventable.

"Nurses have the education and ability to make a difference, starting with one blood pressure screening at a time."

Located in southwest Ohio, Cedarville University is an accredited, Christ-centered, Baptist institution with an enrollment of 3,963 undergraduate, graduate, and online students in more than 150 areas of study. Founded in 1887, Cedarville is recognized nationally for its authentic Christian community, rigorous academic programs, strong graduation and retention rates, accredited professional and health science offerings, and leading student satisfaction ratings. For more information about the University, visit www.cedarville.edu.