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The direct program: A disease/inflammatory vs. risk factor evaluation cardiovascular testing program

The aim of this project is to address the gap in practice between a risk factor approach to cardiovascular risk assessment and the scientific evidence for a disease/inflammatory approach to cardiovascular care. After a systemic review of the evidence surrounding cardiovascular disease and vascular inflammation, nurse practitioners are taught how to use a disease/inflammatory assessment versus risk assessment approach to Cardiovascular (CVD) prevention in primary care patients. A systemic review of the current clinical guidelines for CVD risk assessment is the backdrop for the development of this CME activity. The activity presents a comprehensive review of the evidence supporting a disease/inflammatory approach to CVD prevention. The program is called the DIRECT Program - Disease/Inflammation vs. Risk Evaluation Cardiovascular Testing Program (DIRECT). Clinical decision making of nurse practitioners completing this activity is assessed using clinical case application of both models (disease and risk). This program is aimed to promote a health screening model for family practice nurse practitioners with the goal of preventing heart attacks and ischemic strokes in primary care patients. The DIRECT program includes an analysis and systematic review of the current guidelines for CV risk assessment and offers a comprehensive review of the evidence supporting a disease/inflammatory approach to CV prevention. This program illustrates the DNP core competencies through this evidence-based practice model for improved cardiovascular disease prevention. This CE course is aimed at quality improvement of care and the application of a new care model for nursing practice. This program celebrates the core foundational calling for doctoral prepared nurses to practice the most advanced level of nursing practice which involves the application of scientific knowledge that is current and transcends specialties for the benefit of optimal health for the patient.

Biography

Amy L Doneen is an internationally recognized leader in preventing heart attacks, stroke, and diabetes, is the medial director of the Heart Attack & Stroke Prevention Center in Spokane, Washington. She is Adjunct Professor at Texas Tech Health Science Center's school of nursing and received her doctorate in nursing at Gonzaga University. She has given more than one thousand lectures to medical groups globally, including to the International Atherosclerosis Society in Rome Italy and Helsinki Finland, European Atherosclerosis Society in Madrid Spain, Women's Heart Symposium, and American Heart Association. She has publications in peer-reviewed journals that include AHA Atherosclerosis, Cardiovascular Roundtable, Journal of Cardiovascular Nursing, Alternative Therapies, Dental Economics, and Postgraduate Medicine. She is a member of the American Heart Association, American Stroke Association, and the American Diabetes Association, American Academy of Oral Systemic Health, National Lipid Association, and Sigma Theta Tau Nursing Honors Society. She is also the past chair of the Pacific Northwest Preventative Cardiovascular Nurses Association.

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