PCNA
PREVENTIVE CARDIOVASCULAR NURSES ASSOCIATION

Our Mission

PCNA works to promote nurses as leaders in cardiovascular disease prevention and management across the lifespan.

Goals

Increase public and political awareness of the critical role nurses play in comprehensive cardiovascular risk reduction.

Promote individual and community education in cardiovascular risk reduction and disease management across the lifespan.

Provide opportunities for education and professional development for nurses.

Advocate for professional certification and development for nurses specializing in cardiovascular disease prevention and management.

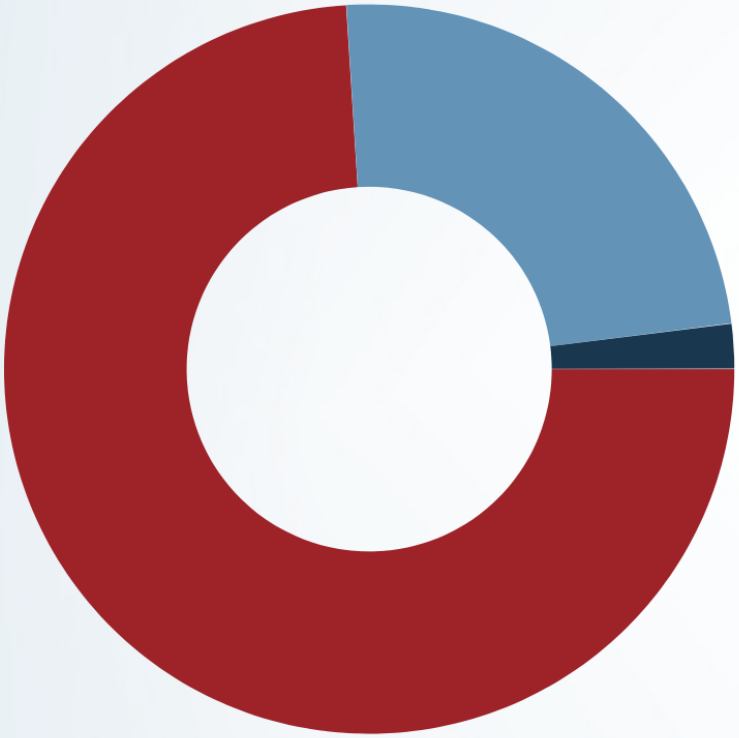
Disseminate information on innovative, fiscally responsible models of cardiovascular care delivery.

Foster productive liaisons with professional organizations sharing similar goals.

Support the utilization and dissemination of research and support evidence-based practice in cardiovascular risk reduction and disease management.

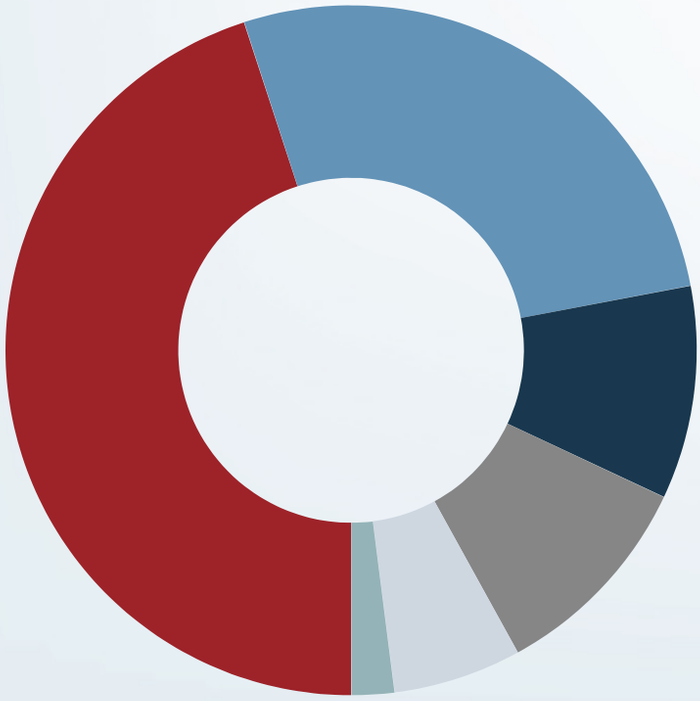
Who We Are

PCNA represents over 16,000 nurses, advanced practice nurses, and health care professionals who play a key role in research, practice, and policy initiatives around cardiovascular risk reduction and disease management.



Profession

- 74% Registered Nurse
- 24% Advanced Practice Nurse
- 2% Other

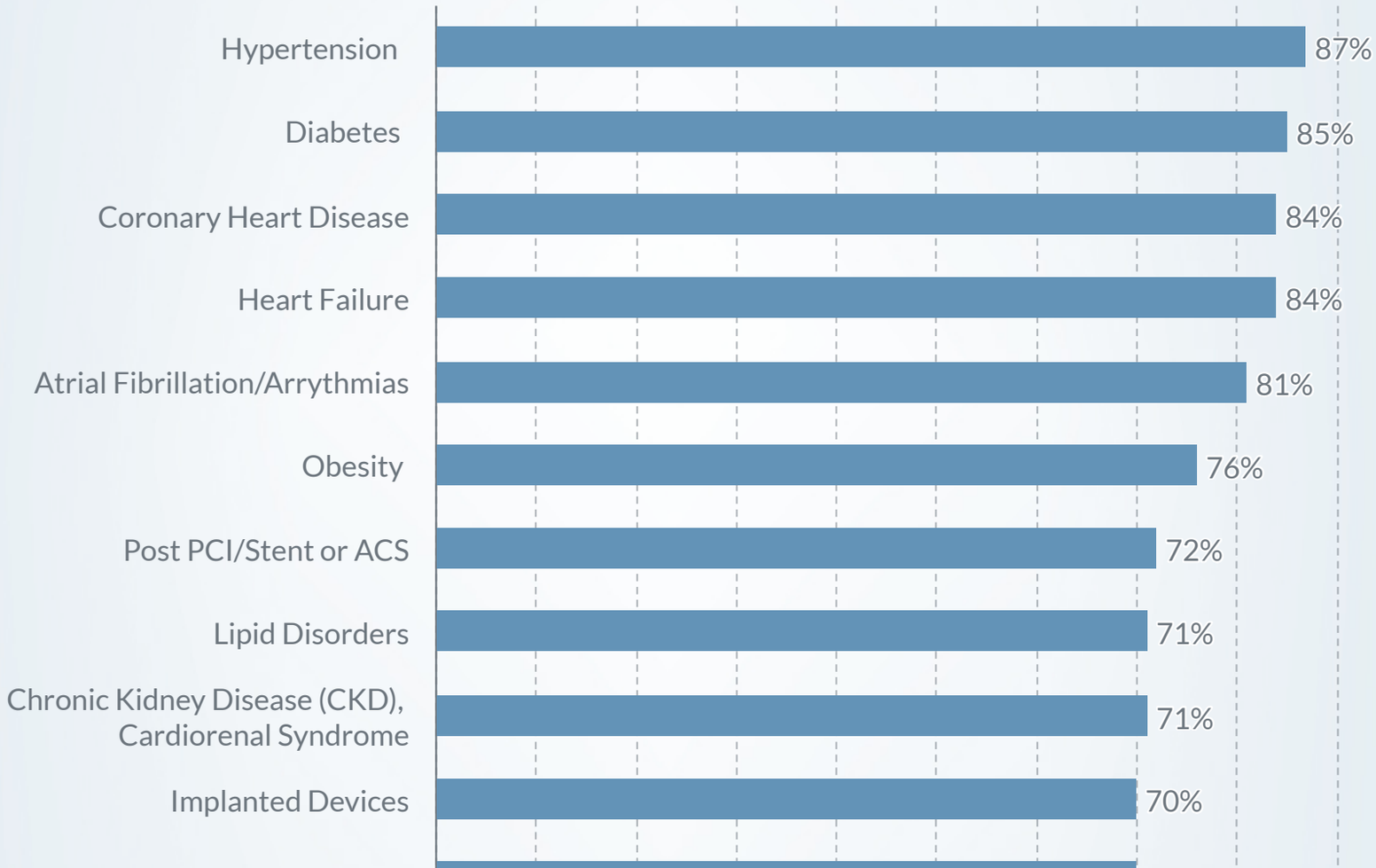


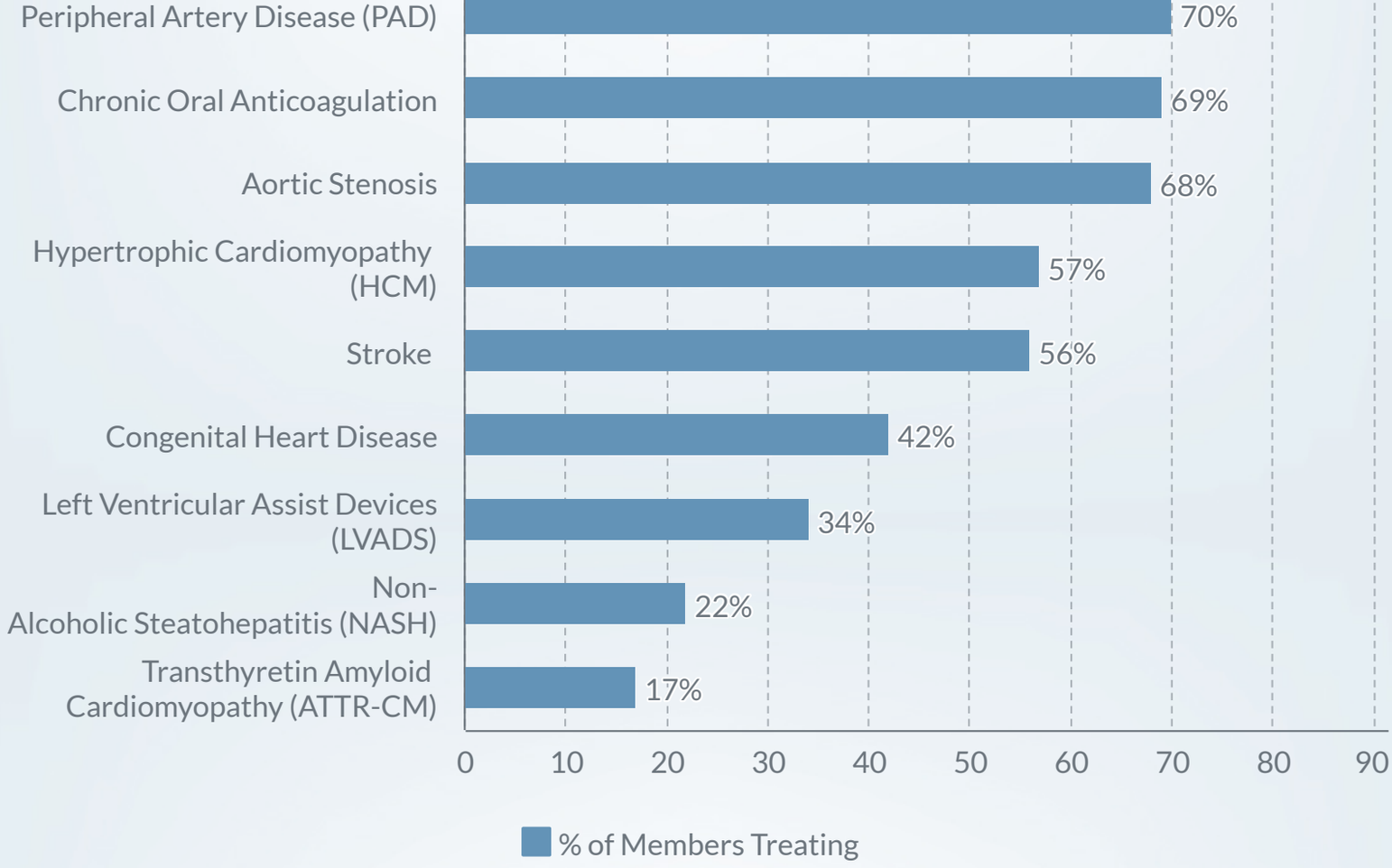
Employed By

- 45% Outpatient Hospital/Health System
- 27% Inpatient Hospital/Health System
- 10% University or Teaching Institution
- 10% Other
- 6% Independent, Physician-owned Practice
- 2% Public or Community Health

Who Do We Care For

PCNA members care for a wide variety of patients. We asked our members, "Are you involved in caring for patients with the following disease-states? Check all that apply."





Our Reach

321,000 Website Pageviews

Website Visitors **124,900**

10,000 Active Email Subscribers

Facebook Followers **6,900**

2,700 Twitter Followers

Chapters

PCNA has 35 chapters across the United States that provide education and support to cardiovascular professionals. Each chapter is led by a volunteer nurse leader or leadership team.

See the most updated chapter map.

Chapters host live programs in the spring and fall, where nurses come together to learn the latest in cardiovascular disease prevention and management, earn continuing education contact hours, and network with colleagues.

Clinical Education

PCNA produces high-quality professional education that equips nurses and advanced practice nurses with the knowledge and skills they need to provide excellent patient care.

Virtual Summits

PCNA's virtual learning events provide an ongoing avenue for learning and discussion. Our annual Cholesterol Summit, Heart Failure Summit, and Health Equity Summit are engaging, interactive, and share current recommendations for optimizing care.

Video Tutorials

Through a combination of relatable anecdotes, personal insights and straightforward instruction, our video tutorials explore challenging topics, like shared decision-making in the treatment and management of hypertrophic cardiomyopathy and aortic stenosis.

Heart to Heart Nurses Podcast

Tune into Heart to Heart Nurses, produced by PCNA. Each episode provides clinicians with knowledge and tools they can apply to the prevention and management of cardiovascular disease across the lifespan.

Online Education Library

On-demand web-based learning is an important tool for busy clinicians in the fast-changing world of cardiovascular nursing. Our online learning library contains over 40 hours of education.

Live Regional Programs

PCNA chapters host live educational programs each spring and fall, where nurses come together to learn the latest in cardiovascular disease prevention and management, earn continuing education contact hours, and network with colleagues.

Cardiovascular Nursing Symposium

For more than two decades, PCNA's Cardiovascular Nursing Symposium has delivered cutting-edge science and ways to translate science into practice. Our hybrid virtual and in-person scientific meeting is a source of continuing education contact hours and our attendees return year after year for inspiration, networking, and rejuvenation.

With an exhibit hall, product theaters, and an opening reception, this is an action-packed three-day conference with numerous opportunities for sponsorship and commercial support.

Patient Education

Patient education tools serve as a guide for conversations between health care providers and patients. PCNA has patient education tools and handouts on nearly two dozen topics, available to order printed or electronically.

Understanding Your Risk for Heart Disease and Stroke

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Risk factors incre
ASCVD, or atheros

MAJOR risk factors

High blo

High cho

Diabetes

Tobacco

How to measure y

- A heart disease risk calculator, compare other people like y these diseases.
- The risk tool shows your chance of gett attack or stroke in t your lifetime.

Statin Medicine Side Effects: What you need to know

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What is a statin?

A statin is a medicine that he of cholesterol in your blood a for heart attack and stroke. Y care provider will talk about statin is right for you.

A statin is recommended for

- Had a heart attack, strok stent, or heart bypass su arteries
- Have LDL-cholesterol of
- Have type 2 diabetes anc
- Are age 40 to 75 and risk stroke in the next 10 yea level using a risk estimat

In some cases, medicine may if you are not in one of these

Statin medicines are pills. Her some of them:

- Atorvastatin
- Fluvastatin
- Lovastatin
- Pitavastatin

Side Effects

Most people take statins with your medicine and talk to you if you have side effects such as

- Muscle aches, pain or we
- Digestive problems
- Liver issues
- Memory problems, confu
- High blood sugar or diab

Hypertrophic Cardiomyopathy: What You Need to Know

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What is HCM?

Hypertrophic cardiomyopathy (HCM) causes your heart muscle to become thicker than normal.

- HCM affects men and women equally.
- HCM is also known as obstructive cardiomyopathy, hypertrophic obstructive cardiomyopathy, and left ventricular hypertrophic cardiomyopathy.
- Most people with HCM enjoy an active lifestyle and normal lifespan.

What causes HCM?

It is not always known what causes HCM, but in some cases there is a genetic cause. About half of the people with HCM have a first-degree relative (mother, father, brother or sister, or child) who also has HCM.

How does HCM impact the heart?

The heart has four chambers: two atrium (top chambers) and two ventricles (bottom chambers). The heart relaxes to fill with blood, then contracts to pump blood to the rest of the body.

- HCM causes the muscular walls of the heart to thicken. The heart cannot hold as much blood or may not be able to pump the blood very well.
- HCM obstruction happens when the thickened area limits or obstructs the amount of blood leaving the heart.
  - This is known as HCM with obstruction.

HCM can lead to other health issues, so it is important to work with your care team to keep your heart as healthy as possible.

What are the common symptoms of HCM?

- Activity intolerance or limitations with exertion (exercise)
- Shortness of breath, worsened with activity or after large meals
- Chest fullness or pain, worsened with activity or sometimes after a meal
- Feeling dizzy, lightheaded, or fainting
- A heartbeat that is too fast, too slow, or not regular

Many people with HCM live their entire lives without any symptoms. Other people may have one or more symptoms. Symptoms may change over time. They may be worse in hot and humid weather, when you are more active, if you are dehydrated, or for other reasons that affect how well your heart can pump blood.

Make sure to tell your health care team if you have had any new symptoms or changes since your last visit, including:

- Any symptoms from the list above
- Changes in activity level
- Sudden weight gain, even if you don't have other symptoms

Healthy Heart

Cardiomyopathy

Health Equity

It is the mission of PCNA to promote nurses as leaders around the world in equitable cardiovascular prevention and cardiovascular care management across the lifespan for all people. We recognize that nurses cannot do the work of preventing and managing cardiovascular disease without addressing persistent health inequities and pernicious systemic and institutional racism, which contribute to health disparities.

Health Equity Summit

The effects of the social determinants of health are well-documented but keeping them front-of-mind when seeing patients is a challenge. The annual virtual learning event provides clinicians with solutions for risk reduction and tools to help close the gap in health disparities.

Health Equity Legislative Update

This virtual series targeted legislators and their staff, as well as other medical stakeholders, with the goal of educating them about the roles they can play in closing gaps in health equity, including through the advancement of state and federal policies, adoption of proven community strategies, and leveraging private-sector driven solutions.

Advocacy

As the most trusted profession in the country, nurses have a unique opportunity to make a difference in the lives of their patients through public policy.

Through our Virtual Lobby Day and Action Center and partnerships with other organizations, PCNA members send messages and public comments to decision-makers in Congress and federal agencies. Together, we advocate for important issues that impact nurses and our patients.

Access to Care and Medications for All Patients

All Practitioners Practice to the Highest Level of Their Education

Reaching Our Audience

We have many great opportunities to reach both patients and health care providers. PCNA represents over 16,000 cardiovascular RNs and NPs who have over 2 million patient visits per year.

Collaborate with PCNA

- Partner on a disease awareness campaign
- Partner on patient education development
- Support regional CE programs
- Host a product theater at regional PCNA programs
- Promote clinical trials
- Survey PCNA database

Cardiovascular Nursing Symposium

- Support a CE event

- Host a product theater
- Host a focus group
- Exhibit in the Exhibit Hall
- Numerous opportunities for brand visibility

Marketing and Advertising

- Article or advertisement in monthly email newsletter
- Advertise in PCNA's official journal – The Journal of Cardiovascular Nursing
- Website advertising
- SmartBrief advertising

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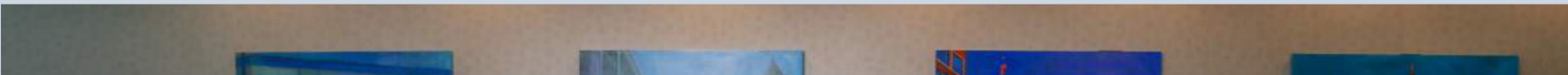

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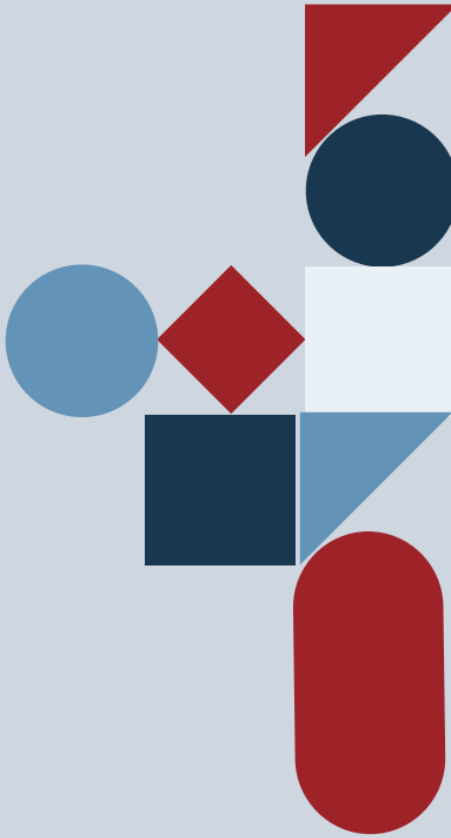

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