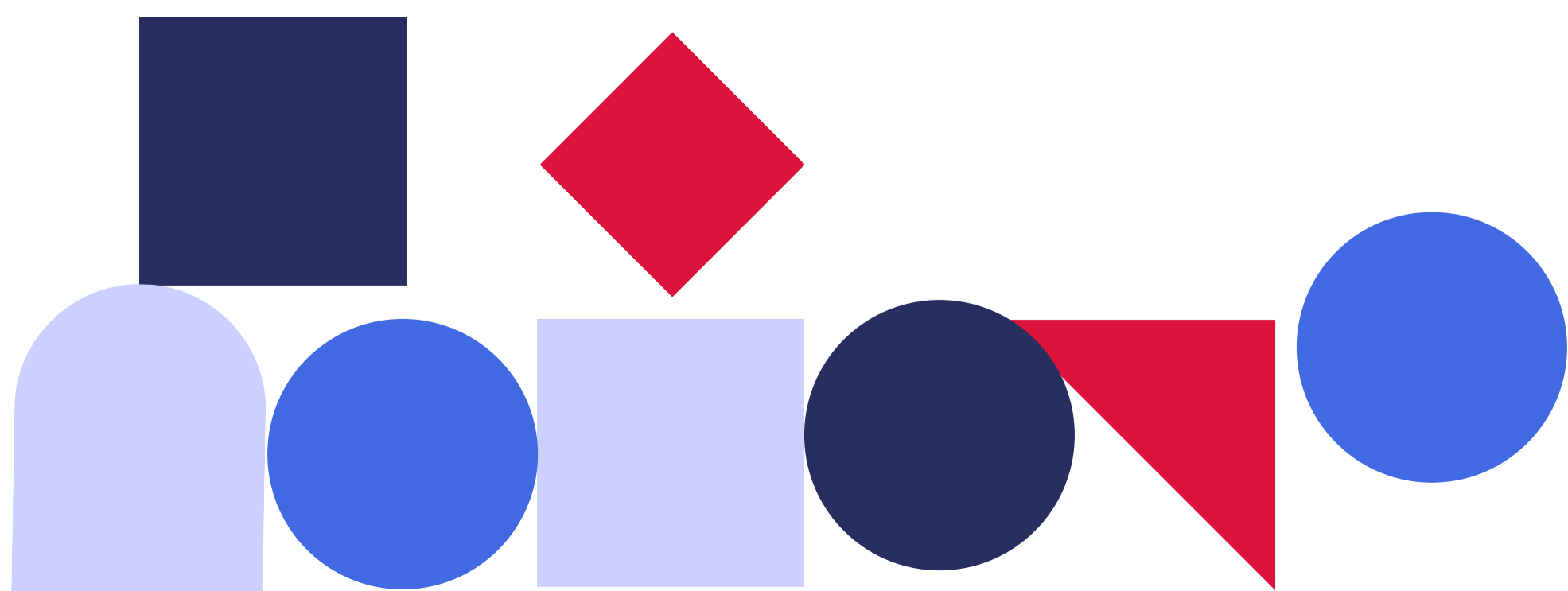
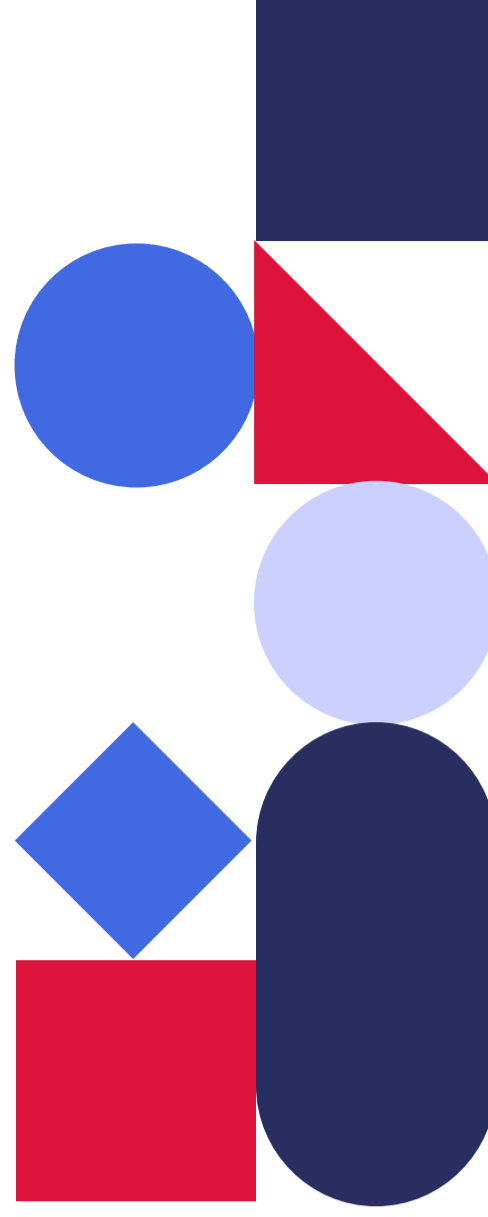


# Preventive Cardiovascular Nurses Association





# Our Mission

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

# Goals

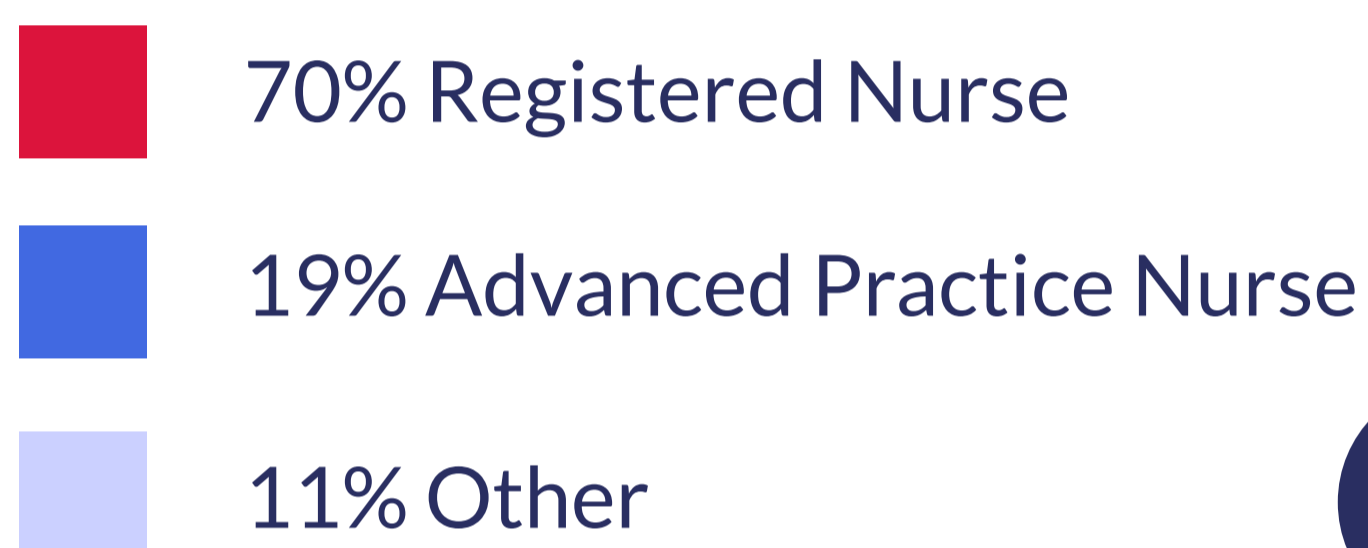
- Increase public and political awareness of the critical role nurses play in comprehensive cardiovascular risk reduction.
- Promote individual and community education in cardiovascular risk reduction and disease management across the lifespan.
- Provide opportunities for education and professional development 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.



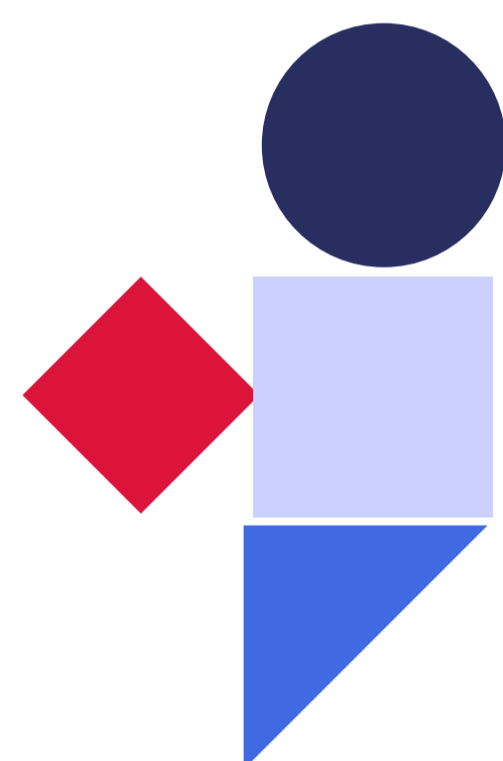
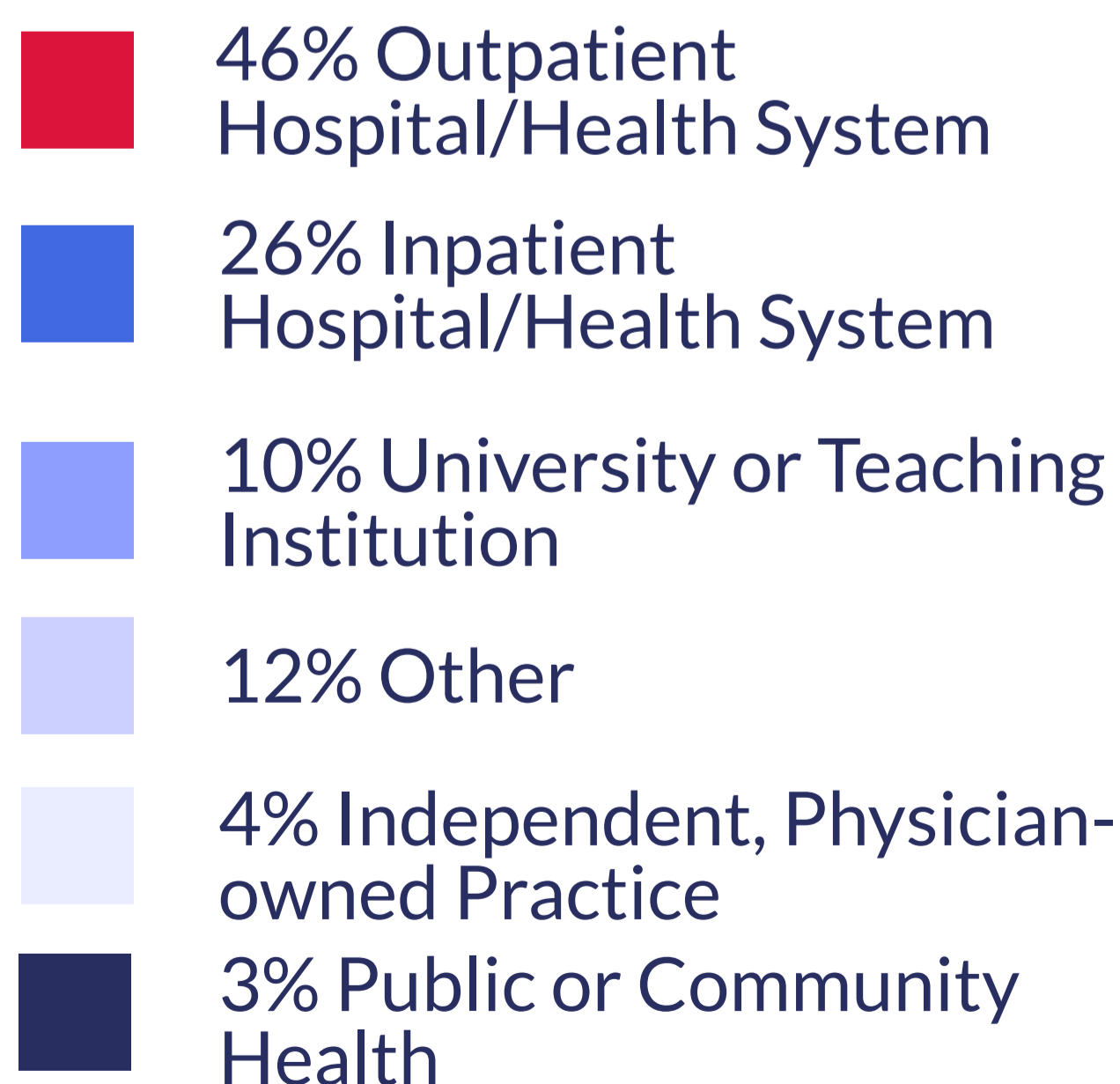
# Who We Are

PCNA represents over 11,000 nurses, advanced practice nurses, and healthcare professionals who play a key role in research, practice, and policy initiatives around cardiovascular risk reduction and disease management.

## Profession

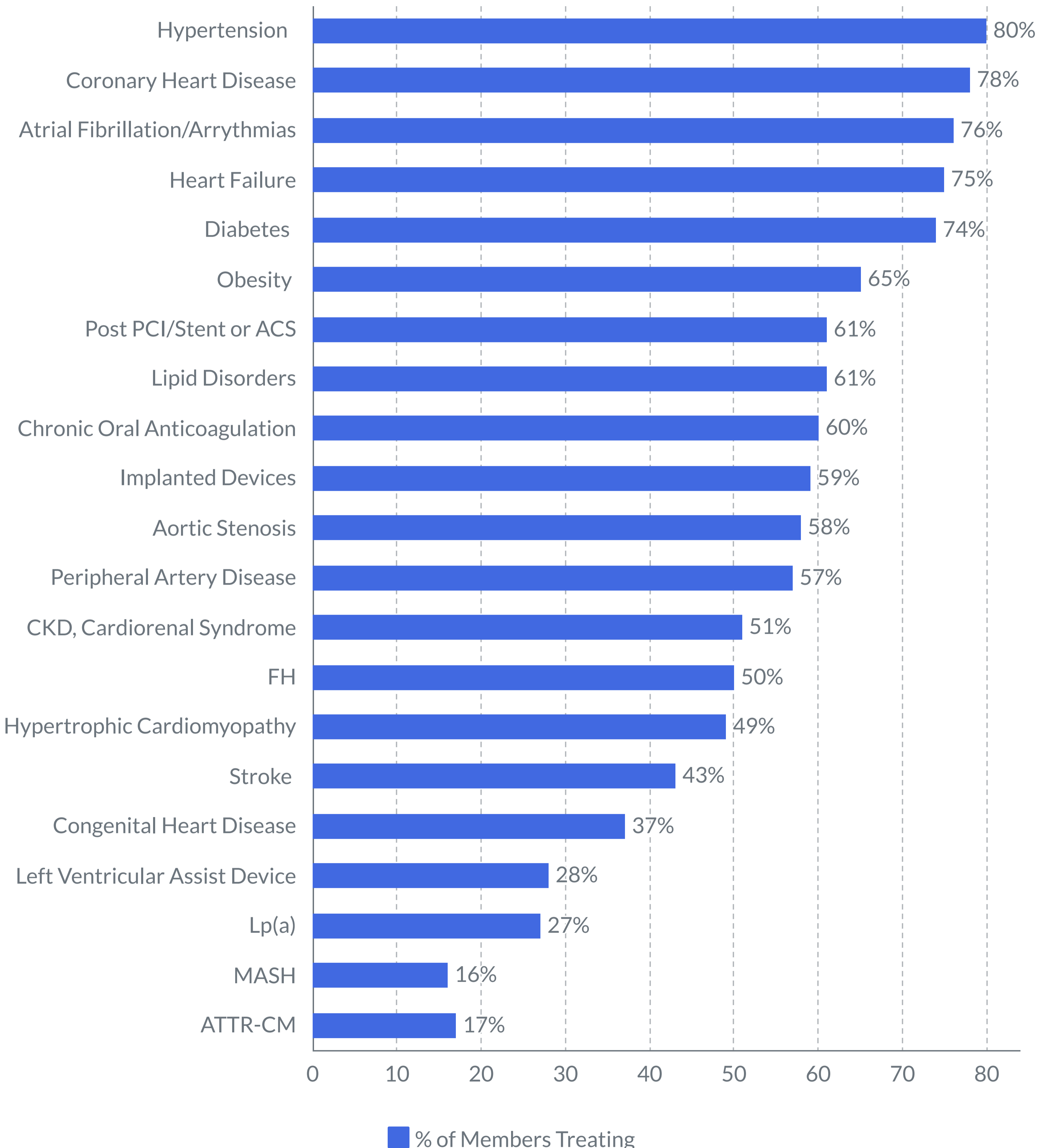


## Employed By



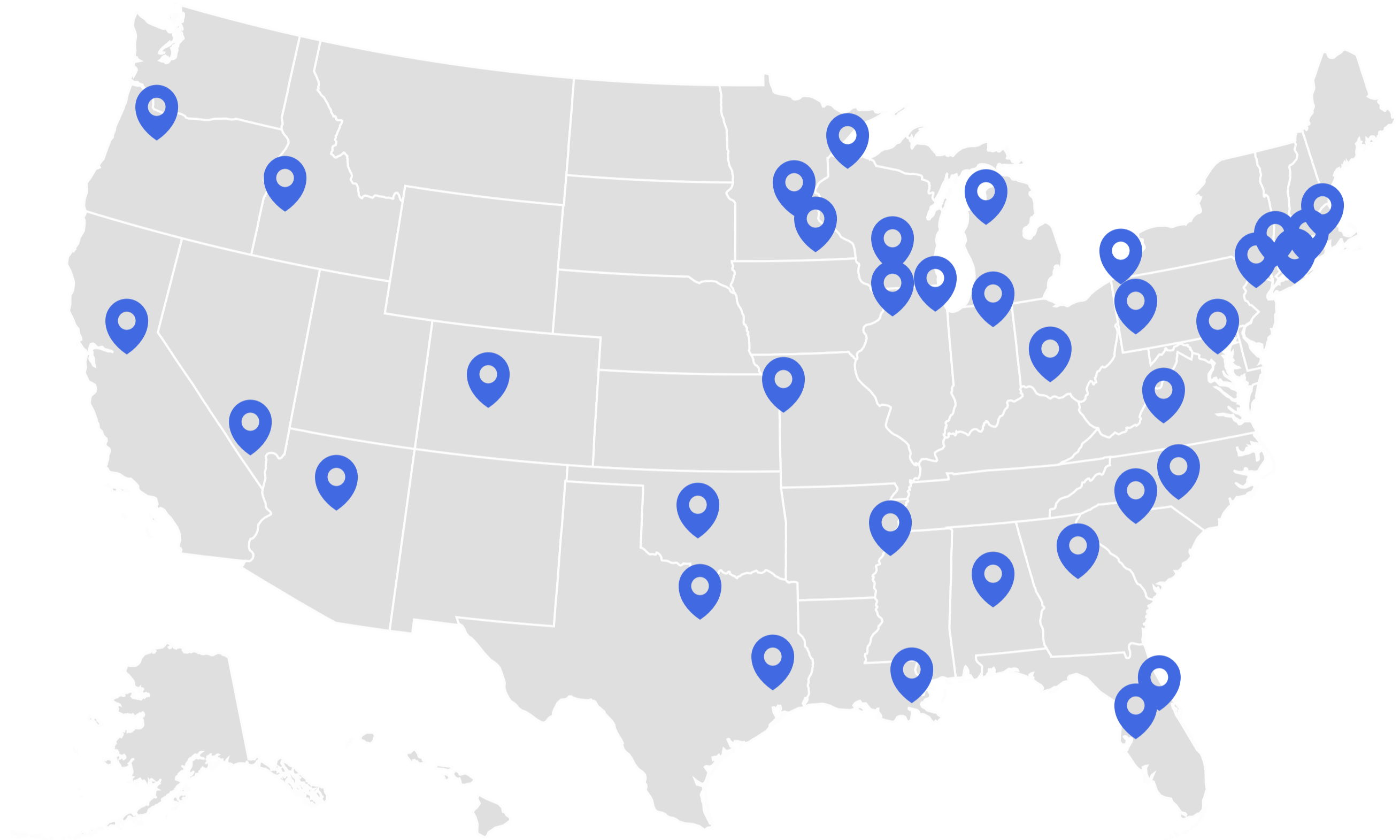
# Who We Care For

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.”



# 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.

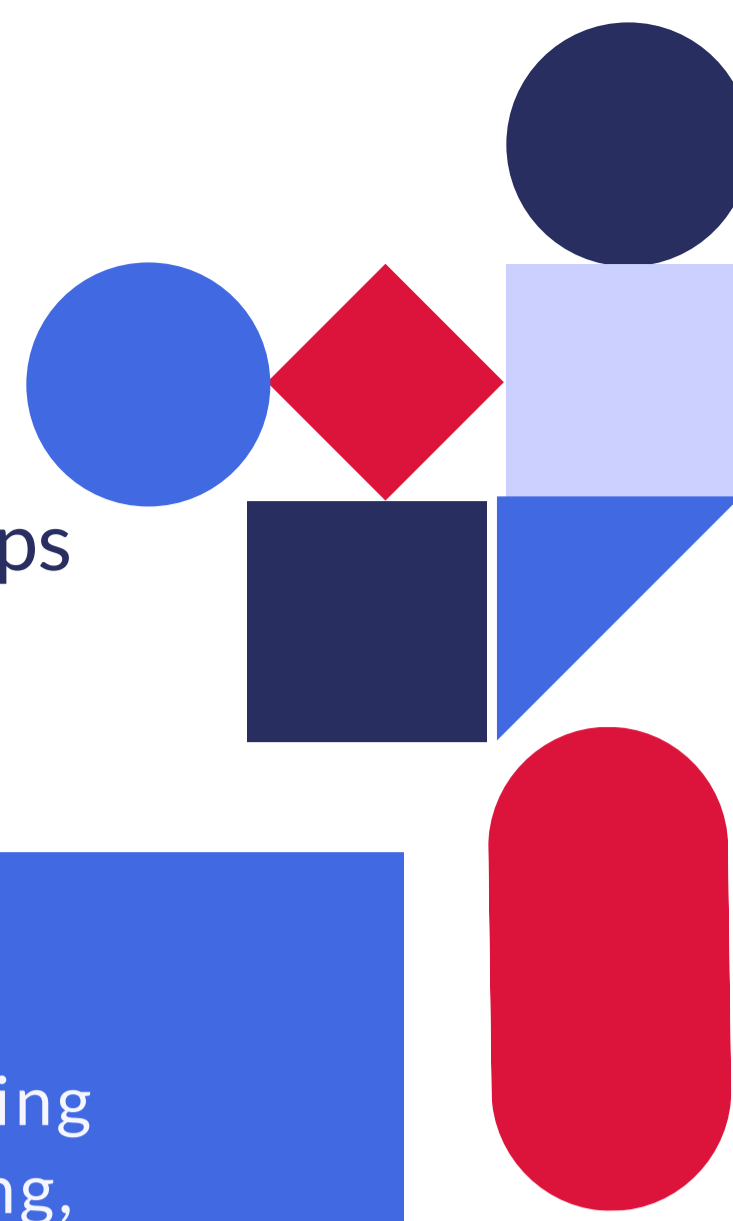


Chapters host live programs in the spring and fall, where nurses come together to learn the latest in cardiovascular disease prevention and management, earn continuing education contact hours, and network with colleagues.



# 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 engaging, interactive Cardio Connections Summits share current recommendations for optimizing care.

## Video Tutorials

Through 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 of all settings and stages with knowledge and tools they can apply to their practice.

## Online Education Library

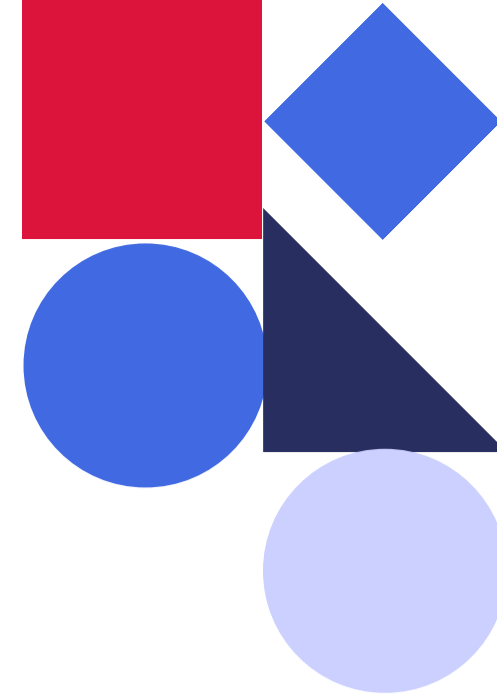
On-demand web-based learning is an important tool for busy clinicians in the fast-changing world of cardiovascular nursing. Our online learning library contains over 40 hours of education in a wide array of topics.



## Clinical Tools

Quick guides are designed to assist clinicians in providing the most up to date guideline-directed treatment. Options include screening tools, discussion guides, clinical forms, and more.

# Cardiovascular Nursing Symposium



For more than three decades, PCNA's Cardiovascular Nursing Symposium has delivered cutting-edge science translated 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 to help guide for conversations between healthcare providers and patients. PCNA has patient education tools, handouts, and online interactive resources on dozens of topics, in formats that include print, digital downloads, and engaging online interactive guides.

**Interactive Guide**  
**Diabetes and Your Heart: Close Connections**

Diabetes affects your whole body. This guide will help you understand how to manage your diabetes and reduce your risk for heart attack or stroke. It will also help your kidneys, eyes, ears, and nerves stay healthy.

**Instructions on how to use the guide:**  
Click on any chapter below to start learning. Easily navigate between each chapter with the "Back" and "Next" buttons on the bottom of your screen, or return to the home screen by clicking the "Chapters" icon on the top right corner of your screen.

**Start Guide**

**Chapters**

- Understanding Diabetes**  
How does diabetes affect your health? Explore common causes and ways to lower your risks with this disease.
- Goal Setting and Management**  
Managing your diabetes with small changes can make a big difference.
- Lower Your Risks, Improve Your Health**  
Explore ways to lower your risks with diabetes.
- Self-care and Medication**  
Life can be stressful. Small changes may add to your stress. Take care of your health.

**PCNA**  
Preventive Cardiovascular Nurses Association

## Blood Clots: What you need

A man in a blue athletic shirt is running outdoors, smiling. The background shows a blurred natural setting.

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## Lipoprotein(a): Your Level Matters

**What is Lp(a)?**  
Lipoprotein(a) or Lp(a) is like LDL cholesterol (also called "bad cholesterol") and can stick to blood vessels.

**What does Lp(a) do?**  
High Lp(a) makes it easier for fat (plaque) to build up.  
This can:  
» narrow your blood vessels  
» make it harder for your blood to flow  
» increase your risk for heart attack or stroke

**Why test Lp(a)?**  
Knowing your Lp(a) level helps you and your healthcare team understand your unique risk for heart disease.  
Everyone should have their Lp(a) tested at least once.  
**Understanding your test result:**  
» Lp(a) blood level more than 30 mg/dL (75 nmol/L) is higher than normal.  
» mg/dL and nmol/L are units for measuring Lp(a) in your blood.

**1 in 5 People** in the world have high Lp(a)

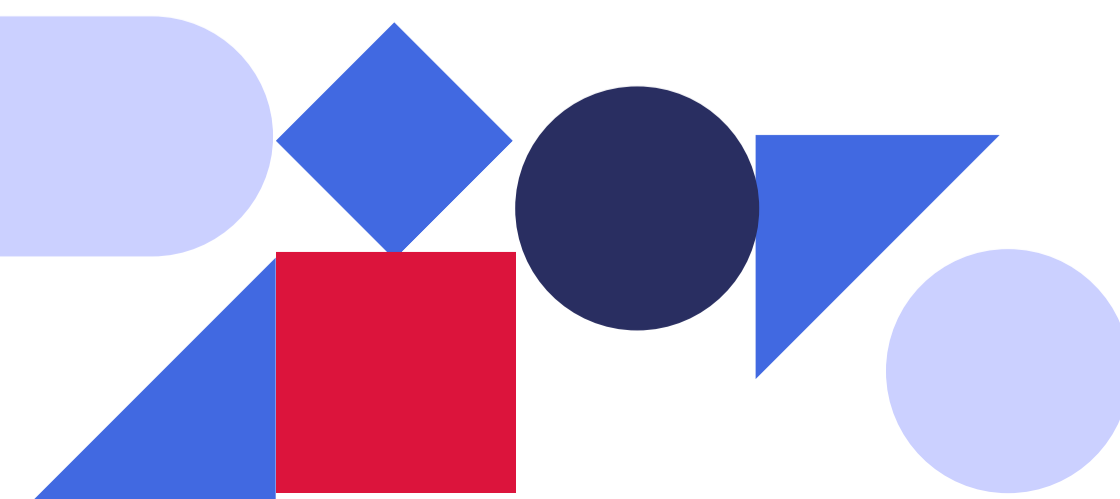
**High Lp(a) = 2-4 Times Higher Risk of Heart Disease**

High Lp(a) is usually inherited from your parents

**Blood vessel**  
plaque  
narrow blood vessel

A simple blood test can measure your Lp(a) level

Diagram of a blood vessel showing plaque buildup and a narrowed section. Includes icons for a heart, a DNA helix, and a family silhouette.





# Advocacy

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

Through our Virtual Lobby Day, Action Center, and Hill Days, PCNA members share messages and public comments with 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



Eliminate  
Disparities in  
Cardiovascular  
Health



# Reaching Our Audience

PCNA have many great opportunities to reach both patients and healthcare providers. We represent over 11,000 cardiovascular nurses and advanced practice nurses who have over 2 million patient visits per year.

## Collaborate with PCNA

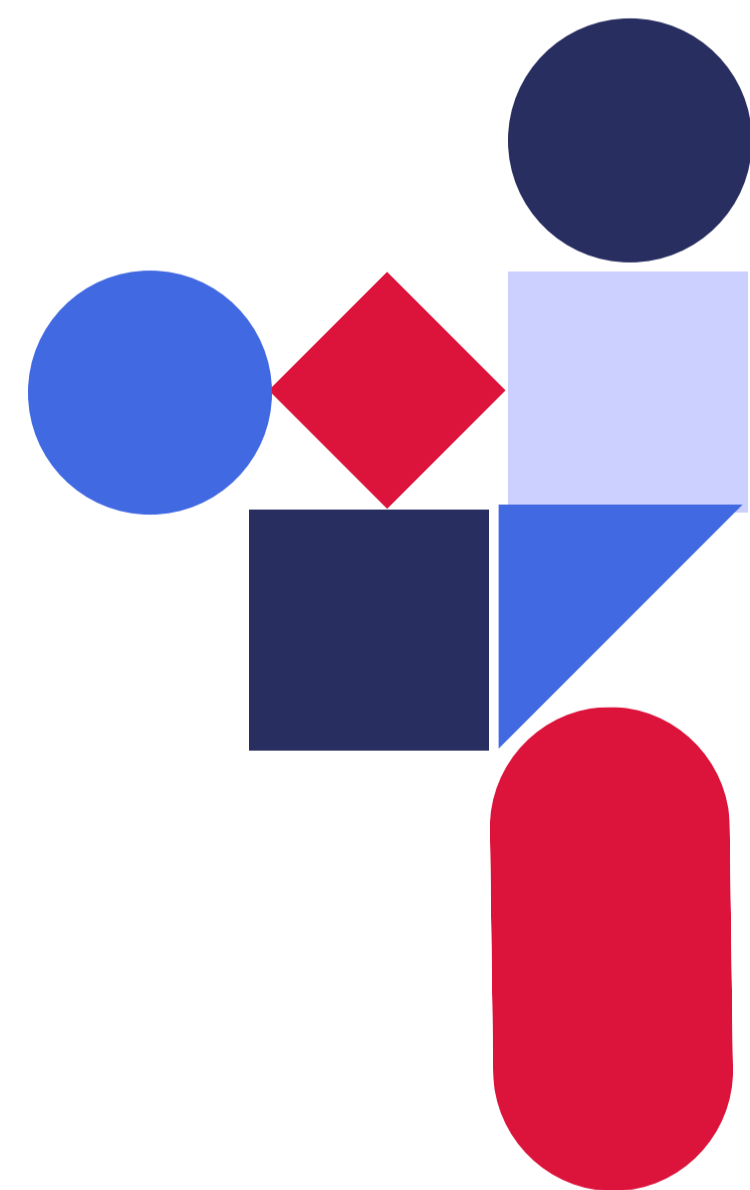
- Partner on a disease awareness campaign
- Partner on patient education development
- Support regional CE programs
- Host a product theater at regional PCNA programs
- Promote clinical trials
- Survey PCNA database

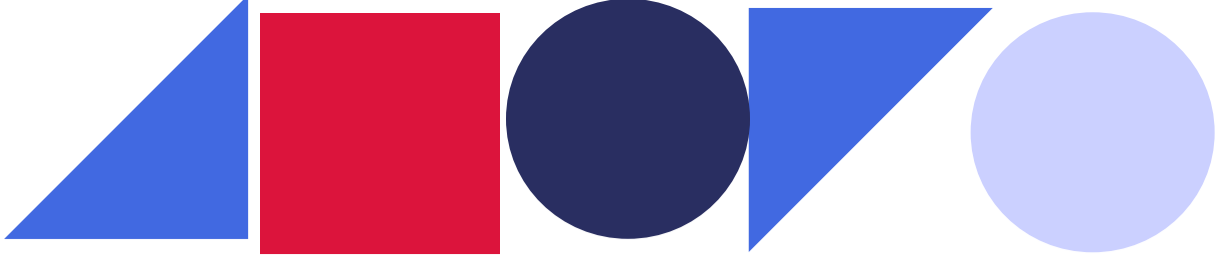
## Cardiovascular Nursing Symposium

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

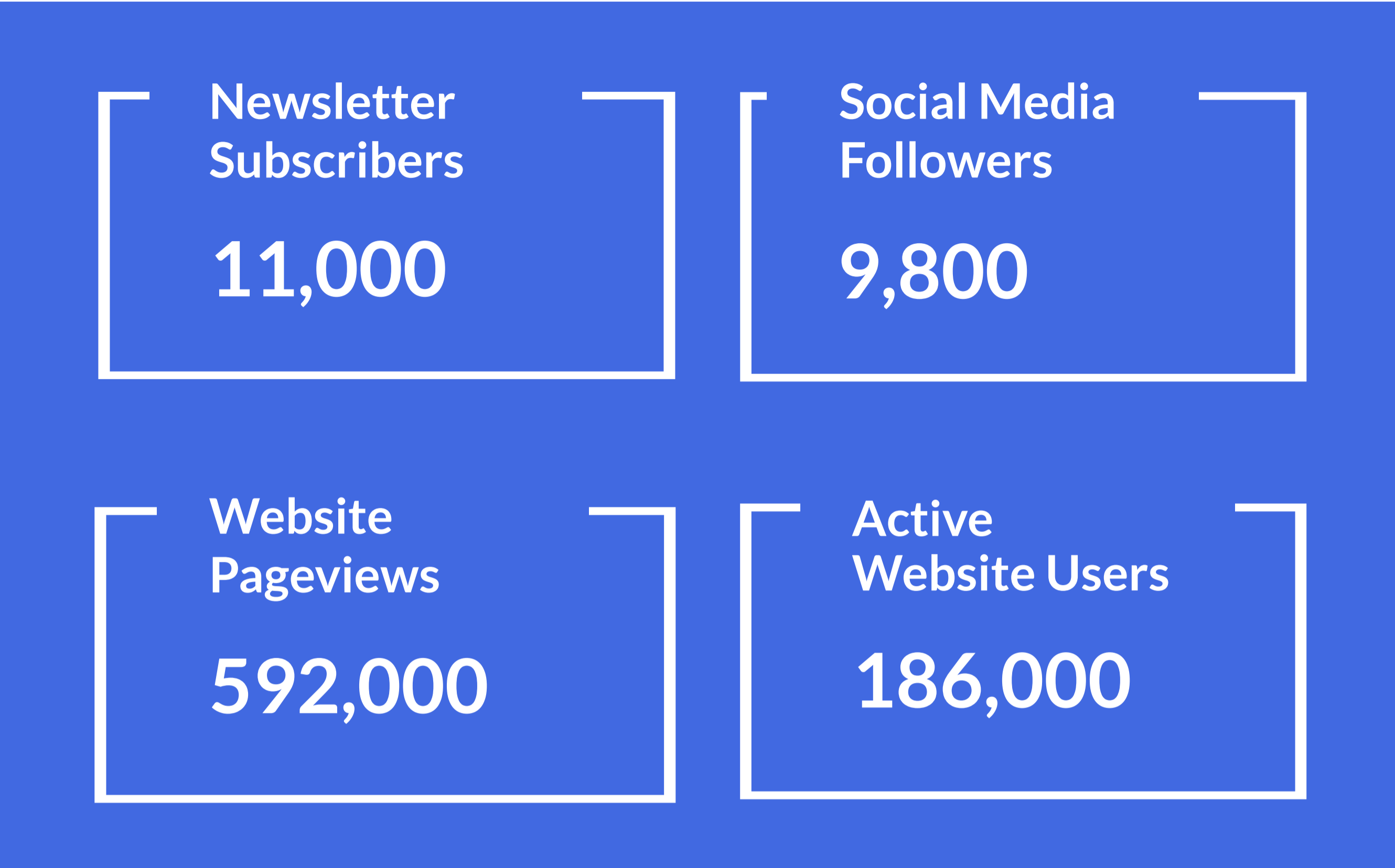
## Marketing and Advertising

- Website advertising
- Email newsletter advertising
- *Heart to Heart Nurses* podcast dynamic ads
- Advertise in PCNA's official journal – *The Journal of Cardiovascular Nursing*





# Our Reach



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Mayo Clinic Arizona

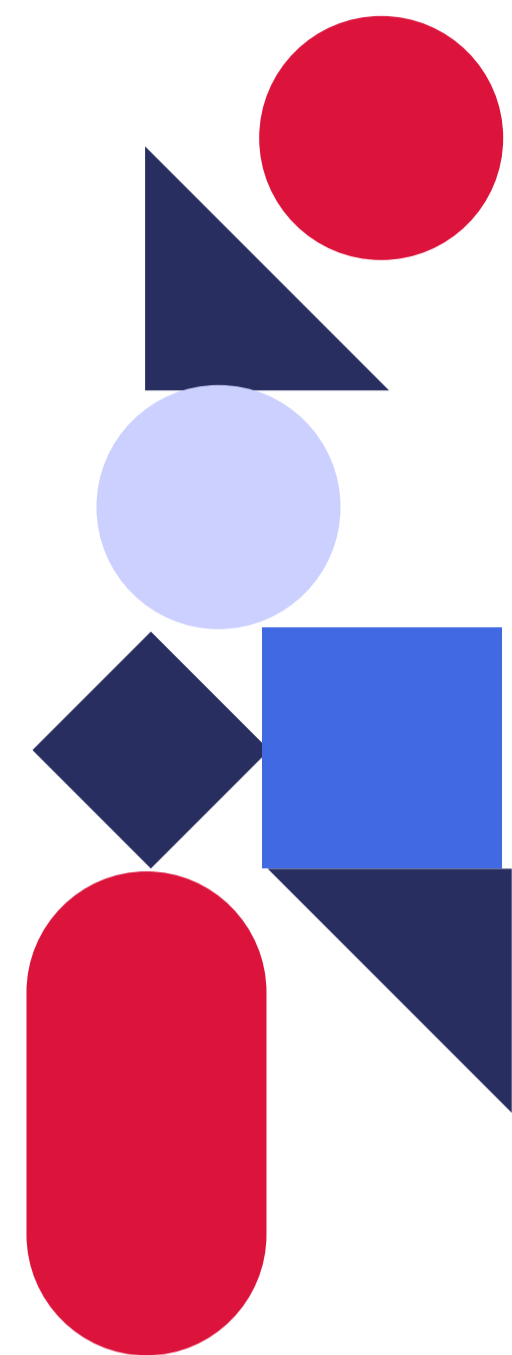
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Cedar Valley Cardiovascular Center

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