Healthy Hearts Workshop

Scarlett Middle School Summer Learning Institute Theme: What makes us human?

Date: July 20 & 27

Time: 9am-11am

Place: Danto auditorium

Goals and Objectives:
Many aspects contribute to our humanness. Our bodies and awareness of them are just two of those aspects. The nurses of the Frankel CVC ICU intend to provide an interactive learning experience focused on deliberate choices to prevent heart disease for the students of the Scarlett Middle School Summer Learning Institute.

At the end of this activity the students will be able to:

- Verbalize understanding of a team approach to managing health care/heart disease
- Identify modifiable and non-modifiable risk factors for heart disease
- Demonstrate proper hand washing to prevent the spread of disease
- Describe how proper dentition affects heart health
- Describe foods that contribute to a heart healthy diet
- Verbalize the importance of exercise in the prevention of heart disease
- Discuss lifestyle changes associated with having a left ventricular assist device
- Understand that the heart is a pump with four chambers and valves
- Discuss how at least two different substances (drugs, alcohol, or smoking) affect the heart/cardiovascular system
- Give two examples of stress relief - exercise, music, laughing
- Connect blood pressure and heart health

Agenda
1. Welcome and acknowledgements (Margarita)
   a. Why is the heart important? Why should they care about their heart?
   b. Why is heart disease important to care about in middle school?
      i. Statistics, how many people know someone who was affected by a heart attack or stroke?
2. Healthcare Team (5 min)- How many people do you think it takes to care for one person after heart surgery? There are at least 8 different professionals who work together in a team to provide care for one person after surgery.
   a. Nursing
   b. Respiratory therapy
c. Physician
d. Registered dietician
e. Social work
f. Occupational therapy
g. Physical therapy
h. Pharmacy

3. Heart & lung Surgeries (5 minutes)- The cardiovascular center ICU team provides care for people with very complicated histories.
   a. CABG
   b. Valves
   c. Aneurysms
d. VADs
e. Heart and lung transplant
f. Lung resections

4. Risk factors (5 minutes)
   i. Modifiable
      1. Drugs
      2. High blood pressure
      3. High cholesterol
      4. Stress
      5. lifestyle- sedentary vs active
   ii. Non-Modifiable
      1. Age
      2. Gender
      3. Family history

5. Interactive Stations (1hr 15 min)- The students will be divided into 10 groups and the interactive stations will run simultaneously. The students will participate in a scavenger hunt during the interactive stations.
   a. Heart and lung anatomy (Cristina)- heart statue review the chambers and valves, the heart is a pump, maybe some pig hearts, how does atherosclerosis look (visual for formation of hardening of arteries) and feel (chest pain for men, shoulder pain for women)- Talk to wellness center regarding what supplies they have kids
   b. Ventilator (Jason)- lungs and lung compliance using balloons, what does it feel like to breath on the ventilator, lungs and heart work together
   c. Ventricular Assist Devices (VADs) (Chris/Diane)- How they work, they really don’t want one Talk about lifestyle changes, not being able to swim, availability of heart transplants
      i. Centrimag
      ii. Heartmate II
      iii. IABP
d. Blood pressure for your Heart (Kathleen 7/20 & Miriam 7/27)
      i. The facilitator will review how blood pressure and body mass index are associated with heart health
ii. Each student will have their height, weight and blood pressure recorded

iii. The students will plot their height and weight on growth charts to determine their height percentile

iv. With their height percentile they will then determine their personal normal bp range on an age based blood pressure chart

v. The students will have the opportunity to also enter their age, height and weight into a program to determine their BMI.

e. Drugs/smoking/alcohol (Brandi)- The facilitator will review the following phenomena with the students: drug induced cardiomyopathy (heroin, cocaine), smoking (hardening and narrowing of the blood vessels and increased blood pressure), alcohol (in excess raises the levels of fat in the blood-triglycerides, leads to obesity, high blood pressure)

f. Infection control- Causes of heart disease related to this station include bacterial and viral cardiomyopathy, endocarditis and valvular infections- strep throat, flu, etc
   i. The students will engage in proper hand washing using purell and the Glo germ Kit provided by infection control
   ii. Teeth brushing- The facilitator will connect good oral health with heart disease prevention
   iii. Students will receive hand sanitizer, toothbrushes

g. All Stressed Out- At this station the students will learn about stress and causes of stress. They will also learn positive ways to handle and reduce stress- music, exercise. The activity will include making a stress ball using balloons and flour for the students to take home

h. Nutrition (Bonnie)- students will learn about nutritional choices. They can try baked chips, hummus and pita. Learn about cholesterol and diet factors regarding fat and sugar intake. Learn how many grams of sugar equal a teaspoon
   i. Make and drink smoothies

i. Exercise (Stella)- Sedentary lifestyles contribute to heart disease. Talk about different kinds of ways to increase activity. Jump up and down on commercial breaks, dance party in the house, go outside for a bike ride, jump rope, etc
   i. The students will participate in a brief jump rope challenge (what is their max jumps without stopping) Jump Rope Video/demonstration
   ii. Students receive jump ropes to take home

j. The Heart of a Champion- The students will take a walk up to the Heart of a Champion statue. During the walk the facilitator will engage them in a conversation about the environment and how it affects our health. The students will have a picture taken with the statue of Bo Schembechler while they learn about his contributions to the institution and to heart disease prevention
6. Collect all completed scavenger hunt sheets while students are returning to seats in the auditorium for a drawing.
7. Draw names for extra prizes and donated items t-shirt and one for a CVICU canvas messenger bag.
8. Closing and thank you