



SE10 – Commitment to Community Involvement

SE10a: Provide one example, with supporting evidence of the organization’s support of a nurse or nurses who volunteer(s) in a local or regional community healthcare initiative which aligns with Healthy People 2020, Healthy People 2030, or the United Nations’ Sustainable Development Goals.

EXAMPLE SE10a: Nurses Volunteer in Meeting the Cardiac Patient Population Healthcare Needs Through the “My Heart My Health Awareness Campaign” on April 19 and April 20, 2018

Heart disease a leading cause of morbidity and mortality in Saudi Arabia being responsible for 25% of all deaths. The United Nations Sustainable Development Goals (UNSDG) for 2030 focus on ensuring healthy lives and promoting healthy wellbeing. Given the high rates of morbidity and mortality associated with heart disease and stroke, KFSHRC-J responded with their Healthy Heart community awareness campaign called “**My Heart My Health**” Awareness Campaign. This awareness campaign is aligned to the third goal of the UNSDG for 2030 which is “Good Health and Wellbeing”. **Evidence SE10a.AD1 United Nations Sustainable Development Goals – No. 3.4: To reduce by one-third premature mortality from non-communicable diseases through prevention and treatment and promote mental health and well-being, retrieved from Transforming our world: the 2030 Agenda for Sustainable Development, Department of Economic and Social Affairs (un.org).** The My Heart My Health Awareness Campaign was designed to target and reduce the modifiable risk factors associated with cardiac conditions.

On April 19-20, 2018, KFSHRC-J held a Healthy Heart Initiative My heart, My Health Awareness Campaign which was a free campaign accessible to all Saudi and expatriate population. Whilst the awareness campaign specifically targeted individuals with heart disease, it also raised awareness of heart disease prevention. The My Heart, My Health campaign was an inter-professional collaboration with the following departments:

- Cardiovascular (Medical and Nursing team)
- Pharmacy
- Respiratory Therapist
- Nutrition
- Physiotherapy

- Life support and training

The main focus of the awareness campaign for the interprofessional team was educating the population on how to prevent and control modifiable risk factors associated with heart disease and raise awareness on how to prevent cardiac health issues within the Saudi Society. As part of the Cardiovascular Department's program to address the community's need for heart health education, nurses were central to supporting and educating the community. Volunteer nursing staff performed vital signs checks, height and weight measurements, BMI calculations, Lipid profile checks, Hb1Ac checks, documenting results on the participants' registration card, as well as performing electrocardiogram checks. Specialist cardiac nurses participated in health screening, whilst delivering health promotion education e.g., diabetic education, heart failure education, lipoprotein profile education, smoking cessation and lifestyle modifications. A number of participants who were engaged in the event gave their feedback:

Lipoprotein Profile (cholesterol)

- *"I gained clear understanding on a blood test that measures total cholesterol, LDL (bad) cholesterol and HDL (good) cholesterol".*
- *"I feel I am in a position to begin changing their health in a positive way".*
- *"I now know which risk factors one has and often cholesterol can be controlled through lifestyle changes and/or medication".*

Body Weight

- *"I know understand the link between waist circumference/ body weight in calculation of body mass index".*

Blood Glucose

- *"I had an understanding that high blood glucose levels put a person at greater risk of getting diabetes. Untreated diabetes can lead to many serious medical problems including heart disease and stroke".*

By identifying a specifically targeted population the awareness campaign was held within the Mall of Arabia (Jeddah) from 18:30 to 23:00 on April 19-20, 2018.

The "My Heart, My Health" initiative provided individuals without primary health care an opportunity to receive free health screening from KFSHRC-J, and individual personalized consultation including a thorough personalized risk screening profile. The Table SE10a.1 below summarizes the numbers of the members of public seen over the two-day period.

Evidence SE10a.1 Flyer advertising event (Arabic with translation)

Table SE10a.1: Screening Tests Performed During Awareness Event

Number of clients/visitors seen	1300
Full cholesterol test done	1300
Hb1Ac taken	700
ECGs done	162
ECHOs done	30
Pulmonary Function tests done	65

Volunteer Nurse Participants

The volunteer nurse participants represented a diverse team of specialist cardiac trained Staff Nurse 1s (SN1s) from the Cardiovascular Telemetry Unit and the Coronary Care Unit. The nursing team was lead by Adel Al Hyari, BSN RN, Head Nurse, Cardiovascular Telemetry Unit and the Coronary Care Unit. The volunteer nurses were as follows:

Table SE10a.2: Volunteer Nurse Participants

Name	Job Title	Role of participation	Role
Adel Al Hyari, BSN RN	Head Nurse	Statistics of participants and filing/audit of participant information	Team leader of organizing committee
Wessal Assiri, BSN RN	SN1, Clinical Nurse		Member
Azhar Kamal, BSN RN	SN1, Clinical Nurse	Statistics of participants and filing audit of participant information, smoking cessation	
Zethu Zulu, Dp.N RN	Assitant Head Nurse	Full triage check, weight check, HbA1c check, smoking cessation	
Nojoud Abu Alsaud, BSN RN	SN1, Clinical Nurse	Full triage check, weight check, HbA1c check, lifestyle promotion	
Lujain Khalid, BSN RN	SN1, Clinical Nurse		
Ma.Christina Baccay, BSN RN	SN1, Clinical Nurse		
Regimol Cherian, Dip.N RN	SN1, Clinical Nurse		
Rowena Rodriguez, BSN RN	SN1, Clinical Nurse	Full triage check, weight check, HbA1c check, smoking cessation	
Batoul Bugis, BSN RN	SN1, Clinical Nurse	Full triage check, weight check, HbA1c check, lifestyle education, ECG monitoring	
Michelle Gilo, BSN RN	SN1, Clinical Nurse		
Ghadah Maash, BSN RN	SN1, Clinical Nurse		

Organizational Support for The Volunteer Nurses

The organization was able to support the volunteer nurses with provision of logistical mover support to enable equipment to be transported to the venue. An official memo was generated requesting that movers assist with transferring the educational materials and equipment for use within the educational booths. **Evidence SE10a.2 Memo requesting logistics support**

The organization held a lunch to appreciate and celebrate the success of the “My Heart My Health” initiative. Appreciation certificates were awarded to all the volunteer nurses. **Evidence SE10a.3 Celebration Event Budget Request Memo May 14, 2018 for Volunteer Nurses.** The organization was able to support nurses by giving time back. This campaign enabled the nurses to be involved with the healthy heart education to the wider public.



Appreciation Award Received by Wessal Assiri, BSN RN for Volunteer Services During My Heart, My Health Awareness Campaign May 14, 2018.