

APhA2023

Annual Meeting & Exposition

Phoenix | March 24-27





APhA-ASP Operation Heart Workshop

Presenters



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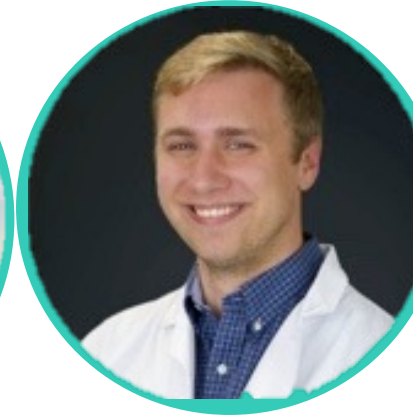


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Agenda

- Introductions
- Roles & Responsibilities
- Timeline & Events
- Resources
- Q&A
- Mix & Mingle
- Announcements

Introductions



Join the Poll

<https://meet.ps/APhA2023-OH>



Which statement best describes you?

- I am currently serving as the Operation Heart Chair.
- I am the incoming Operation Heart Chair.
- I am interested in learning more about the role.

Which statement best describes you?

- I am currently serving as an Operation Heart chair.
- I am the incoming Operation Heart chair.
- I am interested in learning more about Operation Heart.

Go around the table and share...

- Name
- School or College of Pharmacy
- Year in School
- Whether you are the current officer, incoming officer, or interested in learning more about the position.

Answer one of the questions below:

Current Officer	Incoming Officer	Interested
What has been your greatest accomplishment this year?	What are you most looking forward to in serving in this role?	What would you like to learn about the position?

Please indicate at the beginning of your response whether you are a current officer, incoming officer or interested in learning more.

Roles & Responsibilities

Roles & Responsibilities

Operation Heart Chairs:

Report

Report to PCVP and E-Board with pertinent events and updates

Provide

Provide resources to your community, peers, pharmacists, and new practitioners with cardiovascular related resources and tools

Promote

Promote the profession of pharmacy and the vital role of pharmacists in cardiovascular risk reduction



Roles & Responsibilities

Through Operation Heart, student pharmacists will work in their communities to:

Encourage

Encourage lifestyle modifications

Monitor

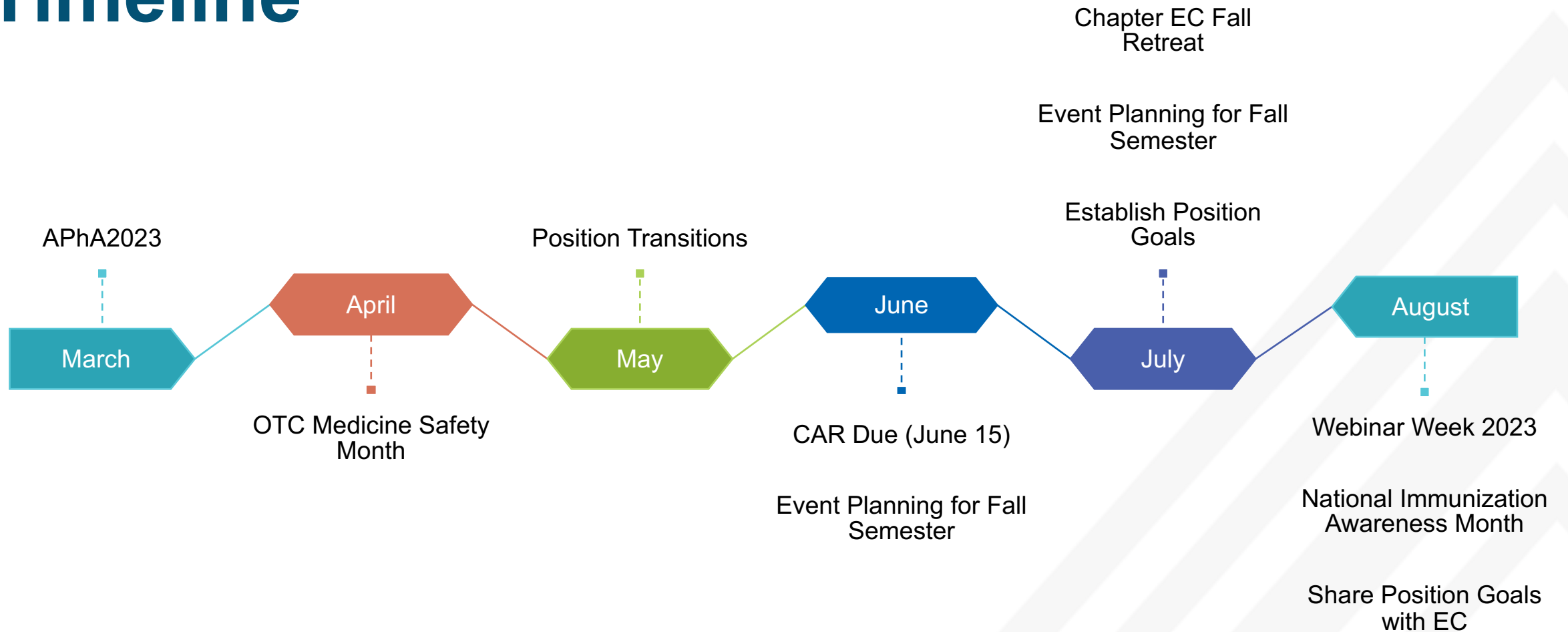
Monitor associated risk factors.

Provide

Provide education on medications for heart disease.



Timeline



Event Planning

- Find your niche
 - Is there a underserved population in your community or an unmet need in your college/school?
- Give yourself ample time
- Run by others with different strengths/ leadership styles
 - Easier to appeal to wider audience when considering multiple perspectives
- Expect the unexpected – plan for unforeseen events/ pitfalls
- Communicate effectively (and often)
 - Weekly newsletter, bulletin, GroupMe, email, Outlook events
- Event checklist – [pharmacist.com](https://www.pharmacist.com)

Event Planning

Timeline	Action Item
8 weeks	<ul style="list-style-type: none"> • Determine goals • Identify target audience • Categorize event • Consider dates and conflicts • Communicate with potential collaborators (speakers, partners, etc.) • Create a budget
6 weeks	<ul style="list-style-type: none"> • Recruit volunteers • Define & delegate responsibilities • Determine location • Draft agenda • Create marketing resources and respective timeline
4 weeks	<ul style="list-style-type: none"> • Begin advertising the event • Put together supplies

AHA Life's Essential 8

American Heart Association promotes Life's Essential 8 as key measures for improving and maintaining cardiovascular health.



Event Ideas

Healthy
Eating
Strategies

Exercise
Classes or
Ideas

Tobacco
Cessation
Education

Sleep
Hygiene

Weight
Management
Education

Cholesterol
Screenings

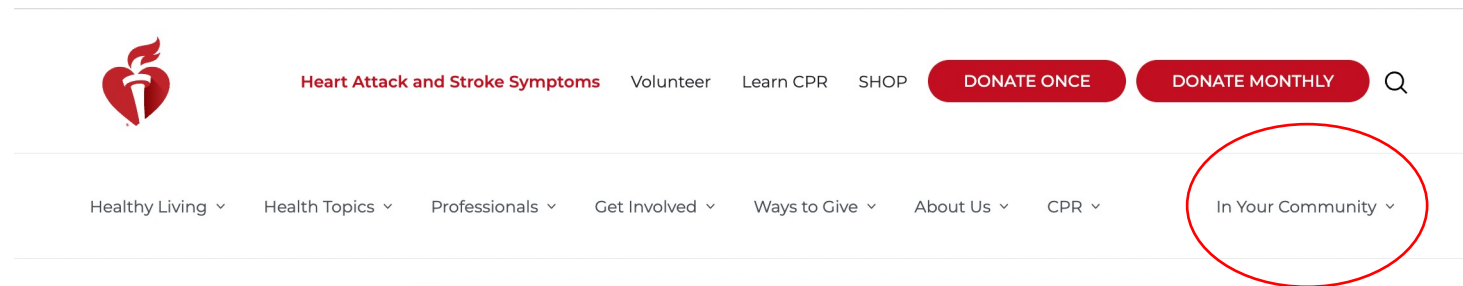
Blood Sugar
Management

Blood
Pressure
Screenings

Teamwork for the win!

- Build an Operation Heart Committee
 - Utilize the support and extra helping hands
- Engage ASP members
 - Demonstrate the benefits this has to their growth as a student pharmacist
 - Educational opportunity
 - Communication skills
 - Networking

Creating Community

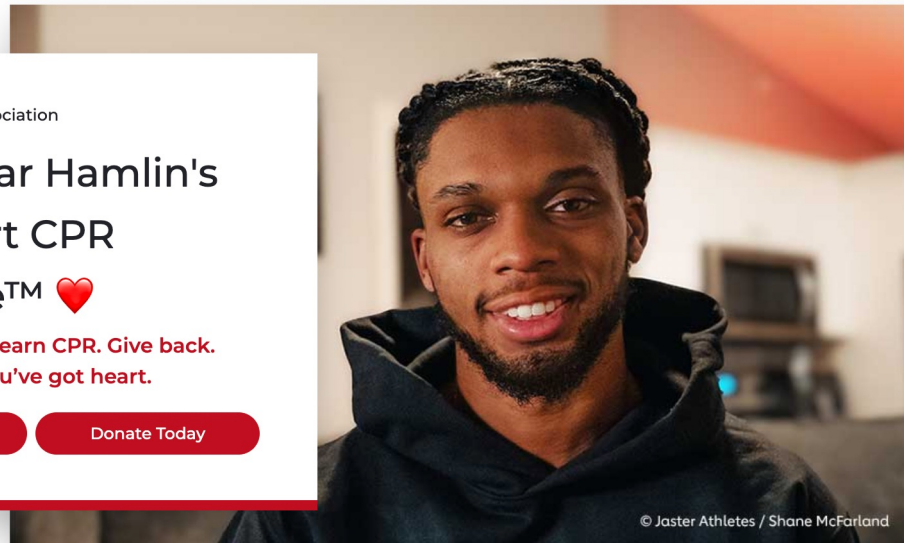


 American Heart Association

Join Damar Hamlin's
#3forHeart CPR
Challenge™ 

Take action now: Learn CPR. Give back.
Show the world you've got heart.

[Learn CPR](#) [Donate Today](#)



© Jaster Athletes / Shane McFarland

Creating Community

Phoenix Community Impact

Southern Arizona Community Impact

Advocacy

Phoenix Board of Directors

Southern Arizona Board of Directors

Emergencies leave us feeling helpless, but they don't have to. In an effort to ensure that more people are prepared during a crisis, Senate Bill 1137 was passed in 2016 with a three-year phase in approach. The bill states that by the 2019-2020 school year, every student in a public or charter high school in Arizona would be required to learn Hands-Only CPR at least once in their high school journey.

Arizona is now the 32nd state to pass Hands-Only CPR as a high school graduation requirement, helping to create a new generation of lifesavers. This fall, the American Heart Association Phoenix Division visited North Canyon High School, delivered CPR in Schools Training kits and equipped 25 students with the two steps to save a life. Donated by the Paradise Valley Multi-Specialty Surgery Center, the kits feature the latest science and teach AED use and choking relief.

When a person has a cardiac arrest, immediate CPR can double or triple their chance of survival. By teaching today's youth the lifesaving skill of [Hands-Only CPR](#), we're putting more heart heroes in the Phoenix community.



Answer one of the questions below:

Current Officer	Incoming Officer
What is one piece of advice you would give yourself if you were starting your role over?	What is one question you have regarding your new position?

Please indicate at the beginning of your response whether you are a current officer, incoming officer.

Answer one of the questions below:

Current Officer	Incoming Officer
What was your favorite event or responsibility this year?	What event or responsibility are you most excited for in your new role?

Please indicate at the beginning of your response whether you are a current officer, incoming officer.

Resources

► General Resources

► Operation Heart Committee/Chair Resources

Pharmacist.com

Chapter
Operations
Manual (COM)

Transitions
Guide

Event Check
List

MESC

Advisor/Faculty


New
Practitioner
Network

APhA-ASP
Social Media

American Heart
Association
(AHA)




SPC/CEU

APhA-ASP Chapter Officer Resources



APhA-ASP Chapter Officer Resources

Running a student chapter has many facets. To tackle as many projects as possible, these resources have been developed to provide chapter leaders with information to assist in managing a successful chapter. Use these resources and templates to accomplish your goals and tasks.

Membership Vice Presidents

- [Virtual Membership Box](#)
 - Member Benefit Presentation
 - Sample Membership Activities Calendar
 - Member Brochure
- [APhA2022 Membership Vice President Workshop](#)
- [Chapter File Upload Procedure](#)
- [2022 Fall Membership Drive Results](#)
- [2023 Spring Membership Drive Kick-off Recording](#)

Patient Care Vice Presidents and Program Chairs

- [Planning Guides, Resources, and Reporting Guidelines](#)
- [APhA2022 Patient Care Vice President Workshop](#)
- [APhA2022 Operation Diabetes Workshop](#)
- [APhA2022 Operation Heart Workshop](#)
- [APhA2022 Operation Immunization Workshop](#)
- [APhA2022 Operation Reproductive Health Workshop](#)
- [APhA2022 Operation Substance Use](#)

Policy Vice Presidents

- [Policy and Advocacy Resources](#)
- [APhA2022 Policy Vice President Workshop](#)

Leadership and Project Management Resources

- [Summer Leadership Institute 2020 Project Management Session](#)
- [Patrick Lencioni Five Dysfunctions of a Team Video](#)
- [Successful Delegation Article](#)
- [How Great Leaders Inspire Action](#)





APhA-ASP Operation Heart



As the public's most accessible health care provider, pharmacists can play a significant role in the prevention and management of cardiovascular disease (CVD). In fact, studies have already demonstrated the value of pharmacists in improving cardiovascular outcomes. In 2009, a trial published in the Archives of Internal Medicine showed that collaboration between physicians and pharmacists resulted in better control of hypertension, the most common CVD and a major contributor to cardiovascular morbidity and mortality.

As future health care professionals and patient advocates, student pharmacists can support these efforts and address an unmet need in public health by helping patients identify and understand their risks for CVD. Through public awareness, community outreach, and patient-specific education on cardiovascular risk factors, student pharmacists can empower patients to take control of their health and prevent cardiovascular disease before it starts.

Through participation in Operation Heart student pharmacist will work in their communities to encourage lifestyle modifications, monitor associated risk factors, and provide education about medications for heart disease.

Operation Heart National Liaison: Xochitl Benitez
(XBenitez@salud.unm.edu)



Program Results

Operation Heart was launched as an official APhA-ASP National Patient Care project in 2010. During the 2020-2021 campaign student pharmacists achieved the following results:

- 113 chapters participated
- 11,059 student pharmacists participated
- 499 faculty and staff members participated
- 149 pharmacy practitioners participated
- 631 Operation Heart events conducted
- 108 patients referred to their primary care provider
- 45,848 patients received health and wellness services
- 3,731,316 individuals reached through public relations initiatives



Online Resources

- [American Heart Association](#)
- [Million Hearts Campaign](#)

American Heart Association:

<https://www.heart.org/en/health-topics>

Million Heart Campaign:

<https://millionhearts.hhs.gov/index.html>

Event Checklist and Timeline



APhA-ASP Event Planning Checklist & Timeline

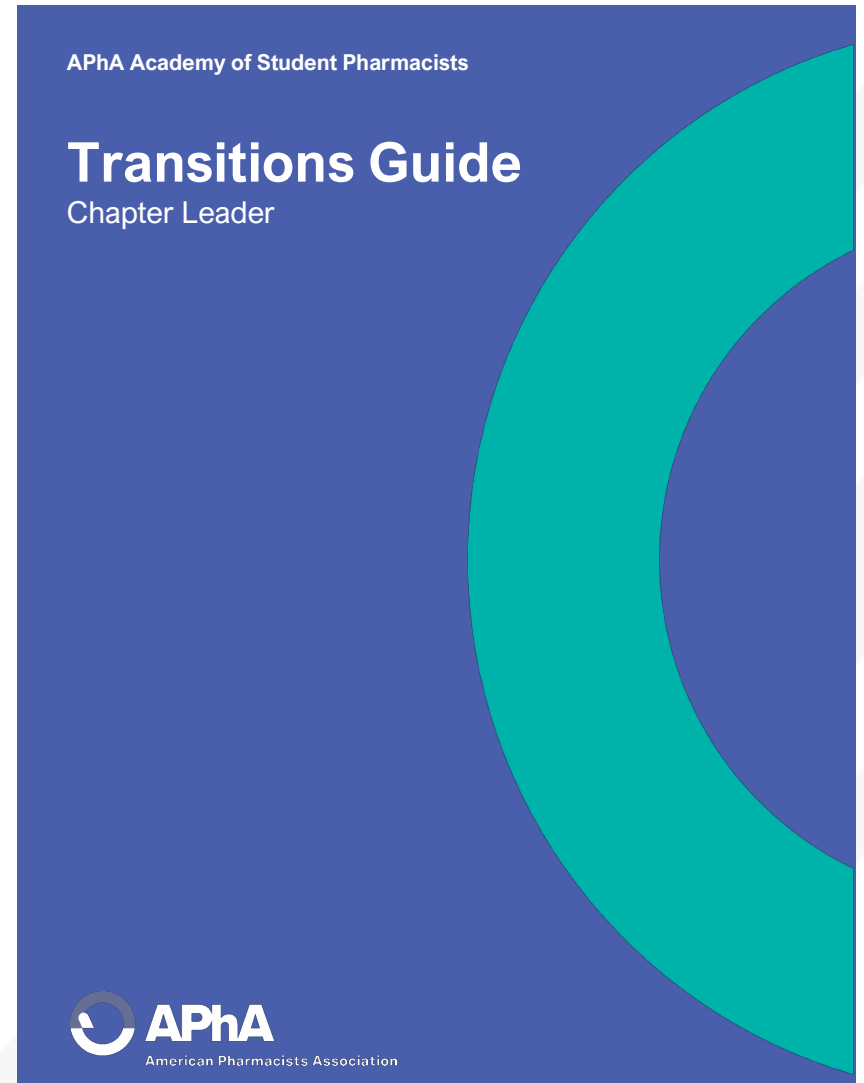
Proposed Event Title:	
Proposed Event Date:	
Proposed Event Description:	

8 weeks before the event: Determine the goals

Event Type	<ul style="list-style-type: none">• Patient-care project• Educational• Fundraiser• Professional/leadership training• Social gathering (networking)
Main goals	
Target Audience	<ul style="list-style-type: none">• Student pharmacists on-campus• Student pharmacists outside of campus• Faculty members on-campus• Community members
Event Date	<ul style="list-style-type: none">• Check University calendar for potential conflicts• If the event is targeted for student pharmacists, check their class and exam schedules for potential conflicts
Is there a duplication of another campus event?	<ul style="list-style-type: none">• Yes• No• Potential

Transitions Guide

Under the *Additional Resources* section of the Chapter Officer Resources page.



Chapter Achievement Report (CAR) Toolbox

CAR Guidelines

Tracking Tool (CAA Reporting Tool)

Chronological List

Glossary of Terms

Essay Guidelines



Assisting with the Chapter Achievement Report

Document, document, document!

- Number of....
 - Patients, students, faculty, hours of planning, screenings, educations, social media impressions
- Descriptors of the events
 - Community member quotes
 - Student pharmacist quotes
- Pictures!

Chapter Achievement Report Workshop Webinar

Tuesday, April 11th from 8-9 pm ET



Answer the question below:

Current Officer

What resource has been the most helpful to you throughout the year?



Questions?





**What was your biggest
take away from the
session?**





**What additional
information do you
want or need?**





**What, if anything, can
APhA-ASP do to help
support you in your role?**

Announcements

Contact Info



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APhA2023 APhA-ASP Attendee Resources



APhA2023 **RISE!** ADVANCING IN THE FACE OF ADVERSITY
Annual Meeting & Exposition
Phoenix | March 1-4, 2023

APhA2023 APhA-ASP Attendee Resources

Rise! Advancing in the Face of Adversity

We are looking forward to seeing you at this year's APhA Annual Meeting and Exposition in Phoenix! APhA-ASP programming is your chance to learn, network, and celebrate the accomplishments of your peers! From Career Sessions to Position Workshops to the APhA-ASP House of Delegates and Opening Session, the weekend is jam-packed with unique student pharmacist specific opportunities curated just for you.

For more top tips and need to know information for making the most of your APhA2023 experience, be sure to check out the APhA2023 Students Pharmacists Know Before You Go Video and review the Students Guide to APhA2023.

Watch on

APhA2023 Know Before You Go - Student Pharmacist

Business Casual

Watch on

• [Know Before Your Go Slides](#)



1:00-2:00 pm

**APhA-ASP Meet the
Candidates**

Convention Center
Room 300 Foyer

2:00-4:30 PM

**APhA-ASP House of
Delegates**

Convention Center
Room 301AB



The Next Session Begins at 11:00 am

**Innovative Programming
Award Showcase
Phoenix C**