Council On Cardiovascular and Stroke Nursing

Message From the Chair
Nurses Deliver for Stroke

am exceedingly proud that we recently changed our name to the Council on Cardiovascular and Stroke Nursing (CVSN). This name change formally recognizes the accomplishments and scholarship of stroke clinical nurses and nurse scientists who are members of CVSN. We greatly appreciate the collaboration between CVSN and the Stroke Council.

On Feb 5, more than 650 stroke nurses gathered in Honolulu for the State-of-the-Science Stroke Nursing Symposium 2013. This annual pre-conference event held in conjunction with the AHA/ASA International Stroke Conference is the world’s largest meeting dedicated to the science and treatment of cerebrovascular disease.

This year, topics ranged from the integration of stroke measures into the electronic medical records to support interventional programming for stroke caregivers. The nursing symposium was launched with presentations on stroke nursing topics that focused on specific stroke interventions for patients with complicated stroke care from acute stroke through rehabilitation.

Speakers highlighted areas where gaps in evidence exist and provided direction for further research. Since almost 5 million stroke survivors and family caregivers are managing stroke care, this one-day symposium provided an excellent forum for nurses working in a variety of settings to learn about best practices, new pharmacotherapies and important interventions for patients with cerebrovascular disease. In addition, stroke nurses presented abstracts at ISC related to risk assessment and prevention, clinical science and rehabilitation. On behalf of CVSN, I’d like to extend a special thanks to the SOS Stroke Nursing Symposium 2013 Program Committee, chaired by Trinie Black, MBA, BSN, RN, BC, CRNN.

I am also proud to announce that the success of the decade-long State of the Science Stroke Nursing Symposium will be recognized at the June 26 awards ceremony in Dallas. The original planning committee for the SOS Stroke Nursing Symposium will receive the prestigious AHA award for meritorious achievement. These individuals include: Barbara Fletcher, RN; Deborah Simmons, BSN, MSN, FAHA; Tamlyn Bakas, PhD, RN, FAHA; Maura Bock, RN, MSN; Patricia Clark, PhD, RN, FAHA; Anne Leonard, MPH, BSN, RN, FAHA; Jo Simpson, BSN, RN, Judith Spilker, BSN, RN, and Angela Westworth, MSN, RN, WCNS. Funding has been critical for the vision of these nurses in recognizing the need for scientific programming for stroke nurses and the collaboration of all health professionals involved in stroke patient care and research.

CVSN also has an active presence at the Quality of Care and Outcomes Research Scientific Sessions, held May 15-17 in Baltimore. The nursing pre-conference theme for this year is The Science of Cardiovascular Quality and Safety. Topics include performance metrics, safety events and regulations; sustaining quality improvements and measuring effectiveness; and patient-centered outcomes—information on value-based purchasing. Thank you to Carol Decker and Nancy Albert for organizing this important pre-conference.

Finally, I’d like to remind our Council members that the activities of CVSN are regularly featured in the Journal of Cardiovascular Nursing. It is well worth subscribing. CVSN is well represented on the editorial board and serves as regular reviewers for JCVN. ACN is our major vehicle for publication of cardiovascular nursing science by CVSN members. For example, in the March/April 2013 issue, CVSN members published research on sociocultural influences on heart failure self-care among rural minority black population; quality and adequacy of dietary intake in a southern urban heart failure population; association of “teach-back” questions and patient education and hospital LOS in heart failure patients; and symptom and behavior patterns prior to out-of-hospital cardiac death.

In 2003, the Joint Commission on the Accreditation of Healthcare Organizations began certifying primary stroke centers. Stroke systems of care were established to provide continuity of care across settings and ensure that scientific knowledge is being translated into practice. Nurses play a key role in these efforts. For example, the NIH Stroke Scale is widely used in practice and American Heart Association Scientific Statement developed by nurses have laid the groundwork for the development of best practices in stroke care and facilitated direction for future nursing research.

Nurse researchers continue to advance the nursing science in stroke care. Stroke-related studies funded by the National Institute for Nursing Research include: a nurse-delivered psychosocial/behavioral intervention effective in reducing post-stroke depression; educational guidelines for stroke survivors after discharge home; targeted education for African-American men with TIA or stroke; a dual risk assessment profile of patient needs and caregiver concerns prior to discharge; family function, stroke recovery, and caregiver outcomes; problem-solving interventions to improve stroke caregiver outcomes; Telephonic Assessment and Skill-Building Kit (TASK) for stroke caregivers; and “The Caring Web,” that reduces ER visits and hospital readmissions for stroke survivors.

Currently, nurse researchers are studying the role of estrogen in immunoprotection following stroke; the pathophysiology following aneurysmal subarachnoid hemorrhage; and the role of nurse-delivered nutrition and lifestyle counseling of cardiovascular problems and stroke in African-American women; and post-stroke cognition as a predictor of future stroke.

Stroke is a leading cause of serious, long-term disability in the United States, and nurses are at the forefront of research and practice innovations to improve the lives of stroke patients and their family caregivers.

Nurses at the Forefront of Stroke Care

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The Clinical Lipid Specialist Role in Cardiovascular Health

The Clinical Lipid Specialist is an emerging role in cardiovascular care. This role is designed to provide high-level expertise in lipid management and support the provision of comprehensive care to patients with hyperlipidemia. The clinical lipid specialist is a nurse practitioner who has completed a specialized lipid management program and can assess, treat, and monitor patients with dyslipidemia. The role of the clinical lipid specialist is to provide consistent, high-quality care to patients with hyperlipidemia.

Clinical lipid specialists are responsible for the diagnosis and management of dyslipidemia. They work closely with other healthcare providers to develop individualized treatment plans that are tailored to the patient’s specific needs and goals. Clinical lipid specialists also provide education and support to patients and their families, helping them to make informed decisions about their care.

Clinical lipid specialists may work in a variety of settings, including hospitals, clinics, and community health centers. They may also work in outpatient settings, such as lipid clinics or primary care practices.

Clinical lipid specialists have a strong foundation in cardiovascular medicine and are well-versed in the latest guidelines and research related to dyslipidemia. They are able to provide high-level care to patients with hyperlipidemia, helping them to achieve and maintain healthy lipid profiles and improve their overall health and wellness.

Clinical lipid specialists are an important part of the cardiovascular care team. They are committed to providing high-quality care to patients with hyperlipidemia and helping them to reach their treatment goals.

Careers in the Field

Clinical lipid specialist roles are becoming increasingly common in cardiovascular care. This role is expected to grow in the coming years, as more healthcare providers recognize the importance of lipid management in cardiovascular health.

Clinical lipid specialists are in high demand, and there are many opportunities for career growth and advancement within this field. Clinical lipid specialists may advance to roles such as medical director or clinical manager, or they may start their own practice.

Clinical lipid specialists are well-compensated, with median salaries ranging from $70,000 to $120,000 per year. They also have the potential for significant growth, with opportunities for career advancement and increased compensation.

Clinical lipid specialists are a valuable asset to the cardiovascular care team, and they play an important role in improving cardiovascular health and outcomes for patients with hyperlipidemia.