SOSAT HEART PREVENTION PROGRAM

STTI Biennial Convention
November, 2015
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Principal Investigator
African American Women (AAW) are dying of heart attack twice that of white women.

Literature suggests three specific problems:
- AAW are not aware of risk factors
- AAW do not know signs and symptoms of heart attack
- As a result, treatment is delayed
SOSAT program was developed by a group of African American women who participated in a study in 2012 employing focus groups.

Participants had experienced a heart attack.

Study sought to determine if AAW identified signs of heart attack.

Participants were asked to develop a program to educate other AA women about Signs & Symptoms of Heart Attack.
PURPOSE OF STUDY/SPECIFIC AIMS

- Pilot an intervention developed by the AAW in the 2012 study to determine its efficacy.
- Assess women's perception of the intervention as a strategy to educate African American women regarding risks, recognition of signs and symptoms of heart attack and the importance of early treatment and prevention.
- Assess women's lifestyle changes 6 weeks and 12 weeks after participation in the SOSAT program.
THEORETICAL FRAMEWORK

- Health belief model - focuses on the attitudes and beliefs

- Predicts health behaviors
RESEARCH DESIGN

- Mixed method
  - Exploratory Qualitative
  - Quantitative
SIGNIFICANCE OF THE STUDY

- AAW are delaying medical treatment resulting in death by heart attack

- If SOSAT program is successful, to reach AAW and educate them to risk factors and S & S of heart attack, importance of early treatment, great potential to positively impact the mortality rate of AAW from heart attack.
SOSAT
Saving One Sister At a Time
Heart Attack Prevention Program
Dr. Wanda K. Lawrence, Program Director 2014
SOSAT PROGRAM

- DVD featuring one of the AAW in the focus group
- Seven Week Education program
- Twelve week self-intervention and monitoring
- Total program = 19 weeks
- Mentoring program for AAW who experienced Heart attack
Purpose:
- Educate women about signs and symptoms of heart attack
- Educate women about cardiac risk factors
- Encourage healthy living.
Community Kick-off Saturday, June 7th
Twenty-Two ladies signed up to participate in the SOSAT program
Baseline data were collected:
B/P readings, weight, BMI, measurements of: hip, upper arm, thigh and waist
10 AAW from East Winston Participated
7 from Housing Development
3 from Private housing

Ages
18 - 25  =  1
26 - 35  =  0
36 - 45  =  3
46 - 55  =  2
> 56  =  4
Sample (Con’t)

- Employed 6
- Unemployed 4
- Married 3
- Widowed 1
- Single 6
Baseline Data Collected

Four Questionnaires were completed:
- Godin Leisure-Time Exercise Questionnaire
- Physical Activity Readiness Questionnaire
- Franklin Covey Stress Assessment Quiz
- Food habits questionnaire

Participants attended 1.5 hr. education sessions: 1 X week
Godin Leisure-Time Exercise Questionnaire

- Participant completes a self-explanatory, brief four-item query of usual leisure-time exercise habits
- Weekly frequencies of strenuous, moderate and light activities
- Total weekly activities is calculated
- 2nd question calculates the frequency of weekly leisure-time activities to work up a sweat
Physical Activity Readiness Questionnaire

- More people should engage in daily physical activity
- Questionnaire informs the PI if the participant is able to become physically active
- Asks general health questions
Franklin Covey Stress Assessment Quiz

- Assist the participant to create balance by understanding stress
- 20-item questionnaire using likert scale
- Responses tallied and given an assessment score
Food habits questionnaire

- 30-item questionnaire
- Identifies fat consumption frequency
- Includes Questions related to:
  - Fat Avoidance
  - Dairy consumption
  - Vegetable and salad consumption
  - Desserts/Sweet/Snacks consumption
SOSAT METHODOLOGY

- Participants participated in 30 minutes of exercise weekly with an exercise trainer.
- Participants were asked to log their food and exercise weekly.
- Participants were asked to walk and perform exercises daily.
The Heart
Signs and Symptoms of Heart Attack/Prevention and Risk Factors
Loving yourself
Strategies for coping with Stress
Healthy Eating (featuring a meal prepared by a dietician)
SOSAT EDUCATION SERIES

- The importance of staying physically fit
- “I like who I am, I’m loving myself”
After seven week classes ended, participants were to continue to exercise and eat healthy for an additional 12 weeks with monitoring 

Questionnaires were complete at the end of 7 weeks as well as B/P and measurements obtained 

Reminders or notes were sent to participants for encouragement during the three months (12 weeks) of self-intervention
**SOSAT METHODOLOGY**

- B/P, & Measurements were obtained at the end of three months (19 weeks)
- Questionnaires were repeated
Data was inserted in SPSS and Paired Sampling T-test analysis conducted

- measurements at baseline, 7 weeks and end of three months (12 weeks)

- questionnaire results at baseline, 7 weeks and end of three months (12 weeks)
10 AA women began the program
9 AA women completed the program
At the end of 7 weeks, all participants either lost pounds or inches
Blood pressures were reduced
AAW are aware of the S & S of heart Attack and risk factors of heart attack
Baseline  5 of 10 had B/P > 140/90

End of seven weeks  - 3 B/P > 140/90, but only 1 had both systolic and diastolic elevations

End of 19 weeks  - only 1 had elevated B/P

SAVING One Sister At A Time!!!!!
RESULTS: DATA - WEIGHT

- 6: 9 ladies lost pounds over the 19 week study
- All of the ladies lost inches
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<th>Measurement</th>
<th>95% confidence interval</th>
<th>N</th>
<th>t</th>
<th>df</th>
<th>Significance (2-tailed)</th>
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<td>2.000</td>
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11-item questionnaire - Likert Scale

2 Open-ended questions
- List three things I learned
- The most important thing learned
WHAT DID PARTICIPANTS LEARN?

- “Sugar content of some food; good food selection; home exercise”
- “To love myself; to eat healthy; to exercise”
- “Smoking is not good for the heart; How to eat; Exercise daily”
WHAT DID PARTICIPANTS LEARN?

“Exercise daily; Eat food that are healthy; STOP Smoking “

“I learned different exercises in which I incorporated into a workout plan; I learned how to eat healthier; I learned how to recognize signs and symptoms of a heart attack “
THE MOST IMPORTANT THING I LEARNED IN SOSAT.....

- “Selecting right food”
- “That my heart is very important to survival”
- “To put me and my health first and to love myself”
- “To love myself”
“You must love yourself enough to do the things that are needed to prevent heart attacks among African American women.”

“Decide to make lifestyle changes today….It may add a few years to my life”
FUTURE PLAN

- Continue to analyze data and publish

- Obtain a larger grant to offer SOSAT to more AAW

- Saving One Sister AT a Time!!!

- DVD was viewed by 122 AA women during the summer - Knowledge about heart attack increased significantly; Continue with DVD study
QUESTIONS???
Thank You
REFERENCES

- *Theory, Research and Practice. San Fransisco: Wiley & Sons.*