

Cardiovascular Wellness Program

Summary of Participation

Program Start: November 2013

Assessment Date: January 2022







C. Tissa Kappagoda established a non-profit corporation, the Foundation for Health through Knowledge and Action, with the goal of leveraging community-based resources to provide cardiovascular health programs to individuals. The Foundation partnered with Sac State to develop the Cardiovascular Wellness Program and Dr. Kappagoda's vision to provide a program enabling participants to gain knowledge and take responsibility for their health is now being fulfilled.



Gerald Thomas was an attorney who provided legal direction in establishing the non-profit and endeared us with his wit & humor,



Officers:

President: Radhika Nandur Bukkapatnam, M.D.

Vice-President: Terry Leimbach

Secretary: Sharon Myers

Treasurer: Linda Paumer



Members-at-Large:

Cari Shulkin

Lyn Livingston

Bobbie Seyman

Willie Seyman

John Skarstad



\$\$\$ Funding \$\$\$

- Program free to participants (except parking)
- Staffed by volunteers
- University provides space/resources pro bono
- University provides faculty stipend to program coordinator (SSIS) and now to program nurse (HHS)
- University paid student assistant (COVID \$\$)
- Supporting Foundation (“Foundation for Health”) provides equipment, supplies, minor stipend to program assistant – this non-profit is funded entirely by donations

CSUS

HHS

SSIS

PT

Kinesiology

Nutrition

Psychology

Communication Disorders

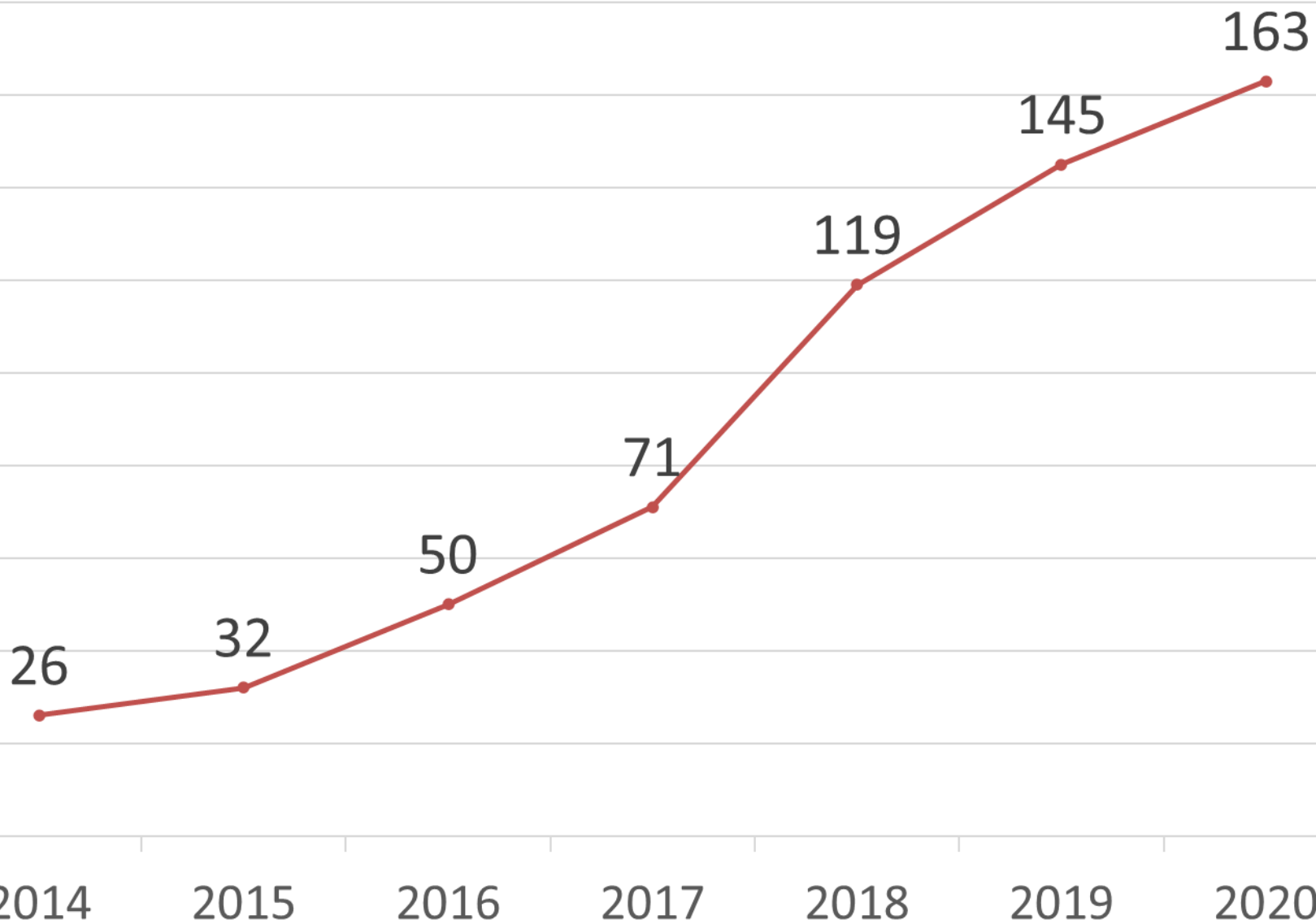
Nursing

Gerontology

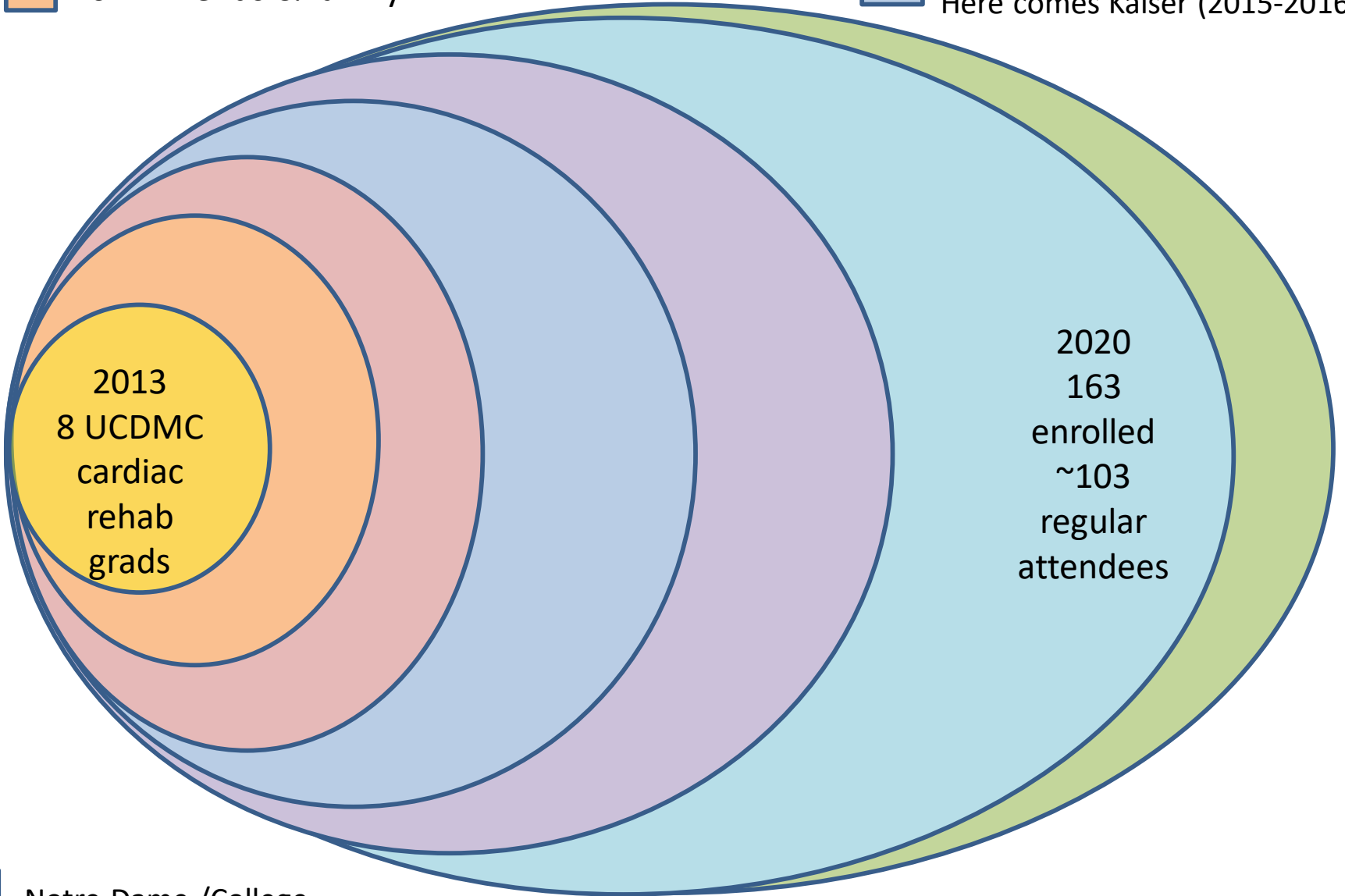
Ongoing Operations

- Individual Exercise– Vital Signs monitored
- Group exercise – both live & via Zoom
- Tai chi thanks to David
- Cardiac Yoga 2x/month thanks to Linda Larsen
- Educational classes Tu/Th/Fr 11:45 am
- Cooking classes coming back soon
- Outcome assessments – 6 min walk, et al
- Student-client interactions
- Pandemic broadened services to now-evolving “hybrid” operation

Enrollment Numbers



2014 Friends & family Dr. B Referrals (2015) Renaissance Society
Here comes Kaiser (2015-2016)



Notre Dame /College
Green Neighbors

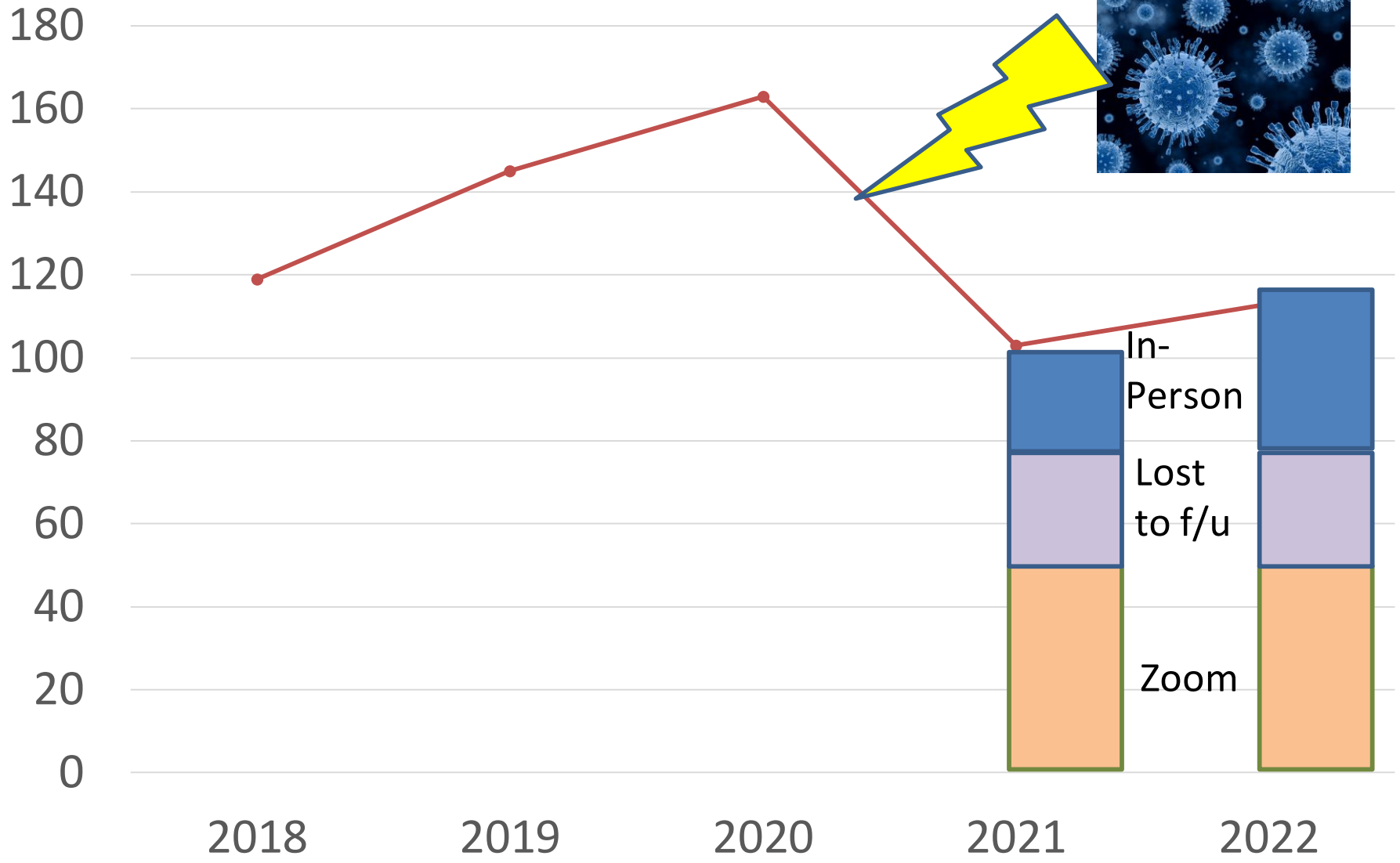
Campus Commons Neighbors

new referrals
(Mercy/Sutter/Kaiser/UCD)

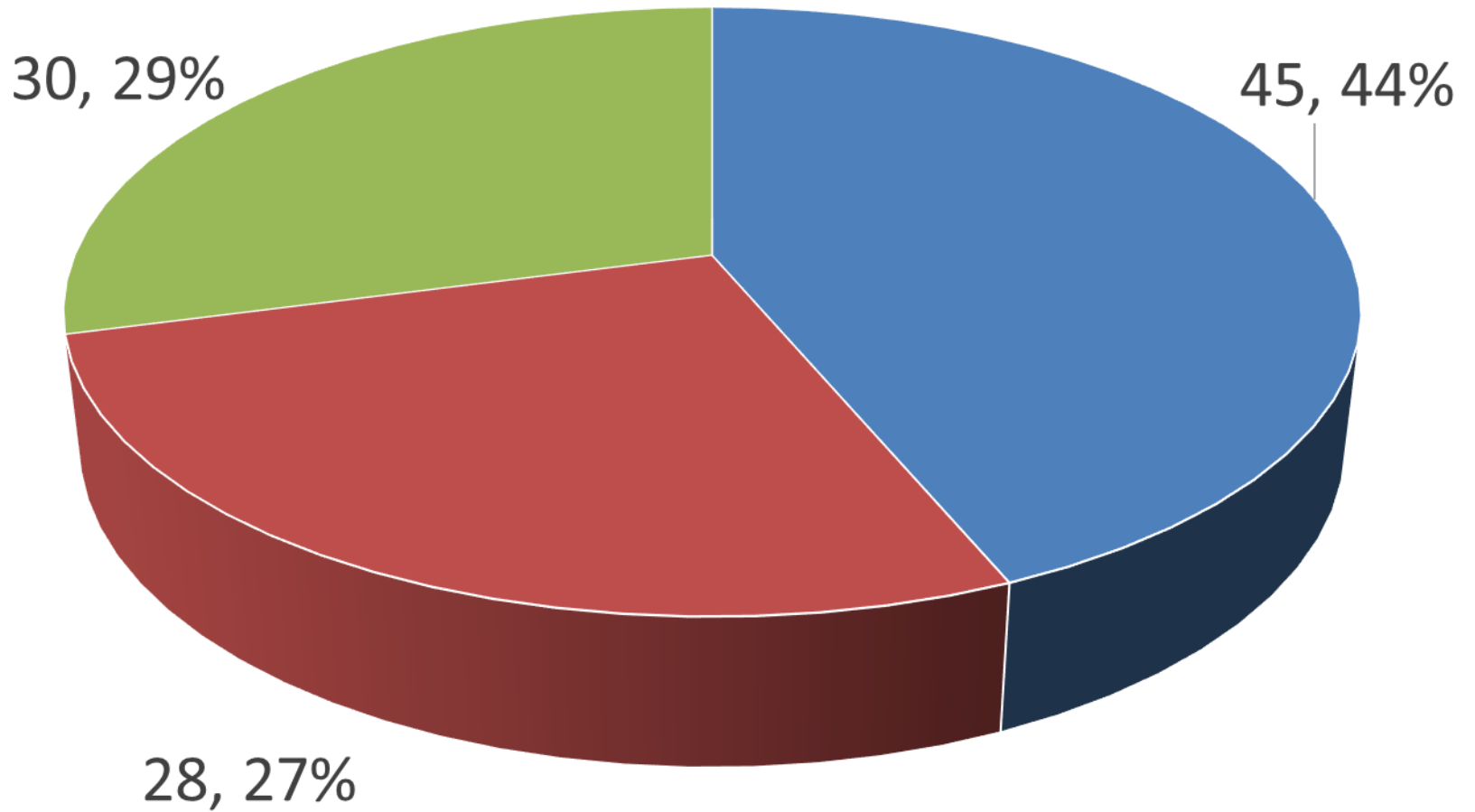
Enrollment Demographics

	#men	total n	%men	Cardiac Rehab Dx	%	Risk Factors	%
2013	6	8	75%	7	87%	1	13%
2014	15	19	79%	14	74%	5	26%
2015	3	5	60%	3	60%	2	40%
2016	11	18	61%	11	61%	7	39%
2017	8	20	40%	10	50%	10	50%
2018	14	38	37%	12	32%	26	68%
2019	7	24	29%	4	17%	20	83%

Enrollment with Pivot

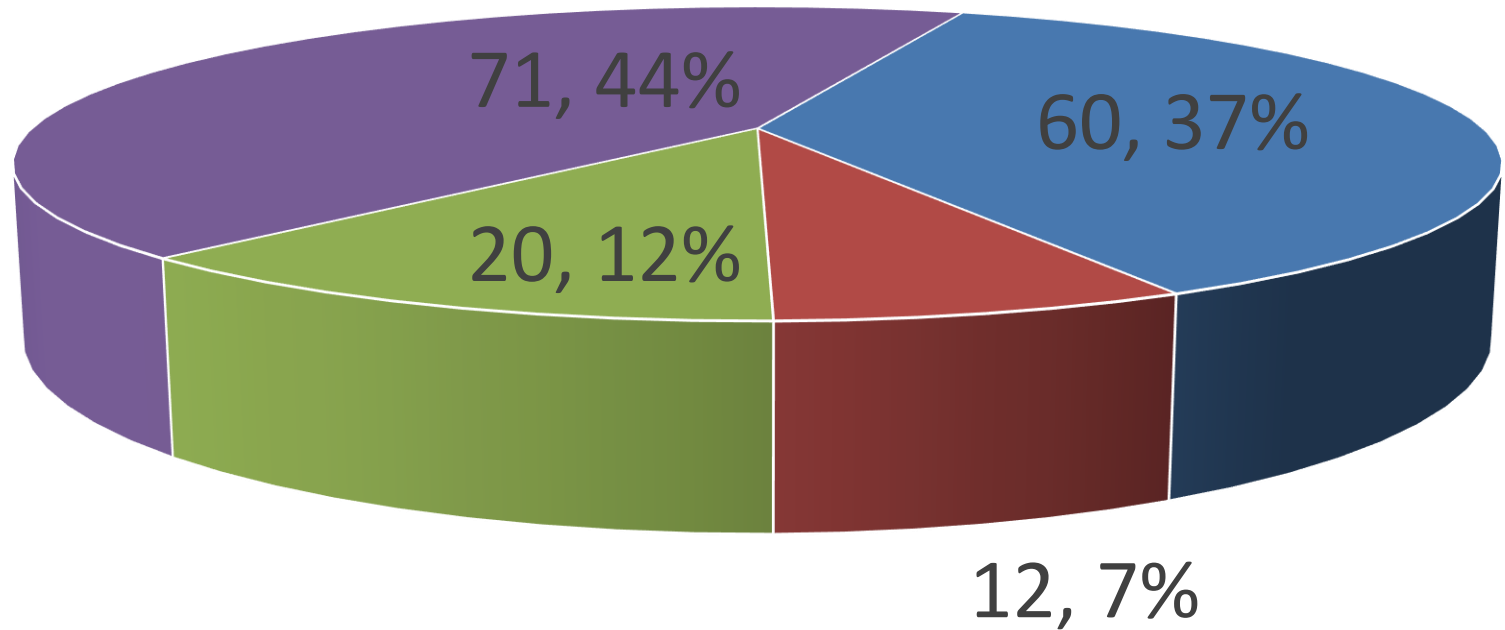


Fall 2021 Enrollment



■ Zoom ■ Back In-Person ■ Lost to F/U

Enrollment by Health System

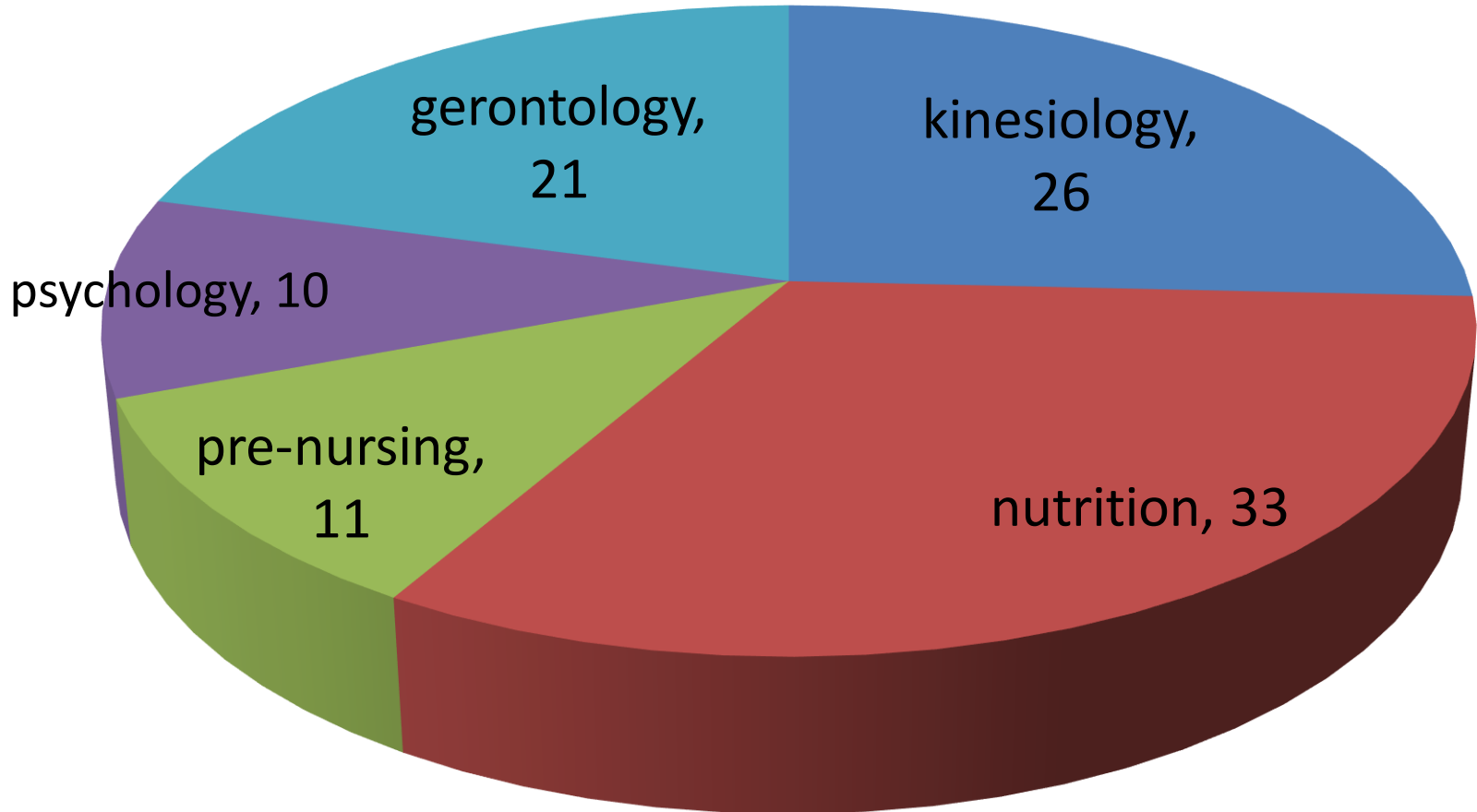


■ Kaiser ■ Mercy ■ Sutter ■ UC Davis

Student-Client Interactions

- Field placement services for Community Nutrition (Nu117), Community Psych (Psy143), Gerontology 130/131
- Research student opportunities (ID201) – provide bulk of outcome assessment data
- Service learning for growing # of courses (Gero 101, Gero 103, Nurs 171, PT 635, Psych194)
 - Gero – Theresa Abah; Nursing –Tara Sharpp; PT – Rolano Lazaro; Psych – Kim Roberts, Casey Knifsend; Nutrition – Mical Shilts, Urvashi Mulasi

Six Years of Student Interns



students receiving academic credit = 101

Student Projects – Fall 2021

- Jackie G – COVID survey –Poster behind arm crank
- Maria – Intergenerational Storytelling
 - <https://cardiovascularwellnessprogram.org/>
- Otago fall prevention program –interprofessional interaction with CWP clients, PT & RN-BSN students
- Gero 101 interactions – Zoom led service learning
- Outcome assessments – 6 minute walk, breathing measurements, hip flexibility assessments
- Nutrition surveys on high blood pressure & sodium
- Stress management through martial arts (Stephanie from Colorado)
- Maturity, memory & music project – online surveys with cognitive function component

Spring 2022 Projects

- Mindfulness practices -- gero student Amy
 - 3 new gero students getting oriented
- Continued interaction w/ Nurs 171 students
- Continued interactions w/Gero 101, 103 courses
- Community Nutrition students—hopeful for recipe collection help
- Community psychology students – hopeful for sleep education help

Upcoming Programs

- Technology Use Project – combined study with Kim Roberts & Theresa Abah, psych & gero students
- “Prevention Forward” clinic run by Dr. López
 - Extra medical education
 - Hopefully more stress management lectures by Dr. Yiaslas
- Kinesiology project ?? – assisted rowing with people with Parkinsons (Dr. Matt Brown)
- Summertime high school student training program
- Quarterly stakeholders meetings
- What else do you want???

