



The History of Get Tough on Angina

In 2002, 10 PCNA members from across the United States hosted community seminars for over 300 patients living with angina. Also, 56 patients with angina participated in pilot education and support groups. This program tested how an educational support group could improve the quality of life for patients living with angina. The initial phase was scientifically evaluated and completed in early 2003.

We are pleased to report that these patient education support groups did, in fact, improve quality of life (QoL) for patients living with chronic stable angina, despite no change in angina frequency, stability, or physical limitations. QoL was measured using the Seattle Angina Questionnaire (SAQ) at baseline, program conclusion (four weeks later), and again eight weeks following the conclusion of the program.

Based on feedback from the nurse coordinators and participants, the program was revised, improved, and made available, free of charge, to health professionals caring for patients with angina.

In Fall of 2003, PCNA offered three classroom training sessions in Akron, OH, Chicago, IL, and Miami, FL and conducted five webcast/teleconference training sessions to raise awareness and encourage healthcare professionals nationwide to Get Tough on Angina.

In 2004, PCNA once again conducted five webcast/teleconference training sessions for health care professionals and one for patients. Also this year, Get Tough on Angina went international. The program was presented in Ireland and Australia as well as at several U.S. meetings.

In 2005, PCNA took the program on the road again and presented it across the U.S. at many regional conferences. PCNA also had a global presence as Get Tough on Angina was presented in Brazil at the International Conference on Preventive Cardiology.

In 2006, PCNA presented the Get Tough on Angina program at several national and regional programs including the American Heart Association and American College of Cardiology. In addition, PCNA presented the GTOA program and the importance of nursing internationally at two different preventive cardiology meetings held in Chile and Hong Kong. The handbook and brochure were updated with the latest scientific information and a new look. Free distribution of the kit, handbook and brochure continued.

In 2007 and 2008 PCNA continued to distribute the Get Tough on Angina patient handbook and brochure free-of-charge in both English and Spanish. Healthcare professionals also continued to take the archived online training session and order the free Resource Tool Kit in preparation for holding patient support groups and community seminars on managing angina. At the PCNA 13th Annual Symposium in Minneapolis, Dr. Steven L. Kopecky, MD, from the Mayo Clinic, kindly shared his expertise in a breakfast program entitled "Latest Advances in Managing Angina." This widely popular session was converted into a free online CE course, which is available on the PCNA website.