

# february



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2 3 4 5 6 7 8

9 10 11 12 13 14 15

16 17 18 19 20 21 22

23 24 25 26 27 28 29



# february

## At-a-Glance

### MONTH-LONG OBSERVANCES

Children's Dental Health Month (National)  
Heart Month (American)  
Wise Health Care Consumer Month (National)

### WEEK-LONG OBSERVANCES

3-9 PeriAnesthesia Nurse Awareness Week  
9-15 Cardiac Rehabilitation Week (National)  
9-15 Cardiovascular Professionals Week  
9-15 Sepsis Survivor Week  
14-21 NCCDP Alzheimer's Disease and Dementia Care Staff Education Week

### RECOGNITION DAYS | EVENTS

7 Wear Red Day (National)  
11 Day of the Sick (World)

### 1-29 | Children's Dental Health Month (National)

Each February, the American Dental Association (ADA) sponsors National Children's Dental Health Month (NCDHM) to raise awareness about the importance of oral health. Since 1946, NCDHM messages and materials have reached millions of people in communities across the country. **For more information, contact: American Dental Association | 800.621.8099 | [ncdhm@ada.org](mailto:ncdhm@ada.org) [www.ada.org/ncdhm](http://www.ada.org/ncdhm) | [@amerdentallasn](https://twitter.com/amerdentallasn) #NCDHM**

### 1-29 | Heart Month (American)

Cardiovascular disease is the leading global cause of death, accounting for more than 17.6 million deaths per year in 2016, a number that is expected to grow to more than 23.6 million by 2030, according to a 2014 study. During American Heart Month, the American Heart Association, the leading voluntary health organization devoted to a world of longer, healthier lives, reminds people to focus on their hearts and encourages them to get their families, friends and communities involved. During American Heart Month, the American Heart Association reminds people to focus on their hearts and encourages them to get their families, friends and communities involved. Together, we can build a culture of health where making the healthy choice is the easy choice.

**For more information, contact: American Heart Association | 1-800-AHA-USA1 [www.heart.org](http://www.heart.org); [@American\\_Heart](https://www.facebook.com/americanheart)**

### 1-29 | Wise Health Care Consumer Month (National)

The goal of National Wise Health Care Consumer Month is to help consumers receive the right care at the right time in the right place. It involves teaching consumers how to become more active in their own health care. This entails knowing which symptoms require professional assistance and which can be treated at home with self-care. The event also focuses on helping consumers understand how to interact effectively with the health care system to receive proper care.

**For more information, contact: Hope Lawless | American Institute for Preventive Medicine 248.539.1800 x238 | [www.healthylife.com](http://www.healthylife.com) [@WorkingWellBlog](https://twitter.com/WorkingWellBlog) | #HealthConsumerism**

### 7 | Wear Red Day (National)

During American Heart Month, the American Heart Association's Go Red For Women movement works to save women's lives and beat heart disease, the number one killer of women. On National Wear Red Day, support the movement by wearing red.

**For more information, contact: Abbey Dively and Bridget O'Leary | American Heart Association For media inquiries: 214-706-1173; for other inquiries: 800-AHA-USA1 | [abbey.dively@heart.org](mailto:abbey.dively@heart.org) and [bridget.oleary@heart.org](mailto:bridget.oleary@heart.org) [www.goredforwomen.org](http://www.goredforwomen.org) or [www.facebook.com/goredforwomen](https://www.facebook.com/goredforwomen) | [@GoRedForWomen](https://twitter.com/GoRedForWomen) #WearRedDay**

### 3-9 | PeriAnesthesia Nurse Awareness Week

This week recognizes and celebrates our nation's 60,000+ perianesthesia nurses who work in pre-anesthesia and post-anesthesia care, outpatient surgery, and pain management settings.

**For more information, contact: Doug Hanisch ASPAN | [dhanisch@aspan.org](mailto:dhanisch@aspan.org) | [www.panaw.com](http://www.panaw.com)**

### 11 | Day of the Sick (World)

The World Day of the Sick is an observance of the Roman Catholic Church that was instituted on May 13, 1992, by Pope John Paul II. Celebrated every year on the commemoration of Our Lady of Lourdes, it seeks to be a special time of remembering those who are sick and expressing gratitude for all those who care for the sick.

**For more information, contact: Dr. David Lichter National Association of Catholic Chaplains 414.483.4898 | [info@nacc.org](mailto:info@nacc.org) [www.nacc.org](http://www.nacc.org) | [@cathchaps](https://twitter.com/cathchaps)**

### 9-15 | Cardiac Rehabilitation Week (National)

National Cardiac Rehabilitation Week focuses attention on cardiac rehabilitation's contribution to improving the health and physical performance of people at risk for heart disease as well as those who have been diagnosed with heart disease or dysfunction. Special events will be held in hospitals, exercise facilities and outpatient rehabilitation centers throughout the country.

**For more information, contact: Andrew Miller American Association of Cardiovascular and Pulmonary Rehabilitation | 312.321.5146 [aacvpr@aacvpr.org](mailto:aacvpr@aacvpr.org) | [www.aacvpr.org](http://www.aacvpr.org)**



# february

## 9-15 | Cardiovascular Professionals Week

This week celebrates the work of cardiovascular professionals and the support they provide to improve patient care. The commitment of cardiovascular professionals ensures the highest quality of care to people with heart disease, including diagnostic, interventional, and rehabilitative support.

**For more information, contact:**

**Peggy McElgunn | Alliance of Cardiovascular Professionals | 804.632.0078  
peggymcelgunn@comcast.net | www.acp-online.org  
@AllianceCVPros | #CVPWeek**

## 9-15 | Sepsis Survivor Week

1.4 million people in the United States survive sepsis each year. Sepsis Survivor Week is an annual observance to raise awareness of the unseen mental, emotional and physical challenges many sepsis survivors face every day.

**For more information, contact: Angelica Estrada**

**Sepsis Alliance | 619.232.0300  
aestrada@sepsis.org  
http://www.sepsisawarenessmonth.org/  
@sepsisalliance | #SepsisSurvivor**

## 14-21 | NCCDP Alzheimer's Disease and Dementia Care Staff Education Week

National Council of Certified Dementia Practitioners recognizes the importance of continued staff training. In honor of this week Alzheimer's Disease and Dementia Care Staff Education Week, the NCCDP makes available complimentary staff in-services that can be downloaded on a variety of dementia topics and include a PowerPoint presentation, student handouts, pretest and posttest. This service is available from November 1st to March 15th each year. Additionally, by March 15th each year, you may nominate staff educator of the year, CNA of the Year and CDP of the Year. The nomination forms are available on the NCCDP web site.

**For more information, contact: Sandra Stimson  
National Council of Certified Dementia Practitioners  
973.729.6601 | nccdp@nccdp.org  
www.nccdp.org**

