



Assessing Cardiovascular Risk in Primary Care

Cardiovascular Disease is responsible for more than 50% of all deaths in the United Kingdom. Its management costs the NHS huge amounts of money each year. Cardiovascular Disease can largely be prevented by the identification and modification of various "Risk Factors". The course has been approved by the University of Teesside. On successful completion the student will be awarded a University Certificate in Continuing Education (UCCE) Assessing Cardiovascular Risk in Primary Care which comprises 10 credits at Level 2 (Diploma Level).

Module aim

The aim of the course is to further develop practitioners with the knowledge and skills to facilitate the assessment of an individual who might be at risk of developing cardiovascular disease to further develop knowledge and skills to facilitate the holistic management of patients and their families who are at risk of developing or have established cardiovascular disease.

Module Description

This module gives practical guidance to health care practitioners (e.g. doctors, nurses, health care assistants) for the assessment of people who may be at risk of developing cardiovascular disease. The subject is covered in a logical manner from the epidemiology and pathophysiology of cardiovascular disease to the assessment of risk.

On completion of the module the student will be able to assess the risk of developing cardiovascular disease in patients. Emphasis is placed upon the health needs of the individual, health promotion, self-empowerment and palliation.

This three month module begins with a one-day workshop followed by three months of self-directed study. The student takes away a learning package at the end of the workshop session which contains text and activities such as, reviewing patient profiles and investigating local prevalence data and policies and comparing to national standards. It is anticipated that the student will take approximately 20 hours to complete the self-directed learning and case study.

The approach to learning is student centred, encouraging active participation. Learning strategies aim to meet the individual needs of the student and the relationship between theory and practice is reinforced.

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The Indicative content is:

- What is Cardiovascular Disease?
- Epidemiology of Cardiovascular Disease.
- Cardiovascular Disease Risk and Atheroma Formation.
- Risk Factors.
- Risk Assessment.
- Risk Reduction.
- National guidelines.
- Ethical Interventions.

The workshop comprises 6 hours. A variety of teaching methods are used on the workshop including practical instruction, experiential, lecture and seminar groups. Students will be further supported by PCTC tutors by fax, telephone or email. This will provide the opportunity for formative feedback on progress. The approach to learning is student centred, encouraging active participation.

Assessment

Case Study

Students will submit a 2,000 word case study which addresses the assessment of a person who is at high risk of developing cardiovascular disease. The person selected for the case study will be negotiated with the Module Leader.

The student will demonstrate the ability to:

1. Select a client who may be at risk of developing coronary heart disease.
2. Critically discuss your assessment of the risk factors.
3. Identify the principles of future management recommendations.
4. Support your discussion with reference to national guidelines and contemporary literature.

All Learning Outcomes will be addressed

LEARNING OUTCOMES

Knowledge & Understanding
<ol style="list-style-type: none">1. Demonstrate a detailed knowledge of the potential long term outcomes of cardiovascular disease risk upon the individual.2. Critically analyse the principles underpinning approaches to the assessment of cardiovascular risk.
Cognitive & Intellectual Skills
<ol style="list-style-type: none">1. Retrieve and critically analyse information from a variety of sources to assess the person at risk of cardiovascular disease.
Practical & Professional Skills
<ol style="list-style-type: none">1. Recognise and identify those at risk of cardiovascular disease.2. Select and formulate an appropriate approach to the reduction of cardiovascular disease risk for individuals at all levels of cardiovascular disease.3. Utilise data from the assessment of cardiovascular risk to communicate the concept of risk to the individual and develop individual care plans.
Key Transferable Skills
<ol style="list-style-type: none">1. Demonstrate effective writing skills appropriate to level 2.

Learning outcomes have been mapped against the Knowledge and Skills Framework (DoH, 2002), and successful completion of the module will contribute towards demonstration of core dimensions 1 – 6 and the specific dimensions related to HWB 1 – 7, IK2, GI and 2.