



Introduction to Cardiac Care Course Programme

Day 1 (of 3): Thursday 8 March

Facilitator: Anna Kilpin (AK), Senior Project Manager, NWLCN

Time	Session	Learning outcome	Method	Speaker
9.00	Welcome and introductions		Ice breaker	Facilitator (AK)
9.15	Course overview <ul style="list-style-type: none">• Learning needs• Coursework requirements	<ul style="list-style-type: none">• Clarification of course content and format• Identification of individual and cohort objectives	Led discussion	Facilitator (AK)
9.30	National context <ul style="list-style-type: none">• National Service Framework (NSF) for Coronary Heart Disease (CHD)• National Institute for Clinical Excellence (NICE)	<ul style="list-style-type: none">• Increased understanding of the bigger picture and governance arrangements around CHD	Led discussion	Dr Bal Kaur, Public Health Consultant, NWLCN
10.00	Local context <ul style="list-style-type: none">• North West London Cardiac Network (NWLCN)	<ul style="list-style-type: none">• Provision of the local context• Increased awareness of support and resource available	Led discussion	Anna Kilpin, NWLCN
10.15	Break			
10.30	Reflective practice <ul style="list-style-type: none">• Practical application of course content in work-setting• Organisational aspects of cardiac care provision	<ul style="list-style-type: none">• Maximisation of the course benefits and its impact within practices• Stimulation of thought and discussion about the role of the practice nurse in the delivery of cardiac care	Presentation and group work	<i>To be confirmed</i>
11.30	Cardiac anatomy and physiology <ul style="list-style-type: none">• Reviewing quiz (sent with course material)• The physical structure and processes of the heart	<ul style="list-style-type: none">• Increase in (and revision of) knowledge and understanding of the heart and how it functions	Presentation and led discussion	Alison Reddock, Acute Coronary Syndrome Nurse Specialist, Hammersmith Hospitals NHS Trust



Time	Session	Learning outcome	Method	Speaker
12.45	Lunch			
1.30	CHD types and treatments (inc new) <ul style="list-style-type: none">• Artery disease/valve disease/arrhythmias• Angina/myocardial infarction (MI)• Medical management/PTCA/CABG• Valve surgery• Relevance in practice	<ul style="list-style-type: none">• Improved understanding and knowledge of types of CHD and treatments• Increased awareness of the difference between possible CHD types	Presentation	<i>To be confirmed</i>
3.30	Break			
3.45	Drug management <ul style="list-style-type: none">• Consideration of the main drugs used in the management of CHD	<ul style="list-style-type: none">• Up-to-date knowledge of appropriate drug usage	Presentation	<i>To be confirmed</i>
4.45	Summary of day <ul style="list-style-type: none">• Questions/evaluation	<ul style="list-style-type: none">• Consolidation of learning	Open Forum	Facilitator (AK)



Introduction to Cardiac Care Course Programme

Day 2 (of 3): Thursday 15 March

Facilitator: Judith Edwards (JE), Westminster PCT

Time	Session	Learning outcome	Method	Speaker
9.00	Welcome <ul style="list-style-type: none"> Opportunity to raise any issues/concerns 		Open forum	Facilitator (JE)
9.15	Hypertension <ul style="list-style-type: none"> Blood pressure monitors Guidelines 	<ul style="list-style-type: none"> Update of knowledge and enhanced understanding 	Presentation and led discussion	Jill Bunker, Clinical Nurse Specialist, St Mary's Hospital
9.45	Diabetes <ul style="list-style-type: none"> Overview of link with CHD Effective management of diabetic patients with CHD 	<ul style="list-style-type: none"> Increased understanding of the link between Diabetes and CHD Enhanced awareness of how to ensure the most effective management 	Presentation and led discussion	Alison Caple/Fiona McKinnon, Diabetes Nurse Specialists, Ealing Hospital
10.15	Break			
10.30	Heart failure <ul style="list-style-type: none"> Diagnosis, types and treatment End of life issues 	<ul style="list-style-type: none"> Update of knowledge, referral processes, support for patients and carers 	Presentation and led discussion	Dee Hannah, Cardiac Nurse Consultant, Harrow PCT
11.45	Cardiac rehabilitation <ul style="list-style-type: none"> Four phases Best practice 	<ul style="list-style-type: none"> Increased understanding of the cardiac rehabilitation model and its effective implementation 	Presentation and led discussion	Judith Edwards, CHD Nurse Specialist, Westminster PCT
1.00	Lunch			
1.45	Rhythm strip and electrocardiogram (ECG) interpretation <ul style="list-style-type: none"> Overview of ECG as diagnostic tool Example of ECG interpretation 	<ul style="list-style-type: none"> Increased understanding of ECGs and their role in the diagnosis of CHD Improved awareness of how to interpret ECGs 	Presentation and group work	Yvonne Jacklin, Nurse Practitioner Cardiology/Ellie Cusack, Cardiac Nurse Specialist, St Mary's Hospital
3.00	Break			
3.15	Rhythm strip and electrocardiogram (ECG) interpretation continued <ul style="list-style-type: none"> ECG interpretation with feedback 	<ul style="list-style-type: none"> Improved capability and skills in ECG interpretation 	Group work	As above
4.45	Summary of day <ul style="list-style-type: none"> Questions/evaluation 	<ul style="list-style-type: none"> Consolidation of learning 	Open forum	Facilitator (JE)



Introduction to Cardiac Care Course Programme Day 3 (of 3): Thursday 29 March

Facilitator: Vanessa McNamara (VM), Kensington & Chelsea PCT/Anna Kilpin, NWLCN

Time	Session	Learning outcome	Method	Speaker
9.00	Welcome <ul style="list-style-type: none">Opportunity to raise any issues/concerns		Open forum	Facilitator (VN)
9.15	Risk factors <ul style="list-style-type: none">Factors that increase incidence of CHD (including ethnicity)	<ul style="list-style-type: none">Revision of key contributory factors to increased CHD prevalence	Presentation and led discussion	Neil Chapman, Consultant Physician, St Mary's Hospital
10.00	Break			
10.15	Psychology of CHD <ul style="list-style-type: none">Patient empowerment and self-management – tools and techniquesExpert patient programmesThe Lorig Model	<ul style="list-style-type: none">Increased understanding and awareness of the psychological impact of CHD	Presentation and led discussion	<i>To be confirmed</i>
11.15	Healthy eating <ul style="list-style-type: none">Eating for a healthy heart	<ul style="list-style-type: none">Increased understanding of the importance of healthy eating and its impact	Presentation and led discussion	Vanessa McNamara, Community Dietician Kensington & Chelsea PCT
12.45	Lunch			
1.30	Exercise <ul style="list-style-type: none">Relevance of exercise in the prevention and management of CHD	<ul style="list-style-type: none">Increased awareness of the importance of exercise and its impact	Presentation and led discussion	Nigel Harris, Cardiac Exercise Instructor Westminster PCT
2.15	Break			
2.30	Presentations by course participants	<ul style="list-style-type: none">Consolidation of learning	Open forum	Facilitator (AK) Sabby Kant, GPwSI, Hillingdon PCT
4.45	Presentation of certificates	<ul style="list-style-type: none">Acknowledgment of skills acquired and learning undertaken throughout course		Facilitator (AK)