



Introduction to Cardiac Care: practice nurse training programme March 07

Project mandate:

To investigate training provision in cardiac care for practice nurses across North West London, and identify the most appropriate way to supplement existing provision on a North West London basis, and address.

Research methodology:

Discussion with practice nurse facilitators, PCT CHD leads and cardiac specialist nurses to identify the current provision of training in the eight boroughs that comprise North West London. From the information obtained, the most effective ways of educating practice nurses in cardiac care were explored, and a sector-wide approach was developed with input from across North West London. A pilot course was subsequently run to identify how beneficial and effective such an approach would be in enhancing learning and understanding in cardiac care amongst practice nurses, with a view to introducing an on-going sustainable programme depending on its success.

Results:

The provision of education for practice nurses in cardiac care was inconsistent across the sector. In the majority of boroughs there was no formal training provision but some awareness of national education programmes. In Harrow, there was a comprehensive cardiac training programme for practice nurses, which had been run on a number of previous occasions.

After extensive consultation with representatives from across North West London, the Network decided to develop of a cross-sector Introduction to Cardiac Care training course specifically for practice nurses. The content was founded on the course that had been run previously in Harrow, and amended to reflect all the requirements deemed appropriate by the cross-sector representatives.

An initial meeting occurred with practice nurse facilitators/cardiac nurse specialists/dietitians from across six of the eight PCTs in North West London at which a draft programme was determined. The draft programme was then circulated to representatives from the remaining PCTs and other stakeholders, and revised to incorporate all the subject areas that were considered appropriate for inclusion. The location, duration and format of the programme were discussed at the initial meeting and then further via e-mail.

The finalised programme (see Appendix 1) consisted of presentations covering the whole spectrum of cardiac-related areas of relevance to nurses in general practice, which are listed below (with the presenters' Trusts):

- National context (Cardiac Network)
- Local context (Cardiac Network)
- Reflective practice/case studies (Harrow PCT)
- Cardiac anatomy and physiology (Hammersmith Hospitals NHS Trust)
- CHD/valvular heart disease management (Hammersmith Hospitals NHS Trust)
- Arrhythmia management (St Mary's Hospital NHS Trust)



- Drug management (Harrow PCT)
- Hypertension (St Mary's Hospital NHS Trust)
- Diabetes (Ealing PCT)
- Heart failure (Harrow PCT)
- Cardiac rehabilitation (Westminster PCT)
- Rhythm strip and ECG interpretation (St Mary's Hospital NHS Trust)
- Risk factors (St Mary's Hospital NHS Trust)
- Psychology of CHD (Hillingdon Hospital NHS Trust)
- Healthy eating (Kensington and Chelsea PCT)
- Exercise (Westminster PCT)
- Presentations – feedback (Hillingdon Hospital NHS Trust)

Possible speakers were suggested by representatives from across the eight PCTs, and then contacted to ascertain whether they were able to contribute to the programme. To as great an extent as possible, the presenters were sourced from each of the PCT areas across North West London, however, due to lack of availability, this was not always possible. A list of potential speakers has been produced, however, with suggestions from all the PCTs and Trusts in North West London, which will be used for any subsequent training.

Outcome:

A three-day Introduction to Cardiac Care course was developed to address the gap in cardiac-specific training provision for practice nurses in North West London. Thirty nurses completed the training programme. The programme was promoted via PCT links across the sector, and the Network's electronic primary care distribution list.

Initially, four places were offered to practice nurses from each of the eight PCTs, however, interest varied considerably across the sector with a high level of interest from some PCTs (eg. Harrow, Brent) and very little from others (eg. Kensington and Chelsea). The programme was publicised widely across all PCT areas. The varied response rate was therefore likely to be attributable to differences across the PCTs, for example, in approaches to practice nurses having time off for training or regarding cardiac as an area where further training is required. Informal investigation into this disparity will be undertaken to ensure future equity of training uptake across the sector to as great an extent as possible.

Where there were fewer than four registrations for specific PCTs, the places were offered to practice nurses from other PCTs. To as great an extent as possible, the remaining places were distributed equally by PCT area.

Evaluation:

Evaluation forms were provided in course packs, which were distributed on the first day of the programme. The course participants were asked how useful they had found the training course in enhancing their knowledge of, and understanding in, cardiac care. Furthermore, they were asked to rate each of the sessions and to provide any additional comments, and to rate the venue and catering.



The breakdown of responses is provided below:

	Extremely useful	Quite useful	Not very useful	Not at all useful	Additional comments
How useful have you found this training course in enhancing your knowledge of, and understanding in, this area?					
	18	1			
Please rate the following sessions and provide any additional comments:					
National context	13	5			
Local context	8	10			
Reflective practice/case studies	11	7			<ul style="list-style-type: none"> Useful to get to know group
Cardiac anatomy and physiology	15	3			<ul style="list-style-type: none"> Well-presented – wide knowledge base Presented well and at a good level
CHD/valvular heart disease management	12	6			<ul style="list-style-type: none"> Well-presented – wide knowledge base Would have liked more time
Arrhythmia management	10	6	1		<ul style="list-style-type: none"> Wrong time in the afternoon
Drug management	12	4	1		<ul style="list-style-type: none"> Would like more in-depth information on how drugs act
Hypertension	15	2			<ul style="list-style-type: none"> Well-presented – wide knowledge base Clear, well-presented and to the point
Diabetes	10	6	2		<ul style="list-style-type: none"> Based on old data
Heart failure	12	6			
Cardiac rehabilitation	16	2			
Rhythm strip and ECG interpretation	14	4			<ul style="list-style-type: none"> More would be great! Excellent session – more time could be allocated
Risk factors	13	6			
Psychology of CHD	10	8	1		<ul style="list-style-type: none"> Great background – not enough time to put into practice
Healthy eating	17	2			
Exercise	10	7			
	Excellent	Good	Fair	Poor	Additional comments
Venue and catering	15	3	1		<ul style="list-style-type: none"> Venue good; catering OK if a bit limited (vegetarian)

In addition to the above, the following comments were also provided, which have been grouped into subject areas:

Course content

- Course content very good; useful for up-date and gaps in knowledge
- Most of the sessions were really useful and helped me to increase my knowledge of cardiac care
- Course overall great and has highlighted areas of further reading for me



- Excellent sessions on arrhythmia management, diabetes and risk factors
- Wide range of subjects covered, very well-organised, maximum use of time
- It was a very intensive three days to learn about CHD, but I felt I learnt a lot – very informative and useful study to apply at my work place as a practice nurse – thank you
- A great eye-opener – leaves us now to find further information
- When group members speaking to presenters, cannot always hear what is being said/asked – detracts from presentation
- Great as a foundation but could perhaps benefit from ‘one step up’ so those with more experience could expand skills and refresh knowledge base
- Excellent study sessions – I enjoyed it very much. Thank you! Also, Dr Sabby Kant was excellent
- Would be nice to have follow-on days with practical work eg. ECGs and case studies
- Was fantastic!

Intensity

- Don't have concentration skills to last 3 days in a classroom but glad I stuck it out!
- Too fast – not enough time to be absorbed
- Found days rather long especially being in one room all day; would have been better to go somewhere else at lunchtime
- Change of venue for lunch break – felt very ‘closed in’ all day
- Long day – maybe a 4pm finish as I felt brain was overloaded by 5pm
- All the days were heavy but very useful
- Course was very intensive although spread over 3 days – being in one room all the time I felt was a negative aspect
- Days very long – could maybe be shorter

ECG interpretation

- ECG interpretation should be before lectures on heart failure etc
- Way too much on ECGs – first hour would have been sufficient
- I would like to have more understanding of ECG monitoring and interpretation
- I would like more on ECGs

Presentations

- Very stressful having to present to others and short time to prepare as group
- Presentation at the end can be quite stressful especially if you're not used to talking in front of a large audience

Conclusions:

The formal feedback returned in evaluation forms was generally very positive. In addition, the informal feedback received throughout the three-day programme reflected this, as did the enthusiasm and participation displayed by the practice nurses during the course. As a considerable majority of participants found the programme ‘extremely useful’, the Network will look at running the programme on a six-monthly basis to disseminate the learning further, and thus impact on a greater number of patients across North West London.

Based on feedback from participants and issues that arose throughout the programme's development and implementation, the following questions will be subject to discussion when running the programme for a second time:-



- **Format:** should the programme be spread over more days to ensure it is not too intensive and participants are able to absorb all the information imparted?
- **Content:** should this be amended to incorporate the feedback from course participants, and if so, in which specific areas?
- **Venue:** is it possible to provide lunch in another room so participants are not in the same room all day?
- **ECGs:** should more time be allocated to this subject area, possibly as an optional component (so the minority of participants who do not want a longer session do not have to attend)?
- **Speakers:** how can we ensure that speakers from all PCT areas contribute to the programme delivery?
- **Participants:** how can we ensure equality of take-up across the sector so that the learning is disseminated throughout North West London, and patients across the sector benefit?

The North West London Cardiac Network would like to thank everyone who has contributed to the Introduction to Cardiac Care course, and to Harrow PCT for sharing the programme and documentation from their training course for amendment and development for cross-sector implementation. The Network is particularly grateful to all the speakers who contributed to the programme and delivered such a high-standard of presentation.

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Appendix 1

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/case studies <ul style="list-style-type: none"> Practical application of course content in work-setting; organisational aspects Cardiac patient case studies: presentation and discussion 	<ul style="list-style-type: none"> Maximisation of the course benefits and its impact within practices Stimulation of thought and discussion about specific case studies 	Presentation and group work	Susie Pemberton, Heart Failure Nurse, Harrow PCT
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	Coronary heart disease and vavular heart disease and their management <ul style="list-style-type: none"> • CHD: typical manifestations and management • Vavular heart disease: typical manifestations and management 	<ul style="list-style-type: none"> • Improved understanding and knowledge of types of CHD/vavular heart disease and treatments • Increased awareness of the difference between possible CHD types 	Presentation	Dr Susan Connolly, Consultant Cardiologist, Hammersmith Hospitals NHS Trust, and Honorary Senior lecturer, Imperial College
2.30	Arrhythmias and their management <ul style="list-style-type: none"> • Arrhythmias: typical manifestations and their management within the acute setting and in primary care 	<ul style="list-style-type: none"> • Improved understanding and knowledge of arrhythmias and their management in primary care 	Presentation	Dr Prapa Kanagaratnam, Consultant Cardiologist, St Mary's Hospital NHS Trust
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	Geoffrey Whatman, Prescribing Lead, Harrow PCT
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)



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Introduction to Cardiac Care Course Programme

Day 2 (of 3): Thursday 15 March

Facilitator: 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 (AK)
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	Fiona McKinnon, Diabetes Nurse Specialist, Ealing PCT
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 (AK)



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Introduction to Cardiac Care Course Programme
Day 3 (of 3): Thursday 29 March
 Facilitator: 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 (AK)
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 Psychological aspects of adjustment to CHD <ul style="list-style-type: none"> Patients understanding of CHD Emotional adjustment to CHD Self-management 	<ul style="list-style-type: none"> Increased understanding and awareness of the psychological impact of CHD 	Presentation and led discussion	Dr Alex King, Clinical Health Psychologist/Lisa Neffgen, Assistant Psychologist, Hillingdon Hospital
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) Dr Sabby Kant, GPwSI, Hillingdon PCT
4.55	Presentation of certificates	<ul style="list-style-type: none"> Acknowledgment of skills acquired and learning undertaken throughout course 		Facilitator (AK)