



Introduction to Cardiac Care: practice nurse training programme Autumn 2007

Introduction

The North West London Cardiac Network established the Introduction to Cardiac Care training programme for practice nurses in spring 2007 to address an identified gap in cardiac care training provision for practice nurses. The programme was founded on a course that had been run previously in Harrow. Practice nurse facilitators, PCT CHD leads and cardiac nurse specialists contributed to its adaptation for cross-sector implementation. Thirty practice nurses from across North West London attended the spring programme, and the evaluation was extremely positive with 95% of participants finding it 'extremely useful' and 5% finding it 'quite useful'.

Due to the high level of interest in the programme when it was initially run in the spring, the Network decided to run it again in autumn 2007.

Methodology

As the feedback from the spring programme was generally very positive, the same format was used in autumn 2007. The feedback received in the spring was reviewed and the questions that had arisen considered – see below:-

- **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?

The Network decided to continue to run the programme over three days to keep it as contained and short as reasonably possible so as not to discourage practice nurses from attending. One of the reasons suggested for poor attendance from some PCT areas in the spring was GP reluctance to release their practice nurses for three days. Therefore, the duration was not altered, however, attendees were told to expect the programme to be intense and concentrated prior to its commencement.

- **Content:** should this be amended to incorporate the feedback from course participants, and if so, in which specific areas?

The programme content was essentially kept the same with a few minor amendments. Although some participants found certain sessions less relevant and useful than others, this tended to be offset by others finding them of considerable benefit; for example, whilst some participants felt there was too much on ECGs, others would have liked more.

- **Venue:** is it possible to provide lunch in another room so participants are not in the same room all day?

Although this would have been preferable, due to lack of room availability this was not possible. Furthermore, each day of the programme was in a different venue which was not desirable, however, necessary because of a shortage of rooms.



- **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)?

Two sessions were incorporated on ECG interpretation – as in the spring programme. The presenters provided their contact details so any of the participants who wanted to learn more would be able to do so through contacting them directly

- **Speakers:** how can we ensure that speakers from all PCT areas contribute to the programme delivery?

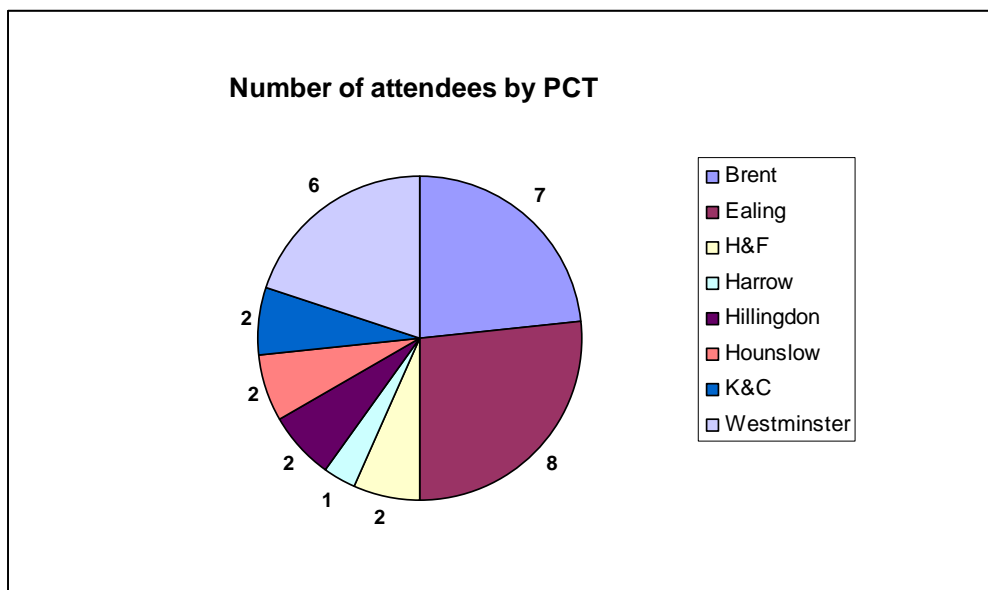
Speakers from across the sector were invited to present during the programme. Although it is desirable to have representation from all organisations in North West London, this is in part dependable on the availability of speakers and their willingness to contribute to the programme.

- **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 programme was publicised to practice nurses in all the PCTs across the sector, and where take-up from certain PCTs was lower than that from others, more promotion was undertaken in those specific areas. Despite this, attendance did vary considerably across the sector with only one registration from one PCT area. A few weeks prior to the commencement of the programme, the places that had not been taken up by practice nurses within certain PCT areas were offered to other nurses who had expressed an interest regardless of their PCT area.

The full programme for autumn 07 is in Appendix 1.

Evaluation





Evaluation forms

	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?	16	6			
Please rate the following sessions and provide any additional comments:					
National context	9	10			
Risk factors	13	5	2		•
Cardiac anatomy and physiology	6	10	4	1	• Would have benefited from more preparation
Healthy eating	20		1		•
Arrhythmia management	9	12			•
Drug management	11	8	3		•
Hypertension	16	6			•
Diabetes	11	10			•
Heart failure	14	6	1		
Cardiac rehabilitation	12	7	2		
Rhythm strip and ECG interpretation	11	7	4		<ul style="list-style-type: none"> • Overwhelming/too deep • Good but if patient acute in primary care should refer to acute (RACPC); good to have knowledge but hard maintaining skills • Don't currently do any ECG interpretation • Would have liked more on ECGs
CHD and its management	13	5	1		•
Psychology of CHD	2	9	8	1	<ul style="list-style-type: none"> • Would have benefited from more preparation • Too long
Exercise	9	12			
CHD in women	19	1		1	• Very interesting
	Excellent	Good	Fair	Poor	Additional comments
Venue and catering	5	7	11		<ul style="list-style-type: none"> • Food ran out once and not enough fruit (<i>more was subsequently ordered</i>) • 3 venue changes; poor catering • Some venues better than others

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

Organisation

- Very well-organised course with prompt communication at all times
- Very good course, well-organised



- Very professionally organised; have recommended it to other practice nurses
- Would be really useful to have a list of cardiac network contacts for each of the areas represented eg. Cardiac Rehab, pharmacy leads etc

Programme

- CHD and its management should have been on day 1
- Would like more input on ECGs – also practical
- Very good varied course with lots of great speakers
- Too many breaks
- Start would have been better at 9.30am for people with childcare issues

Other

- Sabby Kant absolutely excellent (presentation session)
- Sabby Kant should do presentation on hypertension and CVD
- Thank you for organising a very informative CHD training course and providing up-to-date knowledge
- Very new to practice nursing so information has been excellent for me; some more practical applications eg ECG, exercise information for patients at home would be good
- I have found the course so informative and would recommend other staff to attend

Conclusions

The feedback received in evaluation forms was generally positive, with 73% of the participants finding the programme 'extremely useful' and the remainder 'quite useful'. Feedback on the specific presentations varied with the majority of participants rating presentations 'extremely' or 'quite' useful. Considerable disparity is discernible for some of the presentations with some participants finding them useful and others not. This possibly reflects the variance in experience and knowledge amongst the participants, which ranged from nurse practitioners to nurses who had only very recently started working in general practice.

Looking at the individual evaluation forms, all of the participants found some of the presentations useful if not others, whilst what appears to have been of use to some has not been of use to others. The variety of presentations, subject areas and speakers helps ensure that the vast spectrum of experience and knowledge amongst the cohort is catered for, however, simultaneously, it is not possible to satisfy all participants all of the time.

Areas for consideration if the programme is repeated

- **Venue:** unfortunately, due to lack of room availability and time constraints when organising the programme, three different venues were used (all in St Mary's Hospital). In March 2007 when the programme was run for the first time, one room was used. This is highly preferable to ensure consistency and the prompt arrival of participants.
- **Presentations:** based on the evaluation displayed in the table above, some of the presentations should be reassessed for their appropriateness. Speakers should be reminded of the need for thorough preparation. Furthermore, they should be asked to



ensure their respective presentation is suited to the audience, and where possible, to incorporate 'what this means for the practice nurse'.

- **List of contacts:** during the course of the programme, it was suggested that a list of pharmacy leads for each of the PCTs in North West London would be of benefit – this was subsequently collated and provided. Beyond this, for future programmes, lists of contacts for each of the areas (eg. heart failure, cardiac rehabilitation etc) could possibly be distributed to enhance the programme's impact once nurses are back in their practices.

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 originally 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.

Anna Kilpin
Senior Project Manager
North West London Cardiac Network
October 2007



Appendix 1



North West London Cardiac Network

Introduction to Cardiac Care Course Programme

Day 1 (of 3): Tuesday 4 September

Cellular Pathology Seminar Room, 4th Floor, Clarence Wing, St Mary's Hospital Trust

Time	Session	Learning outcome	Method	Speaker
9.00	Welcome and introductions		Ice breaker	Facilitator (Anna Kilpin)
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
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	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
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	Anganie Seecharan, Cardiac Specialist Nurse, Brent PCT



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Time	Session	Learning outcome	Method	Speaker
12.45	Lunch			
1.30	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	Chetali Agrawal, Specialist Cardiology and Ethnic Health Dietician, Westminster PCT
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	Dianne Snowden & Victoria Watson, 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 Watman, 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



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Introduction to Cardiac Care Course Programme

Day 2 (of 3): Monday 10 September

Seminar Room, ICCH, St Mary's Hospital Trust

Time	Session	Learning outcome	Method	Speaker
9.00	Welcome <ul style="list-style-type: none"> Opportunity to raise any issues/concerns 		Open forum	Facilitator (Anna Kilpin)
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 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	Hayley Pryse-Hawkins, Heart Failure Nurse, Royal Brompton & Harefield NHS Trust
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, Clinical Nurse Specialist Cardiology Hammersmith/Charing Cross Hospitals
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	<i>As above</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



North West London Cardiac Network

Introduction to Cardiac Care Course Programme Day 3 (of 3): Monday 1 October

McRae Function Room, 2nd Floor, QEQM, St Mary's Hospital Trust

Time	Session	Learning outcome	Method	Speaker
9.00	Welcome <ul style="list-style-type: none"> Opportunity to raise any issues/concerns 		Open forum	Facilitator (Anna Kilpin)
9.15	Coronary heart disease and its management <ul style="list-style-type: none"> CHD: typical manifestations and management 	<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	Dr Susan Connolly, Cons Cardiologist, Hammersmith Hospitals NHS Trust/Honorary Senior Lecturer, Imperial College
10.15	Break			
10.30	Psychology of CHD <ul style="list-style-type: none"> Adjustment to CHD: psychological aspects <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 Andrea Papitsch-Clark, Clinical Health Psychologist, Hillingdon Hospital
11.30	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
12.15	Lunch			
1.00	Cardiovascular Disease in Women- under-recognised and under- treated <ul style="list-style-type: none"> Coronary heart disease in woman Symptoms and risk factor modification 	<ul style="list-style-type: none"> Increased understanding and awareness of the challenges in identifying and managing heart disease in women 	Presentation	Dr Ghada Mikhail, Consultant Cardiologist, St Mary's NHS Trust
1.45	Break (and presentation-preparation time)			
2.15	Presentations by course participants	<ul style="list-style-type: none"> Consolidation of learning 	Open forum	Facilitator 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