

# MPPN CVD WORKSHOP

ATRIAL FIBRILLATION, HYPERTENSION, HEART FAILURE & HYPERCHOLESTEROLAEMIA



MIDLANDS  
PRACTICE  
PHARMACY  
NETWORK

Thursday 21<sup>st</sup> March 2024. The Hub, Walsall College, Littleton Street West, Walsall WS2 8ES

## INTRODUCTION

The MPPN is inviting you to attend an educational day on the detection and management of atrial fibrillation (AF), hypertension, lipid optimisation / hypercholesterolaemia and heart failure. The day will be delivered by experts in each clinical area and is designed to support you to achieve the cardiovascular ambitions outlined in the NHS Long Term Plan and support the requirements of the PCN DES for cardiovascular diagnosis and prevention.

### General learning objectives

Demonstrate an understanding of the priorities outlined in the NHS Long Term Plan with regards to:

- Atrial fibrillation and its importance in the context of stroke prevention
- Hypertension and its importance in the context of cardiovascular disease risk modification
- Hypercholesterolaemia and identifying those at risk of an adverse cardiovascular event because of their lipid profile
- Heart failure and supporting earlier identification in primary care
- Analysis of clinical and patient information for people with cardiovascular disease and understand how to apply this to their management (pharmacological and non-pharmacological)
- Align clinical content with opportunities to meet targets as outlined in QOF, the CVD PCN DES and local initiatives

### Atrial Fibrillation

- To better understand guideline recommendations (NICE AF NG196 2021) and how to apply these to the management of people with AF
- Be aware of the projects available locally to help you support your patients

### Lipid Management & Familial Hypercholesterolaemia

- Awareness of latest national guidance – NICE NG 238, The National Lipid Pathway and Statin intolerance pathway
- Demonstrate an understanding of the different risk stratification tools/resources that can be used to identify people who are risk of a cardiovascular event and in whom lipid lowering therapy should be initiated (e.g. QRISK2/3, NHS Heart age, JBS-3 - with applicability to NHS Health Checks)
- State the relative benefits of different lifestyle modifications to reduce cardiovascular disease burden
- Understand how to undertake searches to identify people with possible familial hypercholesterolaemia (FH) and how they should be managed

### Hypertension

- To better understand guideline recommendations (NICE NG136 2019) and how to apply these to the management of people with hypertension
- To better understand the common pit falls of taking a measurement and how to counsel patients how to take their blood pressure
- Confidently diagnose hypertension and be aware of when secondary care referral is recommended

### Heart Failure

- To better understand guideline recommendations (NICE guidance CG187 Acute heart failure and NICE guidance NG 106 Chronic heart failure) and how to apply these to the management of people with heart failure

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- To better understand the appropriate use of biomarkers such as NT pro BNP in helping detect/diagnose patients with heart failure
- To better understand the appropriate use of diagnostic imaging, particularly echocardiography in helping to detect/diagnose patients with heart failure

## PROGRAMME

- 8:30 am** Registration, coffee and networking
- 9:15 am** Introduction – Why CVD Prevention is Important  
*Dr Duncan Jenkins Chair of Cardiac Clinical Network, Black Country ICB; Associate Director, Pharmacy Clinical Divisional Director, Pharmacy and Population Health Management; Controlled Drugs Accountable Officer. Dudley Integrated Health and Care NHS Trust*
- 9:30 am** Morning Session 1 – Atrial Fibrillation  
*Nazish Khan, Consultant Pharmacist CVD. Queen Elizabeth Hospital, Birmingham and Solihull*
- 10:55 am** Tea & coffee break
- 11.20 am** Morning Session 2 – Hypercholesterolaemia/Lipid Optimisation  
*Mandeep Virdee, Cardiovascular Medicines Optimisation Pharmacist – Primary and Secondary Care – Royal Wolverhampton Trust*
- 12.45 – 1.30 pm** Lunch
- 1.30 pm** Afternoon Session 3 – Hypertension  
*Hitesh Patel, Pharmaceutical Adviser; Head of PCN Services; PCN Lead Pharmacist. Sedgely, Coseley and Gornal (SCG) Pharmaceutical Public Health Team. Dudley Integrated Health and Care NHS Trust*
- 2.55 pm** Tea & coffee break
- 3.20 pm** Afternoon Session 4 – Heart Failure  
*Jacqui Elson-Whittaker, Clinical Lead Nurse, Dudley Heart Failure Team; HF Champion for Health Innovation West Midlands*
- 4.55 pm** Feedback and discussion
- 5.00 pm** Workshop close

(Exact timings and titles may be subject to minor changes.)

## VENUE

The Hub, Walsall College, Littleton Street West, Walsall WS2 8ES  
(<https://www.walsallcollege.ac.uk/enterprises/the-hub/>)

## REGISTRATION

To register for this workshop please email Simon at [simon@mppn.org.uk](mailto:simon@mppn.org.uk)

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