

# Foundations of Cardiovascular Disease for HCAs

A course designed for Health Care Assistants working in Primary Care

## Key Information



Who training is for  
**Health Care Assistants**



Length of course  
**1 day**



Per delegate cost  
**£160**



Format of course  
**Live via Zoom or Face-to-Face**



Dates of course  
**TBC**



CPD Hours  
**7 hours**

## Course Summary



Our 'Foundations of Cardiovascular Disease for HCAs' course provides health care assistants with the essential knowledge and skills needed to effectively support reviews of long term conditions in relation to cardiovascular diseases (CVD) and hypertension in primary care settings.

## Course Content



**Introduction to Cardiovascular Diseases**



**Common Cardiovascular Diseases (CVDs)**



**Hypertension**



**Annual Reviews and New Patient Assessments**



**Health Promotion Strategies**



**Putting it all together in Practice**



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# Detailed Course Description



Our 'Foundations of Cardiovascular Disease for HCAs' course aims to equip healthcare assistants (HCAs) and other non-registered healthcare professionals with the knowledge and skills necessary to effectively support long term condition reviews related to cardiovascular disease (CVD) and hypertension. Participants will gain insights into the anatomy and physiology of the heart, understand various CVDs including Coronary Heart Disease (CHD), learn about risk factors including hypertension, understand to conduct assessments, and engage in health promotion strategies.

Overall, this course aims to empower HCAs in playing a pivotal role in supporting patients with CVD and hypertension, promoting better health outcomes through effective management and patient education. This one-day course is aimed to be interactive with discussions, case studies and practical tips for those working in primary care settings.

Developed in line with current UK National Standards and Guidelines (including those in England, Wales, Scotland and Northern Ireland) and guidance from the NHS, NICE and Best Practice Guidelines.

## **Foundations of Cardiovascular Diseases for HCAs: Core Modules**

- **Introduction to Cardiovascular Diseases**
  - Overview of the cardiovascular system and its functions
  - Basic pathophysiology of cardiovascular diseases
  - Prevalence and impact of cardiovascular diseases in the UK
  - Importance of CVD management and prevention
  - Role of HCAs in supporting hypertension and CVD management
- **Common Cardiovascular Diseases (CVDs)**
  - Overview of common CVDs
  - Risk factors - modifiable and non-modifiable
- **Hypertension**
  - Causes, diagnosis, and stages of hypertension
  - Techniques for accurately measuring blood pressure
  - Management of hypertension and reviews
- **Annual Reviews and New Patient Assessments**
  - Introduction to the NHS Health Check programme and its objectives
  - Key components and process of an annual review for CVD patients
  - New patient health assessments
  - Risk assessment tools
  - Recognising normal and abnormal findings and when to refer
  - Scope of practice and responsibilities
- **Health Promotion Strategies**
  - Importance of health promotion in CVD management
  - Effective communication and engagement strategies
  - Lifestyle modifications and preventive strategies
- **Putting it all Together in Practice**
  - Case studies on risk assessment and management plans
  - Best practices and challenges in implementing CVD management strategies in primary care
  - Reflection on local practice and identifying areas for improvement
  - Q&A discussion

A 'Foundations of Cardiovascular Disease for HCAs' certificate will be allocated on successful completion of the course. This is an introductory course, suitable for those who are new to cardiovascular disease care or who are wishing to develop and improve upon their existing knowledge and skills.

## Course Alignment

NICE Guidelines Cardiovascular disease: risk assessment and reduction, including lipid modification [NG238] <https://www.nice.org.uk/guidance/ng238>

NICE Guidelines: Hypertension in adults: diagnosis and management [NG136] <https://www.nice.org.uk/guidance/ng136>

NICE Guidelines: Chronic heart failure in adults: diagnosis and management [NG106] <https://www.nice.org.uk/guidance/ng106>

NICE Guidelines: Stroke and transient ischaemic attack in over 16s: diagnosis and initial management [NG128] <https://www.nice.org.uk/guidance/ng128>

NICE Public health guideline: Cardiovascular disease prevention [PH25] <https://www.nice.org.uk/guidance/ph25>

NICE Guidelines: Atrial fibrillation: diagnosis and management [NG196] <https://www.nice.org.uk/guidance/ng196>

Primary Care Cardiovascular Society <https://pccsuk.org/>

NHS Health Check: <https://www.healthcheck.nhs.uk/commissioners-and-providers/national-guidance/>

QRisk 3 calculator <https://qrisk.org/three>

JBS3 calculator <http://www.jbs3risk.com/>

Health Matters: Preventing Cardiovascular Disease <https://www.gov.uk/government/publications/health-matters-preventing-cardiovascular-disease>

Cardiovascular Disease Outcomes Strategy Improving outcomes for people with or at risk of cardiovascular disease [https://assets.publishing.service.gov.uk/government/uploads/system/uploads/attachment\\_data/file/214895/9387-2900853-CVD-Outcomes\\_web1.pdf](https://assets.publishing.service.gov.uk/government/uploads/system/uploads/attachment_data/file/214895/9387-2900853-CVD-Outcomes_web1.pdf)