

# Foundations of Cardiovascular Disease for RHCPS

A course designed for Registered Health Care Professionals working in Primary Care

## Key Information



Who training is for  
**Practice Nurses & Allied Health Professionals**



Length of course  
**2 days**



Per delegate cost  
**£300**



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



Dates of course  
**TBC**



CPD Hours  
**14 hours**

## Course Summary



Our 'Foundations of Cardiovascular Disease for RHCPS' course provides registered health care professionals with the essential knowledge and skills needed to effectively manage cardiovascular diseases in primary care settings.

## Course Content



**Introduction to Cardiovascular Diseases**



**Overview of Common Cardiovascular Diseases**



**Risk Factors for CVD**



**Risk Assessment Tools**



**Annual Review Process**



**Overview of the Management of Acute and Chronic Conditions**



**Patient Education and Lifestyle Modifications**



**Putting it all together in Practice**



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# Detailed Course Description



Our 'Foundations of Cardiovascular Disease for RHCPs' course is designed for registered health care professionals (RHCPs) who aim to develop their understanding and management of cardiovascular diseases (CVD) in primary care. The course covers the foundations of CVD, exploring the fundamentals of the cardiovascular system and progressing through the management of common CVDs including Coronary Heart Disease and Stroke. Participants will learn about the prevalence and impact of CVD in the UK, and the significant role primary care plays in risk reduction through annual reviews and NHS health checks. The curriculum covers the management of key risk factors such as hypertension and diabetes, alongside the use of risk assessment tools like Q-Risk 3. It further includes guidance on managing both acute and chronic CVD conditions, patient education, and lifestyle adjustments.

By understanding the fundamentals of cardiovascular diseases, participants will play a crucial role in supporting patients on their journey towards better health outcomes and effectively managing CVD in practice. This two-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 RHCPs: Core Modules

- **Introduction to Cardiovascular Diseases**
  - Overview of the cardiovascular system and its functions
  - Pathophysiology of cardiovascular diseases
  - Prevalence and impact of cardiovascular diseases in the UK
  - Importance of cardiovascular health in primary care in CVD risk reduction
- **Common Cardiovascular Diseases**
  - Coronary Heart Disease
  - Stroke and Transient Ischaemic Attack (TIA)
  - Peripheral Arterial Disease
  - Aortic Disease
  - Atrial Fibrillation
  - Heart Failure
- **Risk Factors for CVD**
  - Identifying and managing key risk factors
  - Non-modifiable risk factors
  - Exploring the impact of socio-economic factors on CVD development
- **Risk Assessment Tools**
  - Introduction to risk assessment tools (e.g., Q-Risk 3 and JBS3 calculators)
  - Application of risk assessment in clinical practice
- **Annual Review Process**
  - Introduction to the NHS Health Check programme and its objectives
  - Key components and process of an annual review for CVD patients
  - Development and implementation of self-management plans
- **Overview of the Management of Acute and Chronic Conditions**
  - Managing chronic cardiovascular diseases in primary care
  - Overview of pharmacological and non-pharmacological pathways used in CVD
  - Managing acute conditions and complications
  - Recognition of when to escalate or refer patients
  - Developing multidisciplinary care plans and referral pathways to other services
- **Patient Education and Lifestyle Modifications**
  - Lifestyle modifications and preventive strategies
  - Enhancing patient adherence to treatment plans
- **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 RHCPs' 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**

This course has been developed in line with the following guidelines:

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)

Network Contract DES – CVD prevention and diagnosis guidance for 2023/24:

<https://www.england.nhs.uk/publication/network-contract-des-cvd-prevention-and-diagnosis-guidance-for-2023-24/>

NHS Long Term Plan: <https://www.longtermplan.nhs.uk/online-version/chapter-3-further-progress-on-care-quality-and-outcomes/better-care-for-major-health-conditions/cardiovascular-disease/>

CVD Prevent

<https://www.cvdprevent.nhs.uk/home>