



# Optimising outcomes in patients at risk of cardiovascular events: a primary care masterclass

**Saturday 6th June 2020**  
9.30am - 12.30pm

**Webinar**

## At this event

- Listen to local and national experts in the field
- Enhance your knowledge for protecting patients from the risk of CV events
- Reflect on AF management – a new era of managing NVAf during the COVID-19 crisis
- Receive a certificate for your appraisal portfolio

## Meet the Speakers ...

### **Professor Ahmet Fuat** PhD FRCGP FRCP (London) FRCP (Edinburgh) PGDiP Cardiology

Professor Ahmet Fuat has been a GP in Darlington, Co. Durham for 33 years. He has been a GPSI Cardiology for 20 years having undertaken a Postgraduate Diploma in Cardiology at Bradford University graduating with distinction. He started the first one stop diagnostic and integrated heart failure clinic in the UK 17 years ago with local colleagues.



His PhD by research in heart failure diagnosis and management including work on natriuretic peptides generated several publications that have informed guidelines and led to the award of an Honorary Professorial Chair at Durham University.

He holds various roles in CVD and research including the immediate past President of the Primary Care Cardiovascular Society (PCCS) which he was instrumental in reforming, CVD Clinical Adviser to the RCGP, CVD and Research Leads for Darlington Primary Care Network (PCN) and Federation, Associate Lead for Industry Research at North East and North Cumbria NIHR CRN. He has recently been elected onto the newly formed Darlington PCN Governing body as a GP member and Chair.

He has a passion for medical education and remains an active lecturer, tutor and researcher. He is on the editorial boards of the British Journal of Cardiology and Primary Care Cardiovascular Journals and a peer reviewer for most high impact Cardiovascular journals and research bodies. His work in community cardiology has been recognised with Fellowships from the RCGP, RCP London and RCP Edinburgh.

### **Dr Yassir Javaid** MA (Cantab) FRCP FRCGP PGDip Cardiology

**Cardiovascular and Diabetes Lead Nene CCG**  
**Primary Care Cardiovascular lead, East Midlands Clinical Network**  
**RCGP Clinical Adviser for Cardiology**

Dr Javaid qualified from Cambridge University and completed his GP VTS training in Northampton. He has an interest in cardiology and echocardiography and was a clinical lead in the Northamptonshire Community Cardiology service, which had a focus on patients with heart failure and valve disease.



He was named Pulse "GP of the Year" in 2015 for his work in reducing stroke emergency admissions in the East Midlands. He is also a council member of the British Heart Valve Society, accredited member of the British Society of Echocardiography and on the editorial board for the British Journal of Cardiology.

## Your Learning Agenda ...

### Optimising outcomes in patients at risk of cardiovascular events: a primary care masterclass

Around 7.4 million people in the UK live with the burden of cardiovascular disease (CVD), making it one of the biggest causes of death and disability.

It costs our health services billions of pounds each year. And after decades of progress in reducing CVD mortality, there has recently been a significant slowdown in improvement.

At this patient case-based webinar you will have the opportunity to look at practical implementation of relevant guidelines on the detection and management of high-risk cardiovascular conditions, with the goal of improving quality of care for patients at risk of CV events.

In response to pressures on the NHS, the way health care professionals deliver anticoagulants may need to change. NHS England has recently published a clinical guide for the management of anticoagulant services during the coronavirus pandemic

<https://www.england.nhs.uk/coronavirus/publication/specialty-guides/>

The clinical guide states switching appropriate patients from warfarin to a DOAC may be considered to avoid regular blood tests for INR monitoring. Whilst DOACs require blood tests to assess renal function throughout treatment - the monitoring is predictable, less rigorous than INR testing with warfarin and is routinely carried out in primary care.

British Heart Foundation Heart Statistics Factsheet UK. December 2019.

British Heart Foundation.

<https://www.bhf.org.uk/what-we-do/news-from-the-bhf/news-archive/2019/may/heart-and-circulatory-disease-deaths-in-under-75s-see-first-sustained-rise-in-50-years>

### This programme will be led by Professor Ahmet Fuat and Dr Yassir Javaid

#### Your Learning Agenda...

##### Part 1. Improving protection from cardiovascular disease

- ▶ The burden of CVD and NHS ambitions
- ▶ Optimising primary prevention through lifestyle modification and medical therapy

##### Part 2. Secondary prevention of CVD

- ▶ Familial hypercholesterolemia and optimising lipid lowering strategies
- ▶ Supporting medication adherence

##### Part 3. Enhancing vascular protection

- ▶ The burden of chronic coronary disease
- ▶ New approaches to reducing the risk of atherothrombotic events

##### Part 4. Interpreting ECGs in primary practice

- ▶ Recording and interpreting ECGs

##### Part 5. Optimising stroke prevention in NVAF – what is your role?

- ▶ Detecting and diagnosing atrial fibrillation
- ▶ The burden of disease and current management approaches
- ▶ 'Detect, protect, perfect'

##### Part 6. Patients with NVAF or VTE: Practical considerations for switching from warfarin to a DOAC

- ▶ Practical considerations

## Programme ...

**COURSE CODE 1426**

- 9.30am - 10.30am Improving protection from cardiovascular disease  
Secondary prevention of CVD  
Enhancing vascular protection  
Interpreting ECGs in primary practice
- 10.30am - 10.45am Break
- 10.45am - 11.45am Optimising Stroke prevention in NVAF – what is your role?  
Practical considerations
- 11.45am -12.30pm Patients with NVAF or VTE:  
Practical considerations for switching from warfarin to a DOAC

Book online at <https://www.medicconf.co.uk/Event-Details.aspx?id=1385>

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