

7. Cardiovascular Disease

Cardiovascular Disease				
Task / Activity	Self-Assessment / Date	Competency Assessed Y / N	Competency Achieved	Signed off by Clinical Assessor / Date
<p>Knowledge and Understanding</p> <ul style="list-style-type: none"> • Demonstrate an understanding of the holistic care of patients with Cardiovascular Disease (CVD). • Demonstrate an understanding of cardiac anatomy and physiology. • Demonstrate an understanding of vascular anatomy and physiology. • Demonstrate an understanding of the pathophysiology of cardiac disease. • Demonstrate an understanding of vascular disease. • Demonstrate an understanding of the diagnosis and management of: <ul style="list-style-type: none"> ○ Coronary Heart Disease (CHD).³² ○ Peripheral Arterial Disease (PAD).³³ ○ Cerebrovascular Accident (CVA) and Transient Ischaemic Attack (TIA).³⁴ • Demonstrate an understanding of the criteria for identifying those at high risk of CVD.³⁵ • Demonstrate an understanding of the impact of deprivation on increased risk of CVD and be able to identify patients at highest risk of poor outcomes.³⁶ • Demonstrate an understanding of the symptomatic spectrum of CVD and how this may impact on quality of life.^{37 38} • Demonstrate an understanding of the medications used to manage, treat and control CVD.^{39 40 41 42} • Demonstrate an understanding of the lifestyle interventions imperative in the management of CVD.⁴³ • Demonstrate an understanding of the monitoring required for the review and assessment of CVD.⁴⁴ • Demonstrate an understanding of primary prevention for CVD.⁴⁵ 				

³² <https://www.nice.org.uk/guidance/NG185>

³³ <https://www.nice.org.uk/guidance/cg147>

³⁴ <https://www.nice.org.uk/guidance/ng128>

³⁵ <https://www.nice.org.uk/guidance/cg181/chapter/Recommendations#identifying-and-assessing-cardiovascular-disease-cvd-risk>

³⁶ <https://www.gov.uk/government/publications/health-matters-preventing-cardiovascular-disease/health-matters-preventing-cardiovascular-disease>

³⁷ <https://www.nice.org.uk/about/what-we-do/into-practice/measuring-the-use-of-nice-guidance/impact-of-our-guidance/nice-impact-cardiovascular-disease-management>

³⁸ <https://www.bhf.org.uk/informationsupport/conditions/cardiovascular-heart-disease>

³⁹ <https://bnf.nice.org.uk/treatment-summaries/stroke/>

⁴⁰ <https://bnf.nice.org.uk/treatment-summaries/acute-coronary-syndromes/>

⁴¹ <https://bnf.nice.org.uk/treatment-summaries/peripheral-vascular-disease/>

⁴² <https://www.nice.org.uk/guidance/cg181/chapter/Recommendations#lipid-modification-therapy-for-the-primary-and-secondary-prevention-of-cvd>

⁴³ <https://www.nice.org.uk/guidance/cg181/chapter/Recommendations#lifestyle-modifications-for-the-primary-and-secondary-prevention-of-cvd>

⁴⁴ <https://www.nice.org.uk/guidance/cg181/chapter/Recommendations#identifying-and-assessing-cardiovascular-disease-cvd-risk>

⁴⁵ <https://cks.nice.org.uk/topics/cvd-risk-assessment-management/background-information/strategies-for-cvd-prevention/>

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<ul style="list-style-type: none"> • Demonstrate an understanding of the secondary prevention of CVD.⁴⁶ • Demonstrate an understanding of where CVD risk assessment would not be appropriate including but not limited to⁴⁷: <ul style="list-style-type: none"> ○ Type 1 diabetes. ○ Chronic kidney disease where eGFR is <60ml/min/1.73m². ○ Pre-existing CVD. • Demonstrate an understanding of where CVD risk may be increased in patients taking certain medications or who have certain co-morbidities⁴⁸: <ul style="list-style-type: none"> ○ HIV. ○ Severe Mental Illness (SMI). ○ Those taking antipsychotic medication. ○ Those taking corticosteroid medication. ○ Those taking immunosuppressants. ○ Those with systemic inflammatory disorders i.e. Systemic Lupus Erythematosus (SLE). <p>Patient Management</p> <p>Risk Assessment and Prevention</p> <p>Under the supervision of a Registered Nurse:</p> <ul style="list-style-type: none"> • Be able to elicit patients understanding and explain the premise of CVD risk assessment.⁴⁹ • Be able to perform a QRisk2 score.⁵⁰ • Be able to perform blood pressure measurement and pulse check. • Be able to discuss the results of the risk score with the patient. • Be able to explain the diet and lifestyle changes required to reduce risk or maintain low risk.^{51 52} • Be able to support patient with behaviour change.⁵³ • Be able to make appropriate referrals to support the patient with risk reduction or maintenance of low risk in accordance with local provision. 				

⁴⁶ <https://cks.nice.org.uk/topics/cvd-risk-assessment-management/background-information/strategies-for-cvd-prevention/>

⁴⁷ <https://www.nice.org.uk/guidance/cg181/chapter/Recommendations#identifying-and-assessing-cardiovascular-disease-cvd-risk>

⁴⁸ <https://www.nice.org.uk/guidance/cg181/chapter/Recommendations#identifying-and-assessing-cardiovascular-disease-cvd-risk>

⁴⁹ <https://patient.info/heart-health/cardiovascular-disease-atheroma/cardiovascular-health-risk-assessment>

⁵⁰ <https://www.nice.org.uk/guidance/cg181/chapter/Recommendations#identifying-and-assessing-cardiovascular-disease-cvd-risk>

⁵¹ <https://www.nice.org.uk/guidance/cg181/chapter/Recommendations#lifestyle-modifications-for-the-primary-and-secondary-prevention-of-cvd>

⁵² <https://www.bhf.org.uk/informationsupport/support/healthy-living>

⁵³ <https://www.nice.org.uk/guidance/ph6>

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<ul style="list-style-type: none"> • Be able to refer patient on to a suitable senior clinician to discuss lipid modifying medication where appropriate level of risk has been identified.⁵⁴ • Be able to provide patient with a full risk report and action plan in accordance with local provision. • Be able to ensure appropriate follow up is planned to ensure ongoing review of risk and to enable early identification of increasing risk.⁵⁵ • Be able to discuss patients risk score with supervising nurse to ensure patient is referred on to an appropriate senior clinician and given access to appropriate diagnostic tests.⁵⁶ <p>Identified diagnosis of CVD management and review:</p> <ul style="list-style-type: none"> • Be able to ensure patients given a diagnosis of CVD have been reviewed by a GPN, GP or Advanced Clinical Practitioner and a plan of care has been set. <p>Under the supervision of a Registered Nurse:</p> <ul style="list-style-type: none"> • Be able to elicit patients understanding of their condition and provide additional information and resources as appropriate.⁵⁷ • Be able to ensure patient has access to specialist care and treatment in accordance with local provision. • Be able to check adherence with current medication and support patient to improve this where there is an issue.⁵⁸ • Be able to provide diet and lifestyle advice and resources to support self-management of condition and be able to provide referrals where appropriate and available.^{59 60} • Be able to identify when co-morbidities may be contributing to CVD and support patient to access a suitable clinician to control these, including but not limited to: <ul style="list-style-type: none"> ○ Hypercholesterolemia.⁶¹ ○ Diabetes Mellitus.⁶² ○ Hypertension.⁶³ 				

⁵⁴ <https://www.nice.org.uk/guidance/cg181/resources/patient-decision-aid-pdf-243780159>

⁵⁵ <https://www.nice.org.uk/guidance/cg181/chapter/Recommendations#lifestyle-modifications-for-the-primary-and-secondary-prevention-of-cvd>

⁵⁶ <https://www.nice.org.uk/guidance/cg181/chapter/Recommendations#identifying-and-assessing-cardiovascular-disease-cvd-risk>

⁵⁷ <https://www.bhf.org.uk/informationsupport/conditions>

⁵⁸ <https://www.nice.org.uk/guidance/cg76/documents/medicines-concordance-guideline-consultation>

⁵⁹ <https://www.bhf.org.uk/informationsupport/support/healthy-living>

⁶⁰ <https://www.nice.org.uk/guidance/cg181/chapter/Recommendations#lifestyle-modifications-for-the-primary-and-secondary-prevention-of-cvd>

⁶¹ <https://www.nice.org.uk/guidance/cg181/chapter/Recommendations#lipid-modification-therapy-for-the-primary-and-secondary-prevention-of-cvd>

⁶² <https://www.nice.org.uk/guidance/ng28/ifp/chapter/cardiovascular-disease>

⁶³ <https://www.nice.org.uk/guidance/ng136/chapter/Recommendations#assessing-cardiovascular-risk-and-target-organ-damage>

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<ul style="list-style-type: none"> • Be able to identify with the patient ways in which their condition is impacting on their quality of life and signpost to resources and support to reduce this.⁶⁴ • Be able to identify when complexity exceeds competence and refer on to suitable senior clinician. 				

⁶⁴ <https://www.bhf.org.uk/informationsupport/support/emotional-support-and-wellbeing>