

**Cardiovascular Disease**

Cardiovascular Disease				
Task / Activity	Self-Assessment / Date	Competency Assessed Y / N	Competency Achieved	Signed off by Clinical Assessor / Date
<b>Tier 2</b>				
<p><b>Knowledge and Education</b></p> <ul style="list-style-type: none"> <li>• 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.<sup>1</sup></li> <li>• Demonstrate and understanding of the symptomatic spectrum of CVD and how this may impact on quality of life.<sup>2 3</sup></li> <li>• Demonstrate and understanding of the medications used to prevent, manage, treat and control CVD.<sup>4 5 6 7</sup></li> </ul>				

<sup>1</sup> <https://www.gov.uk/government/publications/health-matters-preventing-cardiovascular-disease/health-matters-preventing-cardiovascular-disease>

<sup>2</sup> <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>

<sup>3</sup> <https://www.bhf.org.uk/informationsupport/conditions/cardiovascular-heart-disease>

<sup>4</sup> <https://bnf.nice.org.uk/treatment-summaries/stroke/>

<sup>5</sup> <https://bnf.nice.org.uk/treatment-summaries/acute-coronary-syndromes/>

<sup>6</sup> <https://bnf.nice.org.uk/treatment-summaries/peripheral-vascular-disease/>

<sup>7</sup> <https://www.nice.org.uk/guidance/cg181/chapter/Recommendations#lipid-modification-therapy-for-the-primary-and-secondary-prevention-of-cvd>

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<ul style="list-style-type: none"> <li>• Demonstrate and understanding of primary prevention for CVD.<sup>8</sup></li> <li>• Demonstrate an understanding of the secondary prevention of CVD.<sup>9</sup></li> </ul> <p><b>Patient Management</b></p> <ul style="list-style-type: none"> <li>• Risk Assessment and Prevention <ul style="list-style-type: none"> <li>○ Be able to support a patient with behaviour change.<sup>10</sup></li> <li>○ Be able to have a shared decision-making conversation<sup>11</sup> with the patient about lipid modifying medication where appropriate level of risk has been identified<sup>12</sup> explaining mode of action, potential side effects and red flags.<sup>13</sup></li> </ul> </li> <li>• Identified diagnosis of CVD management and review <ul style="list-style-type: none"> <li>○ Be able to elicit patients understanding of their condition and provide additional information and resources as appropriate.<sup>14</sup></li> </ul> </li> </ul>				

<sup>8</sup> <https://cks.nice.org.uk/topics/cvd-risk-assessment-management/background-information/strategies-for-cvd-prevention/>

<sup>9</sup> <https://cks.nice.org.uk/topics/cvd-risk-assessment-management/background-information/strategies-for-cvd-prevention/>

<sup>10</sup> <https://www.nice.org.uk/guidance/ph6>

<sup>11</sup> <https://www.nice.org.uk/guidance/ng197>

<sup>12</sup> <https://www.nice.org.uk/guidance/cg181/resources/patient-decision-aid-pdf-243780159>

<sup>13</sup> <https://bnf.nice.org.uk/treatment-summaries/dyslipidaemias/>

<sup>14</sup> <https://www.bhf.org.uk/informationsupport/conditions>

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<ul style="list-style-type: none"> <li>○ Be able to refer patient on for cardiac rehabilitation where available.<sup>15</sup></li> <li>○ Be able to check adherence with current medication and support patient to improve this where there is an issue.<sup>16</sup></li> <li>○ Be able to identify when co-morbidities may be contributing to CVD and support patient to control these, including but not limited to: <ul style="list-style-type: none"> <li>▪ Hypercholesterolemia.<sup>17</sup></li> <li>▪ Diabetes mellitus.<sup>18</sup></li> <li>▪ Hypertension.<sup>19</sup></li> </ul> </li> </ul>				

<sup>15</sup> <https://www.nice.org.uk/guidance/ng185/resources/visual-summary-secondary-prevention-pdf-8900620813>

<sup>16</sup> <https://www.nice.org.uk/guidance/cg76/documents/medicines-concordance-guideline-consultation>

<sup>17</sup> <https://www.nice.org.uk/guidance/cg181/chapter/Recommendations#lipid-modification-therapy-for-the-primary-and-secondary-prevention-of-cvd>

<sup>18</sup> <https://www.nice.org.uk/guidance/ng28/ifp/chapter/cardiovascular-disease>

<sup>19</sup> <https://www.nice.org.uk/guidance/ng136/chapter/Recommendations#assessing-cardiovascular-risk-and-target-organ-damage>