

# OVERVIEW OF “CARDIOVASCULAR DISEASE, RISK FACTORS, AND CONSEQUENCES” FAMILY PRACTICE SKILLS COURSE

A/Prof Goh Lee Gan

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## INTRODUCTION

This family practice skills course updates family physicians on the topic of cardiovascular disease, risk factors, and target organ damage in 2010. The focus is on what needs to be done in assessing the global risk of cardiovascular disease in asymptomatic patients, recent clinical trials on cardiovascular disease treatment, treating diabetes mellitus not only as a hyperglycaemia problem, but as a risk factor for cardiovascular disease as well, treatment of diabetic nephropathy, treatment of hypertension and target organ damage, and also an overview of atrial fibrillation and its management.

## COURSE OUTLINE AND CME POINTS

This skills course is made up of the following components. You can choose to participate in one or more parts of it. The CME points that will be awarded are also indicated below.

### Components and CME Points

- Distance Learning Course – 6 units (6 CME points upon completing the Distance Learning Online Assessment)
- 2 Seminars (2 CME points)
- 2 Workshops (max. of 2 CME points)
- Reading papers on VACCINATION 2010 – read 5 out of 10 recommended journals (max. of 5 CME points for the whole CME year).

### Distance Learning Course

Unit 1 : The Burden of Cardiovascular Disease in Singapore  
*A/Prof Goh Lee Gan*

Unit 2 : Recent Clinical Trials on Cardiovascular Disease Treatment  
*Dr Bernard WK Kwok*

Unit 3 : Diabetes Mellitus and Optimising Cardiovascular Outcomes  
*Dr Lee Chung Horn*

Unit 4 : Understanding Patients with Diabetic Nephropathy and Its Current Day Management in Primary Care  
*Dr Titus Lau*

Unit 5 : Treating Hypertension and Target Organ Damage  
*Dr Yong Quek Wei*

Unit 6 : Atrial Fibrillation: An Overview  
*Dr David Foo*

## COURSE TOPIC DETAILS

### Unit 1: The Burden of Cardiovascular Disease in Singapore

- Global burden
- Primary prevention
- Secondary prevention
- Effect size
- Mortality and morbidity figures from cardiovascular disease in Singapore
- Lifestyle factors
- High risk diseases
- Hypertension control
- Myocardial infarction
- Primary care efforts
- Screening of risk factors in asymptomatic people.

### Unit 2: Recent Clinical Trials on Cardiovascular Disease Treatment

- Hypertension
- Dyslipidaemia
- High-risk patients.

### Unit 3: Diabetes Mellitus and Optimising Cardiovascular Outcomes

- Introduction
- Atherosclerosis in Diabetes
- Dyslipidemia in Type 2 Diabetes
- Diabetes is a CHD Equivalent
- Diabetes is not a CHD Equivalent
- Prevention Trials
- Metabolic Syndrome – Useful or not?
- Treating Glycemia – What targets?
- What About ACCORD?
- What Diabetes Drugs?

### Unit 4: Understanding Patients with Diabetic Nephropathy and Its Current Day Management in Primary Care

- Introduction
- Diabetic Nephropathy
- Diagnosis
- Microalbuminuria
- Macroalbuminuria
- Treatment Strategy
- Primary Prevention.

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Unit 5: Treating Hypertension and Target Organ Damage

- Introduction
- Uncomplicated Combined Systolic and Diastolic Hypertension
- Isolated Systolic Hypertension
- Type of Antihypertensive Rx
- Initial Monotherapy
- Choice of Drug
- Hypertension with Diabetes Mellitus or Proteinuric Kidney Disease
- Patients with Known CVD or Coronary Risk Equivalent
- J-shaped Curve
- Heart Failure
- Isolated Systolic Hypertension
- Prior Stroke
- Hypertension with LVH
- Patients at High Risk for CVD
- Monotherapy
- Sequential Monotherapy
- Combination Therapy.

Unit 6: Atrial Fibrillation: An Overview

- Introduction
- Scope of the Problem
- Risk Factors for Atrial Fibrillation
- Classification
- Management
- Prevention of Thromboembolism
- Rate versus Rhythm
- Upstream therapies for the prevention of Atrial Fibrillation
- Conclusion.

**FACE-TO-FACE SESSIONS****Seminar 1: 31 July 2010****2.00pm – 4.15pm**

Unit 1: The Burden of Cardiovascular Disease in Singapore  
*A/Prof Goh Lee Gan*

Unit 2: Recent Clinical Trials on Cardiovascular Disease Treatment  
*Dr Bernard WK Kwok*

Unit 3: Diabetes Mellitus and Optimising Cardiovascular Outcomes  
*Dr Lee Chung Horn*

**Workshop 1: 31 July 2010****4.30pm – 5.30pm**

Case Studies: Assessing Cardiovascular Risks

**Seminar 2: 1 August 2010****2.00pm – 4.15pm**

Unit 4: Understanding Patients with Diabetic Nephropathy and Its Current Day Management in Primary Care  
*Dr Titus Lau*

Unit 5: Treating Hypertension and Target Organ Damage  
*Dr Yong Quek Wei*

Unit 6: Atrial Fibrillation: An Overview  
*Dr David Foo*

**Workshop 2: 1 August 2010****4.30pm – 5.30pm**

Case Studies: Managing Diabetic Nephropathy