

OVERVIEW OF “RISK FACTORS IN MACROVASCULAR DISEASE” SKILLS COURSE

A/Prof Goh Lee Gan

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INTRODUCTION

This is the second skills course devoted to risk factors in macrovascular disease. The first one was in the second quarter of 2004.

The objectives of this skills course are to revisit the risk factors in macrovascular disease and to take stock of the interventions in treating and managing the consequences of cardiovascular macrovascular disease. We need to move forward from understanding to effective interventions. We need to close the gap between knowing the efficacy and coaching our patients to intervening effectively, to prevent and reduce this potent disease burden.

This short course will be a good recap of the clinical management aspects of the risk factors in macrovascular disease. Look forward to see you at this family practice skills course.

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

- κ Distance Learning Course – 6 units (1 CME point per unit)
- κ 2 Seminars (2 CME points per seminar)
- κ 2 Workshops (2 CME points per workshop / attend only 1 workshop)
- κ Reading papers on RISK FACTORS IN MACROVASCULAR DISEASE – read 5 out of 10 recommended journals (max. of 5 CME points for the whole CME year)

GOH LEE GAN, Associate Professor, Department of Community, Occupational and Family Medicine, Yong Loo Lin School of Medicine, National University of Singapore
Senior Consultant, Institute of Family Medicine, College of Family Physicians Singapore

Distance Learning Course

- Unit 1 : Epidemiology of Atherothrombosis and Evidence for the Risk Factors
Dr Tay Jam Chin
- Unit 2 : Assessment of Risk Factors
Dr Lim Tai Tian
- Unit 3 : Therapeutic Lifestyle Changes: Nutrition & Healthy Diet
Ms Gladys Wong
- Unit 4 : Therapeutic Lifestyle Changes: Exercise & Weight Control
Dr Benedict Tan
- Unit 5 : Smoking Cessation – A Practical Paradigm for Doctors
Dr Ong Kian Chung
- Unit 6 : Update on Management of Coronary Artery Disease
Risk Factors: Pharmacological Strategy
Dr Raymond Lee

COURSE TOPIC DETAILS

Unit 1 : Epidemiology of Atherothrombosis and Evidence for the Risk Factors

- κ Introduction
- κ Epidemiology of Atherothrombosis
- κ Classical Risk Factors for Atherothrombosis
- κ Other Risk Factors for Atherothrombosis
- κ Atherothrombotic Risk Factors and Vascular Diseases

Unit 2 : Assessment of Risk Factors

- κ Introduction
- κ Conventional Risk Factors
- κ Novel Atherosclerotic Risk Factors

Unit 3 : Therapeutic Lifestyle Changes: Nutrition & Healthy Diet

- κ Introduction
- κ Emerging Trends
- κ Dietary Approaches to Stopping Hypertension (DASH Eating Plan)
- κ Beyond the DASH Diet
- κ Practical Skills in Applying the DASH Eating Plan

Unit 4 : Therapeutic Lifestyle Changes: Exercise & Weight Control

- κ Introduction
- κ Pre-participation Screening
- κ Exercise Prescription for Weight Loss
- κ Incidental Daily Activities

Unit 5 : Smoking Cessation – A Practical Paradigm for Doctors

- κ Tobacco Dependence as a Chronic Disease
- κ A Practical Approach to Smoking Cessation
- κ Smoking Reduction

Unit 6 : Update on Management of Coronary Artery Disease

Risk Factors: Pharmacological Strategy

- κ Introduction
- κ What is Hypertension and Why it is Important
- κ Drug Treatment of Hypertension
- κ What is New in the Guidelines for Treatment of Hypertension
- κ Dyslipidaemia as a Risk Factor
- κ Lifestyle Modification as the First Essential Step in Dyslipidaemia
- κ Drug Treatment of Hypercholesterolemia
- κ Hypertriglyceridemia and Treatment
- κ Metabolic Syndrome
- κ What is New in the Guidelines for Treatment of Hypercholesterolemia

FACE-TO-FACE SESSIONS

Seminar 1: 26 January 2008

2.00pm – 4.15pm

Unit 1 : Epidemiology of Atherothrombosis and Evidence for the Risk Factors

Dr Tay Jam Chin

Unit 2 : Assessment of Risk Factors

Dr Lim Tai Tian

Unit 3 : Therapeutic Lifestyle Changes: Nutrition & Healthy Diet

Ms Gladys Wong

Workshop 1: 26 January 2008

4.30pm – 6.45pm

Group A :

Case Studies: Food Choices – The Facts on Fats

Group B :

Demonstration / Practical Skills: Exercise options for busy people

Seminar 2: 27 January 2008

2.00pm – 4.15pm

Unit 4 : Therapeutic Lifestyle Changes: Exercise & Weight Control

Dr Benedict Tan

Unit 5 : Smoking Cessation – A Practical Paradigm for Doctors

Dr Ong Kian Chung

Unit 6 : Update on Management of Coronary Artery Disease Risk Factors: Pharmacological Strategy

Dr Raymond Lee

Workshop 2: 27 January 2008

4.30pm – 6.45pm

Group A:

Case Studies: Food Choices – The Facts on Fats

Group B:

Demonstration / Practical Skills: Exercise options for busy people