

**East Midlands Clinical Network**

**Health Education England**



* New upskilling module available via

E-learning for Healthcare [www.e-lfh.org.uk](http://www.e-lfh.org.uk/)

**An account to ‘e-learning for Health’ is required to access this training module**.

* Developed by East Midlands Diabetes with Vascular Diseases Clinical Network and Public Health England East Midlands.
* Accredited by Royal College of General Practitioners.
* Funded by Health Education England
* Created by Dr Yassir Javaid (MA FRCGP MRCP), GPwSI Cardiology & RCGP Cardiology Advisor, Primary Care Cardiovascular Lead for East Midlands Diabetes with Vascular Diseases Clinical Network

[**On-line upskilling**](http://www.e-lfh.org.uk/programmes/hypertension) **learning module via ‘e-learning for healthcare’**

**Why focus on hypertension?**

There is huge underdiagnosis, inaccurate diagnosis of hypertension, which calls for the improvement of treatment for hypertension and the [NHS Long Term Plan](https://www.longtermplan.nhs.uk/) addresses this by making hypertension one of the top 3 cardiovascular priorities, alongside atrial fibrillation and lipid management. The target is that over the next 10 years, 80% of the expected prevalence of hypertension should be diagnosed and of those diagnosed, 80% treated to target as per NICE guidelines – which is significantly above what is currently being achieved.

[**What is the purpose of this training?**](https://blog.storytellermn.com/video-production-questions#purpose)

This 45 minute on-line upskilling learning module incorporates up to date guidelines and evidence based aims specifically addressing the needs for front-line primary care in the diagnosis and management of hypertension and CVD risk including familial hypercholesterolaemia, atrial fibrillation, dyslipidaemia and other cardiovascular disease related conditions.

[**What are the key learning outcomes and objectives?**](https://blog.storytellermn.com/video-production-questions#key)This hypertension upskilling learning module has been accredited by the Royal College of General Practitioners (RCGP), therefore, if you are a GP, you would be entitled to learning credits.

You can expect to achieve the following learning outcomes:

* Understand NICE / European Society of Cardiology (ESC) guidance on establishing a diagnosis of hypertension
* Recognise blood pressure targets depending on co-morbidity
* Understand the Hypertension Treatment algorithms and be able to follow accordingly
* Be able to assess cardiovascular risk and target organ damage - introducing Joint British Societies recommendations on the prevention of Cardiovascular Disease and British Heart Foundation's “heart age”
* Be able to recognise electrocardiogram (ECG) changes in people with hypertension
* Be able to identify secondary hypertension
* Be able to assess your level of knowledge via a short informal question and answer session after the training has been delivered.

The learning objectives are to identify:

* The Global Burden of Disease for premature avoidable cardiovascular deaths and the opportunity for addressing better hypertension management
* The epidemiology of hypertension and association with heart disease and stroke
* The risk factors for essential hypertension
* The pathophysiological consequences of chronic uncontrolled hypertension - direct and target organ damage
* The importance of screening for hypertension
* Atrial fibrillation and its intrinsic relationship with hypertension
* How to establish a diagnosis of hypertension
* The thresholds for referral to secondary care
* Lifestyle interventions for prevention and/or management of hypertension
* How to assess cardiovascular risk 10-year risk vs lifetime risk (Qrisk2 vs JBS3)
* Introduction to the concept of “heart age”
* How to address broad cardiovascular risk factors and co-morbidities - how they influence management of hypertension.
* The use of pharmacological treatment
* Sprint trial implications and the subsequent update of the European Society of Cardiology Guidance for hypertension
* Specific aspects of management of hypertension in patients with Type 2 Diabetes
* Isolated systolic hypertension
* When to suspect secondary hypertension and diagnostic work up
* Diagnosis and management of patients with Familial Hypercholesterolaemia

Clinicians who attended the face to face training programme commented as follows:

* ‘Inspiring to improve treatment’;
* ‘Very relevant with practical application, essential learning, excellent coaching style’;
* ‘The best training I have been to for a long time for changing my practice’.

If you don’t already have an account with e-learning for healthcare, please click the login/register button at the top of the page to allow you to access this training module and any other programme you wish to access.

To sign up/register on to e-learning for Healthcare - <https://www.e-lfh.org.uk/>

To access the Hypertension programme - <https://www.e-lfh.org.uk/programmes/hypertension/>