



APhA Pharmacy-Based Cardiovascular Disease Risk Management

A NATIONAL CERTIFICATE PROGRAM

HOSTED BY: WEST VIRGINIA UNIVERSITY SCHOOL OF PHARMACY

JUNE 2, 2018

ROBERT C. BYRD HEALTH SCIENCES CENTER NORTH, ROOM 119B – MORGANTOWN, WV

For questions about this program, please contact:

Michael Kurilla, M.Ed. at 304-293-5103 or mpkurilla@hsc.wvu.edu, or Dr. Ginger Scott at 304-293-1553 or vscott@hsc.wvu.edu.

APhA's Pharmacy-Based Cardiovascular Disease Risk Management is an innovative and interactive certificate training program that explores the pharmacist's role in cardiovascular disease risk management. This practice-based activity is the first step for pharmacists interested in learning the essential skills to successfully assess risk, promote cardiovascular disease prevention, and encourage patient adherence to therapy.

The goals of this program are to:

- ❖ Educate pharmacists on current evidence-based treatment goals and clinical management recommendations for dyslipidemia and hypertension.
- ❖ Familiarize pharmacists with important concepts related to healthful lifestyle changes that focus on cardiovascular disease prevention.
- ❖ Introduce techniques and skills for encouraging patient adherence to prescribed therapies.
- ❖ Ensure pharmacist proficiency in blood pressure measurement technique and point-of-care lipid testing.
- ❖ Enhance pharmacist experience in applying elements of motivational interviewing with respect to medication adherence and lifestyle modifications.

APhA's Pharmacy-Based Cardiovascular Disease Risk Management certificate training program has two components: web-based interactive self-study with assessment and the live seminar with online final assessment. A Certificate of Achievement will be awarded to participants who successfully complete all program components, including an evaluation.

Live Training Seminar will focus on these core areas:

- ❖ A case-based approach to cardiovascular disease risk assessment and treatment decisions, managing special situations, treating hypertension in a patient with diabetes, and lifestyle modifications and motivational interviewing.
- ❖ Skills assessments on blood pressure measurement technique and motivational interviewing. Participants will be conducting blood pressure assessments on other participants.
- ❖ A discussion regarding the role of the pharmacist and existing business models for cardiovascular disease risk management services.

Self-Study Learning Objectives

Module 1. Cardiovascular Disease Risk Assessment

At the completion of this activity, participants will be able to:

- Explain the relationship between atherosclerosis development and cardiovascular disease.
- Describe major risk factors that affect the incidence of cardiovascular disease.
- Describe lifestyle factors that affect risk for atherosclerotic cardiovascular disease (ASCVD).
- Determine whether a patient is an appropriate candidate to use aspirin for primary prevention of ASCVD.
- Describe the development of the American College of Cardiology and American Heart Association Pooled Cohort Equations and use calculators based on these equations to assess ASCVD risk for individual patients.
- List novel risk factors that can be used to further refine ASCVD risk assessments.

Module 2. Managing Dyslipidemia

At the completion of this activity, participants will be able to:

- Describe cholesterol synthesis and metabolism.
- Discuss associations among various types of lipids and atherosclerotic cardiovascular disease.
- Explain the risks and benefits of medications that are approved for the treatment of dyslipidemia.
- List dietary supplements that are used for the treatment of dyslipidemia.
- Describe approaches to dyslipidemia management found in guidelines from the American College of Cardiology and American Heart Association.
- Explain controversies surrounding the dyslipidemia guidelines from the American College of Cardiology and American Heart Association.

Module 3. Managing Hypertension

At the completion of this activity, participants will be able to:

- Explain the etiology and pathophysiology of hypertension.
- Describe how to measure a patient's blood pressure.
- Discuss the role of lifestyle modifications in the management of hypertension.
- Describe the classes of medications that are used in the treatment of hypertension, including mechanism of action, role in therapy, and safety considerations.
- Summarize recommendations from guidelines for the treatment of hypertension, including treatment targets and medication selection for various patient populations.

Module 4. Lifestyle Modifications and Risk Factor Management

At the completion of this activity, participants will be able to:

- Describe the effect of various dietary factors and patterns on risk for atherosclerotic cardiovascular disease (ASCVD).
- Explain which fats and carbohydrates have favorable and detrimental effects on cardiovascular risks.
- Discuss physical activity levels that are associated with reduced risk for ASCVD.
- Describe the effects of overweight and obesity on cardiovascular risks and explain the benefits of weight loss.
- Describe strategies for supporting weight loss, including pharmacologic treatment options and bariatric surgery.
- Summarize strategies for supporting tobacco cessation including pharmacologic treatment options, and discuss the ramifications of smokeless tobacco products.

Module 5. The Pharmacist's Role in Cardiovascular Disease Prevention and Management

At the completion of this activity, participants will be able to:

- Explain the impact of pharmacists' patient care services on risk reduction for atherosclerotic cardiovascular disease (ASCVD).
- Describe activities that pharmacists can perform to reduce patients' ASCVD risk.
- Discuss practice opportunities for pharmacists to provide ASCVD risk management services.
- List billing options for the provision of ASCVD risk management services.
- Explain strategies that pharmacists can use to support behavior change, including motivational interviewing.

Seminar Learning Objectives

At the completion of this activity, the participant will be able to:

- Assess a patient's risk for atherosclerotic cardiovascular disease.
- Describe how to use patient factors that are not included in risk calculators to guide treatment selections.
- Explain how to apply national treatment guidelines for hypertension and dyslipidemia to individual patients.
- Discuss how to identify patients who are appropriate for the use of aspirin for primary prevention.
- Describe how treatment approaches for dyslipidemia and hypertension should be modified for special populations, including those with diabetes, renal insufficiency, and elevated hepatic transaminase levels.
- Recommend appropriate lifestyle interventions that reduce cardiovascular risk.
- Apply patient education and counseling strategies, including motivational interviewing, to support lifestyle modifications.
- Demonstrate how to measure blood pressure.
- Discuss the use of point-of-care lipid testing in cardiovascular risk management.
- Discuss how to implement cardiovascular risk management services in various practice settings, including potential billing options and quality measures.

Seminar Agenda

- **7:30am Registration**
- 8:00am Welcome, Introductions and Acknowledgements
- 8:15am Cardiovascular Disease Risk Assessment and Treatment Decisions
- **10:15am Break**
- 10:15am Special Situations and Clinical Updates
- 11:00am Clinical Updates
- 11:15am Lifestyle Modifications and Motivational Interviewing
- **12:15pm Lunch and Networking**
- 1:15pm Motivational Interviewing Activity
- 2:00pm Patient Assessment Skills
- 2:30pm Blood Pressure Measurement Practice
- **3:00pm Break**
- 3:20pm Business and Practice Models
- 4:10pm Transitions of Care Patient Case
- 4:45pm Take Home Points and Final Instructions
- 5:00pm **Adjournment**

Faculty

Krista D. Capehart, PharmD, MSPharm, BCACP, AE-C, Clinical Associate Professor
Director of the Wigner Institute for Advanced Pharmacy Practice, Education and Research
West Virginia University School of Pharmacy, Morgantown, WV

Accreditation Information



The American Pharmacists Association is accredited by the Accreditation Council for Pharmacy Education as a provider of continuing pharmacy education. *Pharmacy-Based Cardiovascular Disease Risk Management* certificate training program is approved for a total of 20.0 contact hours of continuing pharmacy education (CPE) credit (2.0 CEUs). The ACPE Universal Activity Numbers (UAN) for this activity are listed below.

- Successful completion of the self-study component involves passing the self-study assessment with a grade of 70% or higher and will result in 12 contact hours of CPE credit (1.2 CEUs). *ACPE UAN: 0202-0000-18-106-H01-P / 0202-9999-18-106-H01-P*
- Successful completion of the live seminar component involves attending the full live seminar, successfully demonstrate competency in the utilization and/or evaluation of these devices, and completing the online assessment and evaluation. Successful completion of this component will result in 8 contact hours of CPE credit (0.8 CEU). *ACPE UAN: 0202-0000-18-107-L01-P / 0202-9999-18-107-L01-P*

To obtain 20.0 contact hours of CPE credit (2.0 CEUs) for APhA's *Pharmacy-Based Cardiovascular Disease Risk Management* certificate training program, the learner must complete all components listed above, and CLAIM credit for each component. Participants will need to have a valid APhA (pharmacist.com) username and password, as well as a CPE Monitor account to claim credit. After credit has been claimed, please visit CPE monitor for your transcript. The Certificate of Achievement will be available online upon successful completion of the necessary activity requirements on the participant's My Training page on www.pharmacist.com.

APhA continuing pharmacy education policy provides you with two opportunities to successfully complete the continuing pharmacy education assessment. Please note that you will not be permitted to submit the assessment a third time. The current policy of the APhA Education Department is not to release the correct answers to any of our CPE tests. This policy is intended to maintain the integrity of the CPE activity and the assessment.

Release Date: January 1, 2018

Expiration Date: August 31, 2018 - PLEASE NOTE: NO Home Study credit granted after this date; Live Credit can only be granted within 60 days from the day of the seminar attended.

Activity Requirements - Course material and exams will be accessed online - In order to participate in this activity, registrants must have access to a computer with minimum system requirements: Internet connectivity with current version of internet browsers, such as Chrome, Firefox, Safari, or Internet Explorer (V8 and above); Adobe Acrobat Reader, Flash Player 8 or higher, Windows 95, Pentium 3 or equivalent processor, 64 MB of free memory (not 64 MB total), and Audio: Sound card and speakers or earphones. For full technology requirements, please visit <http://www.pharmacist.com/pharmacy-based-immunization-delivery>

APhA's *Pharmacy-Based Cardiovascular Disease Risk Management* was developed by the American Pharmacists Association.

Refund Policy: Cancellations received in writing at least 7 days prior to the program (fax 304-293-2529 or e-mail mpkurilla@hsc.wvu.edu or yscott@hsc.wvu.edu) will be charged a \$150 cancellation fee then refunded the remaining registration fee. We reserve the right to cancel the program. In the event of a conference cancellation, registrants will be notified by phone/email and a full registration refund will be made.

Program Fees and Refund Policy

Each seminar is limited to a maximum of 60 people. Registration will be taken on a first-come, first-served basis. Participant cost will be \$400 per pharmacist and \$300 per student. This amount includes the cost of self-study and live seminar materials, continuing pharmacy education credit, continental breakfast, lunch, and breaks. Lodging, travel, and dinner expenses will be the responsibility of the participant.

Cancellations received in writing at least 7 days prior to each program (Michael Kurilla at 304-293-5103 and mpkurilla@hsc.wvu.edu or Dr. Ginger Scott at 304-293-5103 and yscott@hsc.wvu.edu) will be charged a \$150 cancellation fee then refunded the remaining registration fee. We reserve the right to cancel the entire program. In the event of a conference cancellation, each participant will be notified via phone and a full tuition refund will be made.

Location, Directions, Parking

Located at the intersection of I-79 and I-68, WVU is approximately 70 miles south of Pittsburgh and 200 miles northwest of Washington DC. It is accessible by the Morgantown Municipal Airport (MGW) or the Pittsburgh International Airport (PIT).

From I-79, take exit 155 (West Virginia University and Star City) and turn towards Morgantown. At the 2nd traffic light, bear slightly to the right onto US 19 South and proceed to the 2nd traffic light (WVU Coliseum - large domed concrete building on the right). Turn left onto Patteson Drive. Just before the 4th traffic light, turn right onto Elmer Prince Drive. Move into the left lane and follow the signs to Health Sciences Center or the Emergency Room (the road will curve into a turnabout and follow the arrows uphill to McQuain Pavilion). Pass the small guard booth and continue into the parking lots (parking is not restricted since this is a weekend event). Enter the Health Sciences Center North through the Family Medicine Entrance. There will be WVU School of Pharmacy signs outside and inside directing you to the program.

Hotel Information

A block of rooms will be held at the Holiday Inn at 1188 Pineview Drive (close to the Health Sciences Center) until **MAY 23, 2018** at the rate of \$99 plus tax. Any rooms reserved after May 23rd will be subjected to hotels best available rate.

To reserve a room, call 304-241-6649 and mention WVU Certificate Training Program and group code "CTP". Or go to [WVU Certificate Training Program](#).

Pharmacy-Based Cardiovascular Disease Risk Management

June 2, 2018

**Robert C. Byrd Health Sciences Center North, Room 119B
Morgantown, WV**

Seminar is limited to a maximum of 60 people. Registrations will be taken on a first-come, first-served basis. Registration is required at least seven days prior to each program.

Preferred registration and payment is online in our continuing education management system at <https://pharmacyce.wvu.edu/user/login> with a Visa, MasterCard, American Express, or Discover Card.

You can fax registration form to 304-293-2529. For registration and payment assistance please contact Michael Kurilla, M.Ed., CE Program Specialist at 304-293-5103 or email mpkurilla@hsc.wvu.edu, or contact Dr. Ginger Scott, Director of Continuing Education, at 304-293-1553 or email yescott@hsc.wvu.edu.

Please print or type: (One form per pharmacist)

First name _____ MI _____ Last name _____
(Please note both given and preferred names if different.)

Home Address _____

City _____ State _____ Zip _____

Place of Employment _____

Work Address _____

City _____ State _____ Zip _____

Home/Cell Phone _____ Work Phone _____ Fax Number _____

E-mail _____

Please list any special dietary needs (ex. vegetarian, etc.): _____

Certificate Program Fee (check one)

____ Student
____ Pharmacist

Please circle

\$300
\$400

Self-study materials will be available online at least 30 days prior to program date. Information to access the online self-study materials will be *emailed* to participants. If you have not received an email with this information, please contact the WVU School of Pharmacy at 304-293-5103. Cancellations received in writing at least 7 days prior to the program (fax 304-293-2529 or mpkurilla@hsc.wvu.edu/304-293-5103 or

vscott@hsc.wvu.edu/304-293-1553) will be charged a \$150 cancellation fee then refunded the remaining registration fee. We reserve the right to cancel the program.

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