



CME Sponsors: American Medical Seminars, Inc.
 Activity Title: Cardiology for Primary Care and Hospital Medicine
 Activity Dates: April 22-26, 2019
 Presenting Faculty: John Bielinski, Jr. MS, PAC; Gregory D. Marhefka, M.D., F.A.C.C., F.A.C.P.;
 and Alyson N. Owen, M.D.

NARRATIVE DESCRIPTION

Upon completion of this course, the participant should be able to formulate a practical and evidence-based, guideline-driven approach to common cardiac disorders. The participant should be able to determine and employ various physical exam techniques as well as appropriate diagnostic tests that should be considered to assess the severity of the patient's problem and make an accurate diagnosis. They should also be able to apply the various treatment options available and recognize when to treat and when to refer cardiac patients. This activity is expected to result in improved competence in making an appropriate diagnosis and providing effective treatment and referral or follow-up care with the overall goal of improving patient outcomes.

The emphasis will be on aligning physician and practitioner behavior with current guidelines and evidence-based medicine, as indicated within each topic's specific objectives. Recent advances in diagnostic modalities as well as advances in the use of cardiac drugs and devices make it necessary to improve medical competence in Cardiology. This course was designed as an update for all practitioners and physicians responsible for the diagnosis and treatment of cardiac patients at the level of a practicing physician or other licensed practitioner.

SPECIFIC OBJECTIVES**DAY 1****Women and CAD, Part 1: Risk Factors and Treatment of Acute MI**

Upon completion of this session, the participant should be able to: ^{EBM, COMP}

1. Distinguish the different effects of risk factors on women and risk factors that are unique to women
2. Appropriately assess cardiovascular risk and order appropriate screening tests
3. Recognize the differences in the presentation of acute coronary syndromes in women
4. Utilize evidence based therapies for the treatment of ACS in women

Women and CAD, Part 2: The Woman with Chest Pain

Upon completion of this session, the participant should be able to: ^{COMP}

1. Recognize the different ways that coronary artery disease may manifest in women
2. Use appropriate testing strategies for women with chest pain
3. Distinguish the etiologies of chest pain in women without obstructive coronary artery disease

4. Apply appropriate strategies for the counseling and treatment of women with chest pain

Hypertension.

Upon completion of this session, the participant should be able to: ^{GL, EBM, COMP}

1. Incorporate latest JNC VIII guidelines on hypertension into clinical practice.
2. Incorporate latest ASH guidelines on hypertension into clinical practice.
3. Select appropriate therapies and work-up for hypertensive urgency and emergency.
4. Identify patients for secondary work-up of hypertension.

Acute Aortic Syndromes.

Upon completion of this session, the participant should be able to: ^{GL, EBM, COMP}

1. Assess for and identify key symptoms and signs of Aortic Aneurysm/Dissection.
2. Recognize specific aortic imaging modalities' strengths and weaknesses, acutely and in follow-up.
3. Determine need and timing for medical therapy and/or surgical therapy as per the ACC/AHA/ATS Guidelines.
4. Assess complications of medical and surgical therapies.

DAY 2**Atrial Fibrillation.**

Upon completion of this session, the participant should be able to: ^{EBM, GL, COMP}

1. Relate the importance of anticoagulation, based upon CHADS₂VASC Risk Scores and the ACC/AHA Guidelines in the management of atrial fibrillation.
2. List various pharmaceutical and non-pharmaceutical methods of normalizing ventricular rate.
3. Compare two possible strategies for cardioversion in atrial fibrillation.
4. Assess the potential benefit and harm of antiarrhythmic therapies.

Sudden Cardiac Death, Bradycardia and Atrioventricular Block.

Upon completion of this session, the participant should be able to: ^{EBM, GL, COMP}

1. Determine which patients need additional evaluation and treatment of ventricular arrhythmias.
2. Assess which patients need additional evaluation and treatment of cardiac conduction abnormalities as per ACC/AHA/HRS Guidelines.



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3. Recognize indications for permanent pacemakers.

Distinguishing, Diagnosing and Treating Carditis: Pericarditis, Myocarditis and Endocarditis.

Upon completion of this session, the participant should be able to: ^{GL, EBM, COMP}

1. Determine indication and timing of cardiac MRI and/or endomyocardial biopsy to delineate the etiology, prognosis and treatment course in acute myocarditis.
2. Recognize acute myocarditis when treating a new acute heart failure patient
3. Apply evidence based medicine treatment strategies in acute pericarditis
4. Identify and apply ACC/AHA/ASE guideline-directed patient selection for transesophageal echocardiogram in suspected or confirmed acute endocarditis
5. Apply ACC/AHA guidelines in management and timing of operative referral for acute endocarditis

Antiplatelets, Anticoagulants and Stenting in Acute Coronary Syndrome.

Upon completion of this session, the participant should be able to: ^{GL, EBM, COMP}

1. Recognize appropriate indications for antiplatelet agents, including the novel oral agents.
2. Recognize appropriate indications for anticoagulants.
3. Determine the indications and appropriate timing of coronary artery angiography and PCI as per the ACC/AHA Guidelines.
4. Relate the differences between bare metal stents, drug eluting stents, restenosis and stent thrombosis.

DAY 3

Congestive Heart Failure.

Upon completion of this session, the participant should be able to: ^{EBM, GL, COMP}

1. Recognize the symptoms of congestive heart failure and appropriately Stage as per the ACC/AHA Guidelines.
2. Identify common causes of systolic heart failure.
3. Employ current ACCF/AHA Guidelines and standard-of-care therapies, differentiating between those treatments which reduce mortality and those that improve symptoms.

Diastolic Heart Failure and Hypertrophic Cardiomyopathy.

Upon completion of this session, the participant should be able to: ^{EBM, COMP}

1. Describe the prevalence and pathophysiology of diastolic heart failure.
2. Identify effective treatment strategies for diastolic heart failure while considering Clinical Trials such as OPTIMIZE-HF, TOPCAT, PARAMOUNT, etc.
3. Assess prognosis in patients with hypertrophic cardiomyopathy.
4. Apply appropriate treatment strategies in patients with hypertrophic cardiomyopathy.

Differential Diagnosis of Chest Pain.

Upon completion of this session, the participant should be able to: ^{EBM, GL, COMP}

1. Assess for and identify causes of chest pain.
2. Describe the pathophysiology of chest pain.
3. Differentiate the clinical features of various causes of chest pain.
4. Employ the ACCF/AHA Guideline based management strategies for chest pain.
4. Identify patients who will benefit from device therapy.
5. Recognize when to refer patients for more advanced cardiac care.

Acute Coronary Syndromes in the Elderly.

Upon completion of this session, the participant should be able to: ^{GL, COMP}

1. Detect pitfalls in the diagnosis of acute coronary syndromes in the elderly.
2. Assess global risk of elderly patients.
3. Select guideline based management strategies when managing acute coronary syndromes in the elderly.
4. Prepare a roadmap to recovery and autonomy after acute coronary syndromes.
5. Integrate and employ secondary prevention methods in the elderly.

DAY 4

Lipids and Cardiovascular Risk Assessment.

Upon completion of this session, the participant should be able to: ^{EBM, GL, COMP}

1. Recognize the changes and updates to the current ACC/AHA lipid guidelines.
2. Develop new insights for the assessment of LDL and Total cholesterol levels.
3. Formulate recommendations for when and how to treat hypercholesterolemia as per the most recent ACC/AHA guidelines and Treatment Algorithm while considering the importance of RCT's such as IMPROVE-IT & AIM-HIGH
4. Determine when to refer his or her patient to a lipid specialist.



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Peripheral Vascular Disease.

Upon completion of this session, the participant should be able to: ^{GL, EBM, COMP}

1. Recognize the indications for ordering ABIs as per the ACCF/AHA Guidelines.
2. Apply as per the current ACCF/AHA Guidelines, the indications for screening abdominal aortic aneurysms.
3. Discriminate indications, strengths and weaknesses of different surgical techniques for abdominal aortic aneurysm repair.
4. Employ non-surgical therapies for peripheral vascular disease.
5. Identify when renal artery interventions may be indicated.

Secrets of ECG Interpretations, Part 1

Upon completion of this session, the participant should be able to: ^{COMP}

1. Employ strategies on ECG interpretation so not to avoid critical mistakes.
2. Outline the causes of ST elevation and distinguish acute changes from benign.
3. Recognize ST depression in myocardial ischemia and review differential diagnoses.

Secrets of ECG Interpretations, Part 2.

Upon completion of this session, the participant should be able to: ^{COMP}

1. Differentiate between cardiac and non-cardiac causes of inverted T – waves.
2. Identify hyperkalemia on an ECG and review treatment modalities for hyperkalemia.
3. Understand and explain the etiology and therapeutics of wide complex QRS on ECG.

DAY 5**Peri-Operative Cardiac Evaluation.**

Upon completion of this session, the participant should be able to: ^{EBM, GL, COMP}

1. Formulate guideline based strategies for peri-operative risk evaluation.
2. Relate peri-operative cardiovascular physiology.
3. Appraise evidence behind recommendations.
4. Prescribe peri-operative risk reduction strategies.

Syncope: Evaluation, Diagnosis and Management

Upon completion of this session, the participant should be able to: ^{GL, COMP}

1. Describe the pathophysiology of syncope
2. Differentiate between various causes of syncope

3. Develop a diagnostic algorithm for the evaluation of syncope as per the 2017 ACC Guidelines
4. Employ management strategies for patients presenting with syncope

Valvular Heart Disease.

Upon completion of this session, the participant should be able to: ^{GL, EBM, COMP}

1. Indicate when to order echocardiography for heart murmurs.
2. Recognize the appropriate interval of repeat echocardiography imaging.
3. Determine the timing of intervention for severe valvular heart disease as per the ACC/AHA Guidelines.
4. Integrate the indications, strengths and weaknesses of Transcatheter Aortic Valve Replacement (TAVR) and Transcatheter mitral valve repair.
5. Discriminate the current and past indications for endocarditis prophylaxis as per the ACC/AHA Guidelines.

ECGs that Primary Care Practitioners Cannot Miss.

Upon completion of this session, the participant should be able to: ^{COMP, GL}

1. Detect and identify subtle tachyarrhythmias.
2. Detect and distinguish subtle bradyarrhythmias.
3. Recognize and manage as per the AHA/AHF and ESC Guidelines for potentially life threatening ECG morphologies.
4. Recognize and appropriately disposition patients with subtle STEMI patterns.