



The Ohio State University Wexner Medical Center, Division of Cardiovascular Medicine

Preventive Cardiology

Fellows Training Guidelines and Clinical Responsibilities

General Information

Duration of rotation:	1 month
Location to report:	Prevention/Lipid Clinic, Cardiovascular Genetics Clinic, Cardiac Rehabilitation, Women's CVD Clinic, Smoking Cessation Clinic

Available resources:

1. Preventive Cardiology: A Companion to Braunwald's Heart Disease
2. ACC/AHA Guideline on the Primary Prevention of Cardiovascular Disease, 2019
3. AHA/ACC Guideline on the Management of Blood Cholesterol, 2018
4. ACC/AHA Guideline for the Prevention, Detection, Evaluation, and Management of High Blood Pressure in Adults, 2017
5. ACC/AHA Guideline on the Assessment of Cardiovascular Risk, 2013
6. AHA/ACC Guideline on Lifestyle Management to Reduce Cardiovascular Risk, 2013
7. ADA/ACC Cardiovascular Disease and Risk Management: *Standards of Medical Care in Diabetes—2019*. Diabetes Care 2019 Jan; 42(Supplement 1): S103-S123.<https://doi.org/10.2337/dc19-S010>
8. NLA Recommendations for Patient-Centered Management of Dyslipidemia, 2018
9. NLA Scientific Statement: Use of Lipoprotein(a) in Clinical Practice: A Biomarker Whose Time Has Come, 2019
10. NLA Scientific Statement on the Use of Icosapent Ethyl in Statin-treated Patients with Elevated Triglycerides and High or Very High ASCVD Risk, 2019
11. Review of Current Evidence and Clinical Recommendations on the Effects of Low-Carbohydrate and Very-Low-Carbohydrate (including Ketogenic) Diets for the Management of Body Weight and other Cardiometabolic Risk Factors 2019
12. Clinical Utility of Inflammatory Markers & Advanced Lipoprotein Testing: Advice from Lipid Specialists, 2017
13. ACC Expert Consensus Decision Pathway on Novel Therapies for Cardiovascular Risk Reduction in Patients With Type 2 Diabetes and Atherosclerotic Cardiovascular Disease, 2018
14. ACC Expert Consensus Decision Pathway on Tobacco Cessation Treatment, 2018

Teaching Methods:

1. Clinical teaching
2. Faculty mentorship
3. Quarterly journal club
4. Fellow-directed supplemental reading

Overall Curriculum Goals During Fellowship Rotation:

To provide fellows with a core curriculum in the prevention of cardiovascular disease. Fellows will gain knowledge of the management of complex dyslipidemias, metabolic syndrome, premature and familial coronary artery disease, exercise and nutritional counseling, drug tolerance and pharmacologic interactions, cardiac rehabilitation, and smoking cessation. The primary goal of this rotation is to provide cardiology fellows with the knowledge, skills and strategies for primary and secondary prevention of cardiovascular disease using a team approach.

Prevention includes the following subject areas:

Atherosclerosis/Subclinical and Overt
Blood pressure- primary and secondary causes
Cholesterol disorders
Cardiac rehabilitation
Cardiac CT with and without contrast
Cigarette smoking
Diabetes/metabolic syndrome
Diet/nutrition
Dyslipidemia
Endothelial function/dysfunction
Family history of premature CVD
Genetics of Atherosclerosis/Sudden Cardiac Death
Risk stratification

We will focus on comprehensive risk factor modification from a medical and lifestyle point of view. The following are areas we will like to cover during the rotation:

1. Optimal management of Dyslipidemia (elevated LDL, low HDL, high triglycerides, and mixed dyslipidemia). Review trials of statins, fibrates, resins, niacin, cholesterol absorption inhibitors and PCSK9 inhibitors. Review the diagnosis and management of familial hypercholesterolemia.
2. Optimal treatment of hypertension
3. Risks and benefits of hormone therapy (HRT)- Review data from clinical trials as well epidemiological and mechanistic data involving HRT and CVD risk.
4. Cost-effectiveness diagnostic screening strategies for CVD.
5. Interventions for smoking cessation.
6. Role of psychological factors in the development of atherosclerotic vascular disease and how to manage them.
7. Cost-effectiveness of medical and lifestyle preventive strategies
8. Development of exercise prescriptions and management of a cardiac rehabilitation program.
9. Applications of coronary calcium scanning.
10. Management of obesity (pharmacologic treatment and lifestyle modification).
11. Evidence-based approach to diet and exercise.
12. Calculation of ASCVD risk based on risk calculators.

Objectives of the Rotation

1. To obtain a thorough understanding of the guidelines for lipid management and blood pressure control (ACC/AHA statements, NLA recommendations).
2. Understand the role of traditional and novel risk factor assessment in cost-effective preventive care.
3. Learn how to accurately assess a person's risk for developing cardiovascular disease using the available risk prediction models.
4. Review the latest recommendations for behavior and lifestyle modification (diet, exercise, weight loss, and smoking cessation) in reducing the risk of CVD.
5. Review the optimal medical management strategies to decrease the risk of future ASCVD events.
6. Understand how to interpret the results of atherosclerosis imaging and how to apply the results to improve CVD risk assessment.
7. Understand how to diagnose and manage familial hypercholesterolemia, including the application and management of PCSK9 inhibitors and LDL apheresis.

Clinical Responsibilities

To attend the following clinical sessions. Please contact Dr. Mehta at least 2 weeks prior to rotation to finalize schedule. Proposed Schedule*

	Monday	Tuesday	Wednesday	Thursday	Friday
AM	Prevention and Lipid Clinic (Dr. Mehta and PharmD- Stoneridge) OR Lipid Genetics Clinic, held every 4 weeks (Dr. Milks- Upper Arlington)	Prevention and Lipid Clinic (Dr. Larry and PharmD- CarePoint East) OR Smoking cessation clinic (PharmD- CarePoint East)	Prevention and Lipid Clinic (Dr. Milks and PharmD- Gahanna) OR Women's CVD Clinic (Dr. Mehta- Upper Arlington)	Prevention and Lipid Clinic (PharmD – Ross ACC) AND Prevention Reading Block	Prevention and Lipid Clinic (Dr. Larry and PharmD- Upper Arlington)
PM	Prevention and Lipid clinic (PharmD Stoneridge)	Prevention Reading Block	Prevention and Lipid Clinic (PharmD- Gahanna) OR Women's CVD Clinic (Dr. Mehta- Upper Arlington) AND Cardiac rehabilitation (Upper Arlington)	Prevention Reading Block	Prevention and Lipid clinic (PharmD Upper Arlington)

Evaluation:

Fellows will be assessed and evaluated by the faculty, based on the 6 core competencies and associated Milestones. Examples are listed below:

Competencies	Milestones
Patient Care	<ul style="list-style-type: none">• Gathers and synthesizes essential and accurate information to define each patient's clinical problem(s)• Develops and achieves comprehensive management plan for each patient• Requests and provides consultative care
Medical Knowledge	<ul style="list-style-type: none">• Possesses clinical knowledge• Knowledge of diagnostic testing and procedures
Systems-Based Practice	<ul style="list-style-type: none">• Transitions patients effectively within and across health delivery systems
Practice-Based Learning and Improvement	<ul style="list-style-type: none">• Learns and improves at the point of care
Professionalism	<ul style="list-style-type: none">• Responds to each patient's unique characteristics and needs
Interpersonal and Communication Skills	<ul style="list-style-type: none">• Communicates effectively with patients and caregivers• Appropriate utilization and completion of health records