

## Cardiovascular Advanced Practice Providers (APP) Essential Education Series

Accelerate your learning and improve the care you provide.

31 CME Credits

Instructors:

Ginger Biesbrock, PA-C, MPH, MPAS, AACC

Jacob Turmell, DNP, RN, NP-C, ACNS-BC, CCRN-CMC

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*Students will need to have access to email; we will use email to send notifications and announcements and conduct Q&A. Students can expect a response to their questions within 48 hours, M-F.*

For technical support, please contact: [tech\\_support@medaxiom.com](mailto:tech_support@medaxiom.com)

### **Course Description**

This 12-week course is designed for new cardiovascular (CV) APPs and those who want to refresh their knowledge. It is led by MedAxiom's expert APP consultant team of Ginger Biesbrock and Jacob Turmell, who are both APPs and university instructors. This course also features guest instructor and cardiovascular coding expert Nicole Knight. The course incorporates video, textbook, and online learning to cover these essential CV APP topics:

- CV Medicine and Decision Making
- CV History and Physical Examination
- EKG Review
- Ischemic Heart Disease Part 1
- Ischemic Heart Disease Part 2
- Peripheral Vascular Disease
- Hypertension and Hyperlipidemia
- Cardiomyopathy
- Congestive Heart Failure
- Structural Heart Disease
- Electrophysiology
- Healthcare Economics

### **Course Goals**

- **For APPs:** This curriculum is designed to help new APPs immerse themselves in clinical cardiology – to understand what they are experiencing in the clinics and hospital, and providing a didactic review of the pathophysiology, symptoms, diagnosis, therapies and clinical decision making.
- **For Employers of APPs:** This curriculum will help jump start and support your APPs' on-the-job learning and prove their level of competency in a quantitative manner.

## **Required Texts, Materials, or Equipment**

- **Resources Sold Separately**

- Textbook: Braunwald, E., Mann, D., Zipes, D., Libby, P., & Bonow, R. (Eds.). (2015). *Braunwald's Heart Disease - A textbook of Cardiovascular Medicine* (11th ed.). Philadelphia: Elsevier Saunders.
  - 11th or 10th Edition: starting used at \$202.00 (Amazon)
  - **Note: Due to variations between 11th ed. and 10th ed., we provide chapter's name and number from both editions in the weekly reading assignments. Please refer to each week for further information.**
- Textbook: Shade, Bruce. *Fast and Easy ECGs: A Self-Paced Learning Program*.
  - 2nd Edition: starting used at \$15.01 (Amazon)
- Subscription: Up to date ( [www.uptodate.com](http://www.uptodate.com) ) – An Online Resource
  - Note: This paid subscription and all corresponding readings are *optional* but they are beneficial to reach optimal understanding of course material.

- **Provided Resources**

- Electronic Links: ACC/AHA guidelines, Online Articles, Supporting Slides, Youtube Videos, PDF

### ***The Methodology***

Each weekly lesson has a 20-30 minute didactic video detailing the week's focus followed by assigned reading and a quiz. (*Note: Week 1 does not include a video. Week 4 and Week 12 do not include a quiz*)

### ***Course Grading***

#### *Statement of Grading Approach or Philosophy*

This is a pass/fail course based on the completion of the 12-week material. This course can be done at the student's own pace. However, each student will have a maximum of four months to complete the course material, every weekly quiz with a score of 80% or above, and the final course evaluation feedback survey in order to receive the CME credits and certificate of completion.

#### *Explanation of Credits*

Total CME Credit Value: **31 AMA PRA Category 1 Credits™**

### **Weekly Breakdown of Hours:**

- Week 1: **2.13**
- Week 2: **0.90**
- Week 3: **4.37**
- Week 4: **3.23**
- Week 5: **3.17**
- Week 6: **2.13**
- Week 7: **1.13**
- Week 8: **1.32**
- Week 9: **4.68**
- Week 10: **2.18**
- Week 11: **4.23**
- Week 12: **0.63**

**Disclaimer**

The instructors reserve the right to make modifications to this course material as needed.

**Preliminary Schedule of Topics, Learning Objectives, Readings, and Quizzes**

Week #	Topic/Learning Objectives/Required Readings
1	<p><b>Topic:</b> CV Medicine and Decision Making</p> <p><b>Learning Objectives:</b></p> <ol style="list-style-type: none"> <li>1. Develop an understanding of the risks that lead to Coronary Artery Disease and how to risk stratify the typical cardiac patient – including demographics and distribution of risk factors.</li> <li>2. Develop an understanding of what is required for effective clinical decision making for patients evaluated and managed in the typical Cardiology program.</li> <li>3. Review sensitivity and specificity as relates to cardiac testing.</li> <li>4. Develop an understanding for shared decision making as relates to the cardiac patient.</li> </ol> <p><b>Required Readings:</b></p> <ol style="list-style-type: none"> <li>1. Braunwald – Clinical decision making in cardiology (<b>Ch. 3 Ed. 11 / Ch. 4 Ed. 10</b>), Heart Disease in Varied Populations (<b>Ch. 91 Ed. 11 / Ch. 2 Ed. 10</b>)</li> </ol> <p><b>Optional Readings:</b></p> <ol style="list-style-type: none"> <li>1. <a href="#">Overview of established risk factors for cardiovascular disease</a></li> </ol>
2	<p><b>Topic:</b> CV History and Physical Examination</p> <p><b>Learning Objectives:</b></p> <ol style="list-style-type: none"> <li>1. Review of the evaluation of the patient with known or suspected CV disease.</li> <li>2. Develop an understanding of performing a directed history and targeted physical exam.</li> <li>3. Develop an understanding of how the clinical context of the patient encounter should influence the history and physical exam.</li> </ol> <p><b>Required Readings:</b></p> <ol style="list-style-type: none"> <li>1. Braunwald – The history and physical examination: an evidence-based approach (<b>Ch. 10 Ed. 11 / Ch. 11 Ed. 10</b>)</li> </ol> <p><b>Additional Resources:</b></p> <ol style="list-style-type: none"> <li>1. <a href="#">Murmurs</a></li> <li>2. <a href="#">Grading Murmurs</a></li> <li>3. <a href="#">Pulsus Paradoxus Exam</a></li> </ol>
3	<p><b>Topic:</b> EKG Review</p> <p><b>Learning Objectives:</b></p> <ol style="list-style-type: none"> <li>1. Review the interpretation steps of an EKG.</li> <li>2. Develop an understanding of the rhythm identification.</li> <li>3. Develop an understanding of ST-T changes and their significance including anatomic relevance.</li> </ol> <p><b>Required Readings:</b></p> <ol style="list-style-type: none"> <li>1. Braunwald – Electrocardiography (<b>Ch. 12 Ed. 11 / Ch. 12 Ed. 10</b>) or <b>Fast and Easy EKG – Chapters 8-15 Optional</b></li> </ol> <p><b>Readings:</b></p> <ol style="list-style-type: none"> <li>1. Fast and Easy EKG – Chapters 1-7</li> </ol> <p><b>Additional Resources:</b></p> <ol style="list-style-type: none"> <li>1. <a href="#">Contiguous Leads PDF</a></li> </ol>

<p>4</p>	<p><b>Topic:</b> Ischemic Heart Disease Part 1</p> <p><b>Learning Objectives:</b></p> <ol style="list-style-type: none"> <li>1. Review the pathophysiology and therapy for CAD.</li> <li>2. Review the evaluation of chest pain including history and physical exam.</li> <li>3. Develop a good understanding of non-invasive cardiac testing to rule out ischemic heart disease – which test and when.</li> <li>4. Develop understanding of secondary prevention for CAD and longitudinal care for this patient population.</li> </ol> <p><b>Required Readings:</b></p> <ol style="list-style-type: none"> <li>1. Braunwald – Exercise testing (<b>Ch. 13 Ed. 11 / Ch. 13 Ed. 10</b>), Nuclear cardiology (<b>Ch. 16 Ed. 11 / Ch. 16 Ed. 10</b>), Approach to the patient with chest pain (<b>Ch. 56 Ed. 11 / Ch. 50 Ed. 10</b>), Coronary blood flow and myocardial ischemia (<b>Ch. 57 Ed. 11 / Ch. 49 Ed. 10</b>)</li> <li>2. <u>2013 AHA/ACC Guideline on Lifestyle Management to Reduce Cardiovascular Risk</u></li> <li>3. <u>2019 Prevention Guidelines</u></li> </ol> <p><b>Optional Readings:</b></p> <ol style="list-style-type: none"> <li>1. <u>Stable ischemic heart disease: Overview of care</u></li> </ol>
<p>5</p>	<p><b>Topic:</b> Ischemic Heart Disease Part 2</p> <p><b>Learning Objectives:</b></p> <ol style="list-style-type: none"> <li>1. Review of invasive CAD imaging options.</li> <li>2. Review of revascularization options for CAD.</li> <li>3. Develop an understanding of managing the STEMI patient.</li> <li>4. Develop an understanding of managing the NSTEMI patient.</li> </ol> <p><b>Required Readings:</b></p> <ol style="list-style-type: none"> <li>1. Braunwald – Coronary arteriography and intracoronary imaging (<b>Ch. 20 Ed. 11 / Ch. 20 Ed. 10</b>), ST-elevation myocardial infarction: pathology, pathophysiology, and clinical features (<b>Ch. 58 Ed. 11 / Ch. 51 Ed. 10</b>), ST-elevation myocardial infarction: management (<b>Ch. 59 Ed. 11 / Ch. 52 Ed. 10</b>), Non-ST elevation acute coronary syndromes (<b>Ch. 60 Ed. 11 / Ch. 53 Ed. 10</b>)</li> <li>2. <u>2014 AHA/ACC Guideline for the Management of Patients with Non–ST–Elevation Acute Coronary Syndromes</u></li> </ol>
<p>6</p>	<p><b>Topic:</b> Peripheral Vascular Disease</p> <p><b>Learning Objectives:</b></p> <ol style="list-style-type: none"> <li>1. Review of PV risk factors, pathophysiology, clinical features and therapy options.</li> <li>2. Develop an understanding of when to order ABI and/or noninvasive vascular imaging.</li> </ol> <p><b>Required Readings:</b></p> <ol style="list-style-type: none"> <li>1. Braunwald – Peripheral artery diseases (<b>Ch. 64 Ed. 11 / Ch. 58 Ed. 10</b>)</li> <li>2. <u>2016 AHA/ACC Guideline on the Management of Patients with Lower Extremity Peripheral Artery Disease</u></li> </ol>
<p>7</p>	<p><b>Topic:</b> Hypertension and Hyperlipidemia</p> <p><b>Learning Objectives:</b></p> <ol style="list-style-type: none"> <li>1. Review of the most recent hypertension management guidelines.</li> <li>2. Review of the most recent hyperlipidemia management guidelines.</li> <li>3. Develop an understanding of the work-up for a patient with newly diagnosed hypertension based on age, comorbidities, etc.</li> <li>4. Develop an understanding of longitudinal care for patients requiring hyperlipidemia therapy – surveillance and management.</li> </ol> <p><b>Required Readings:</b></p> <ol style="list-style-type: none"> <li>1. <u>JNC 8 Hypertension Guidelines</u></li> </ol>

	<ol style="list-style-type: none"> <li>2. <a href="#"><u>2017 ACC/AHA/AAPA/ABC/ACPM/AGS/APhA/ASH/ASPC/NMA/PCNA Guideline for the Prevention, Detection, Evaluation, and Management of High Blood Pressure in Adults A Report of the American College of Cardiology/American Heart Association Task Force on Clinical Practice Guidelines</u></a></li> <li>3. <a href="#"><u>2013 ACC/AHA Guideline on the Treatment of Blood Cholesterol to Reduce Atherosclerotic Cardiovascular Risk in Adults</u></a></li> </ol> <p><b>Optional Readings:</b></p> <ol style="list-style-type: none"> <li>1. <a href="#"><u>Overview of hypertension in adults</u></a></li> <li>2. <a href="#"><u>Management of low density lipoprotein cholesterol (LDL-C) in secondary prevention of cardiovascular disease</u></a></li> </ol> <p><b>Additional Resources</b></p> <ol style="list-style-type: none"> <li>1. <a href="#"><u>2016 ACC Expert Consensus Decision Pathway on the Role of Non-Statin Therapies for LDL-Cholesterol Lowering in the Management of Atherosclerotic Cardiovascular Disease Risk</u></a></li> <li>2. <a href="#"><u>Statin Use for the Prevention of Cardiovascular Disease in Adults: A Systematic Review for the U.S. Preventive Services Task Force</u></a></li> <li>3. <a href="#"><u>2017 Guideline for the Prevention, Detection, Evaluation, and Management of High Blood Pressure in Adults – Guidelines Made Simple</u></a></li> </ol>
8	<p><b>Topic:</b> Cardiomyopathy</p> <p><b>Learning Objectives:</b></p> <ol style="list-style-type: none"> <li>1. Review of the pathophysiology of the development of cardiomyopathy – dilated and restrictive.</li> <li>2. Review of the etiology and factors that increase risk for developing CM – dilated and restrictive.</li> <li>3. Develop an understanding of the pathophysiology with a patient CM and how this leads to the typical presenting symptoms.</li> <li>4. Review of the diagnostic imaging and work-up for a patient newly diagnosed with CM.</li> </ol> <p><b>Required Readings:</b></p> <ol style="list-style-type: none"> <li>1. Braunwald – The dilated, restrictive, and infiltrative cardiomyopathies (<b>Ch. 77 Ed. 11 / Ch.65 Ed. 10</b>)</li> </ol> <p><b>Optional Readings:</b></p> <ol style="list-style-type: none"> <li>1. <a href="#"><u>Definition and classification of the cardiomyopathies</u></a></li> </ol>
9	<p><b>Topic:</b> Congestive Heart Failure</p> <p><b>Learning Objectives:</b></p> <ol style="list-style-type: none"> <li>1. Develop an understanding of how to perform an effective history and physical in patients presenting with symptoms of potential heart failure.</li> <li>2. Review the diagnostic work-up of a patient presenting with heart failure symptoms.</li> <li>3. Develop an understanding of how the therapy—pharmacologic, device and procedural – works and leads to improved symptoms and prognosis.</li> </ol> <p><b>Required Readings:</b></p> <ol style="list-style-type: none"> <li>1. Braunwald – Clinical assessment of heart failure (<b>Ch. 21 Ed. 11 / Ch. 23 Ed. 10</b>), Diagnosis and management of acute heart failure (<b>Ch. 24 Ed. 11 / Ch. 24 Ed. 10</b>)</li> </ol> <p><b>Optional Readings:</b></p> <ol style="list-style-type: none"> <li>1. <a href="#"><u>Determining the etiology and severity of heart failure or cardiomyopathy</u></a></li> <li>2. <a href="#"><u>Overview of the therapy of heart failure with reduced ejection fraction</u></a></li> <li>3. <a href="#"><u>Treatment and prognosis of heart failure with preserved ejection fraction</u></a></li> </ol>
10	<p><b>Topic:</b> Structural Heart Disease</p> <p><b>Learning Objectives:</b></p> <ol style="list-style-type: none"> <li>1. Review the common valvulopathies – how they present and the required work-up.</li> </ol>

	<ol style="list-style-type: none"> <li>2. Develop an understanding of current valve therapies to include pharmacologic, procedural and surveillance requirements.</li> <li>3. Brief overview of the more common congenital heart disease abnormalities – specifically those that survive into adulthood and would be managed in an adult cardiology practice.</li> </ol> <p><b>Required Readings:</b></p> <ol style="list-style-type: none"> <li>1. Braunwald – Valvular heart disease (<b>Ch. 72 Ed. 11 / Ch. 63 Ed. 10</b>), Congenital heart disease (<b>Ch. 75 Ed. 11 / Ch. 62 Ed. 10</b>)</li> <li>2. <u>2017 AHA/ACC Focused Update for the Management of patients with Valvular Heart Disease</u></li> </ol>
11	<p><b>Topic:</b> Electrophysiology</p> <p><b>Learning Objectives:</b></p> <ol style="list-style-type: none"> <li>1. Review common arrhythmias seen in cardiology – including both Brady - arrhythmias – AV blocks, and Tachy - arrhythmias – SVT, VT, AF, etc.</li> <li>2. Review the pathophysiology, clinical presentation and therapies.</li> <li>3. Overview of the most up-to-date guidelines on AF management.</li> </ol> <p><b>Required Readings:</b></p> <ol style="list-style-type: none"> <li>1. Braunwald – Diagnosis of cardiac arrhythmias (<b>Ch. 35 Ed. 11 / Ch. 34 Ed. 10</b>), Therapy for cardiac arrhythmias (<b>Ch. 36 Ed. 11 / Ch. 35 Ed. 10</b>), Pacemakers and implantable cardioverter-defibrillators (<b>Ch. 41 Ed. 11 / Ch. 36 Ed. 10</b>)</li> <li>2. <u>2014 AHA/ACC/HRS Guideline for the Management of Patients with Atrial Fibrillation</u></li> </ol> <p><b>Additional Resources</b></p> <ol style="list-style-type: none"> <li>1. <u>Watchman Procedure</u></li> </ol>
12	<p><b>Topic:</b> APP Coding, Documentation, and Reimbursement</p> <p><b>Learning Objectives:</b></p> <ol style="list-style-type: none"> <li>1. Review of current APP services reimbursement options.</li> <li>2. Overview of billing and coding regulations for the most commonly performed APP services - documentation requirements, etc.</li> </ol> <p><b>Required Readings:</b> NONE</p>