



Improving management through genetic testing for Familial Hypercholesterolaemia (FH)

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Structured Abstract

Purpose: Patients with Heterozygous Familial Hypercholesterolaemia (FH) are at higher risk of cardiovascular disease. Rates of diagnosis for FH are low in most parts of the world highlighting that there is a need to raise awareness of FH with healthcare professionals to ensure early diagnosis and appropriate management of these patients.

Scope: This eLearning programme is intended for cardiologists, lipidologists and geneticists to further develop their knowledge of Familial Hypercholesterolaemia (FH), its diagnosis and management.

Methods: A panel of well-respected experts collaborated to produce the scientific and medical content for a multimedia and interactive FH learning experience. The elearning takes the format of scientific animations, videos, patient case studies, links to useful resources, a downloadable slide set and a knowledge check.

Results: The resulting elearning product was approved by the International Atherosclerosis Society (IAS), endorsed by the European Association of Preventive cardiology (EAPC) and accredited by the European Board for Accreditation in Cardiology (EBAC) and the European Accreditation Council for Continuing Medical Education (EACCME) for one hour of external CME credits.

Purpose

This eLearning programme is intended for cardiologists, lipidologists and geneticists to further develop their knowledge of Familial Hypercholesterolaemia (FH), its diagnosis and management.

Upon completion of the course, the participant will have a good understanding of: -

- Key aspects of genetic testing in Familial Hypercholesterolaemia (FH)
- How and why to test
- How to interpret results
- How to treat patients with FH
- How to use cascade screening to identify related individuals at risk

Upon successful completion of the knowledge assessment at the end of the course, the participant will be awarded an European Board for Accreditation in Cardiology (EBAC) CME credit or 1 European CME credits (ECMEC®).

Scope

Familial Hypercholesterolaemia (FH) is one of several disorders associated with hypercholesterolaemia. Heterozygous FH affects approximately 1 in 200–500 births, and patients with this hereditary disease are at markedly higher risk of cardiovascular disease.¹⁰ Early diagnosis and screening are key for improving outcomes in FH patients and yet rates of diagnosis of FH remain low in most parts of the world. There is a need to raise awareness of FH with healthcare professionals to ensure appropriate early diagnosis and appropriate management of these patients in order to manage and reduce their cardiovascular risk.

This e-learning course addresses a need for improved understanding of the diagnosis and management of FH, particularly using genetic testing.

Methods

COR2ED develops and implements high quality Independent Medical Education programmes to help improve the health of patients globally. In all education activities, the understanding of complex science is translated into the context of daily clinical practice, helping healthcare professionals recognise the adjustments necessary in their clinical practice for the benefit of patients.

COR2ED delivers a suite of EACCME accredited e-learning courses via an online platform called COR2ED Checkpoint. Upon completion of the elearning course, the user receives the associated CME credits.

This elearning programme has been developed in conjunction with a panel of FH experts, approved by the International Atherosclerosis Society (IAS), endorsed by the European Association of Preventive cardiology (EAPC) and accredited by the European Board for Accreditation in Cardiology (EBAC) and the European Accreditation Council for Continuing Medical Education (EACCME) for one hour of external CME credits.

The course covers the prevalence of FH, its genetic origin and the impact on lipid metabolism and cardiovascular risk. It also includes several patient case studies, designed by the expert panel based on their experience of patients within their care, with the aim of helping physicians identify the key clinical signs and symptoms of FH. The course also reviews treatment strategies based on current guidelines.

The course is delivered as a multi-media and interactive learning experience consisting of animations, videos, patient case studies, links to useful resources, a downloadable slide set and a knowledge check.

Measures of success of the course include endorsement by independent academic organisations involved in dyslipidaemia and independent medical education accreditation. Other success measures include number of interactions with the learning resource, number of knowledge tests successfully completed and user feedback on the resource.

Results

Successful endorsement of the course by various independent bodies in the field of cardiology and medical education has resulted in a high quality independent medical education resource for physicians combined with the opportunity to earn one-hour CME credits.

The course has been accredited by EACCME and EBAC, supported by IAS and endorsed by EAPC.

At the time this report was written, there had been a high level of engagement with healthcare professionals in terms of communications highlighting the course. Approximately 3000 emails concerning the course were opened by health care professionals (HCPs) and more than 800 webpage visits occurred. The resource also received more than 500 social media views.²

The elearning resource was visited 130 times. To date, 103 users have successfully completed the knowledge test and the associated slide sets have been downloaded on 50 occasions.²

Upon completion of the course, 100% of participants rated the resource as interesting and valuable. Participants also indicated that they were either very or extremely likely to change their clinical practice following completion of the course.

List of Publications and Products

Final elearning product

COR2ED. Improving management through genetic testing for familial hypercholesterolaemia (FH). <https://cor2ed.com/news/improving-management-through-genetic-testing-for-familial-hypercholesterolaemia-fh/>. Accessed March 5th, 2019.

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