

The CCS Dyslipidemia Guideline Knowledge Translation Program Report

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Structured Abstract

Purpose: Since 2006, the CCS has developed and updated dyslipidemia guidelines to assist Canadian practitioners with clinical care. As important as it is to develop and update clinical guidelines, it is equally important to support adoption and integration of the recommendations into patient care through knowledge translation. As such, the CCS developed the Dyslipidemia Guideline Knowledge Translation (KT) Program to educate health care providers on the 2016 CCS Dyslipidemia Guidelines and promote the integration of the recommendations in clinical practice through the development and distribution of guideline resources tailored to health care provider needs.

Scope: Development of education and educational resources on the 2016 CCS Dyslipidemia Guidelines. The target audience includes the cardiologists, other physician specialists, family physicians and allied health professionals that identify, treat and manage patients that are at risk of cardiovascular events due to elevated cholesterol levels.

Methods: The CCS KT program model strategically combines the evidence-based guidelines with interactive accredited CME and practical resources. The 2016-17 Dyslipidemia KT Program included a variety of interventions to meet the various learning preferences of the target audience. Our interventions included accredited CME; key message videos, a smart phone app, pocket reference guides; awareness efforts and other marketing and educational resources.

Results: The program was a resounding success and has contributed significantly to practitioner awareness, understanding and uptake of the 2016 CCS Dyslipidemia Guidelines. Our six key message videos have been viewed over 5,000 times, we have distributed over 30,000 pocket guides, and directly reached over 2,500 practitioners through our regional workshops.

Keywords: Dyslipidemia, Clinical Guidelines, Knowledge Translation, Cardiology

Objectives

Since 2006, the CCS has developed and updated dyslipidemia guidelines to assist Canadian practitioners with clinical care. As important as it is to develop clinical guidelines, it is equally important to support adoption and integration of the recommendations into patient care. As such, the CCS developed a multimodal knowledge translation (KT) program to promote the use of the 2016 Dyslipidemia Guideline recommendations across the health care spectrum and integrate them into patient care. The program goals were:

- to educate health care providers on the 2016 CCS Dyslipidemia Guidelines through key opinion leader (KOL) led regional workshops;
- to promote the integration of the recommendations into clinical practice through the development and distribution of guideline resources tailored to health care provider needs;
- to engage health care providers in active dialogue to understand their needs, preferences and barriers to implementing the recommendations; and
- to evaluate and adapt the KT program activities to improve program effectiveness.

Scope

The KT program's target audience included the cardiologists, other physician specialists, family physicians and allied health professionals that identify, treat and manage patients that are at risk of cardiovascular events due to elevated cholesterol levels.

With over 2,000 members and 12 affiliated societies; the CCS is well positioned to reach a broad audience of health care providers. The CCS and its members are committed to keeping up to date on latest evidence and developments in best practice and it is CCS' mission to be a leader in developing and advocating for best practices for cardiovascular care. This KT program is designed to utilize CCS membership and CV community expertise to influence best practice in dyslipidemia management in Canada and ultimately improve patient outcomes.

Methods

The CCS KT program model strategically combines the evidence-based guidelines with interactive accredited CME and practical resources. This Dyslipidemia KT Program included a variety of interventions to meet the various learning preferences of the target audience:

- Development and delivery of 6 accredited CME workshops;
- Development and posting of 6 Key message videos on YouTube
- Development and distribution of Dyslipidemia Guideline pocket guides
- Update and promotion of iCCS Guideline app with built in calculators

- Development of a portfolio diet poster resource
- Development of an educational slide deck to facilitate self-learning, CME development and informal education

Our workshops are accredited section 1 by the Royal College. They are objective and balanced, address stated learning objectives, and have at least 25% of time devoted to interactivity. Our key opinion leaders (KOLs) are regularly sought out by their colleagues for opinions or advice; they are experienced at speaking at regional or national conferences and they consider themselves early adopters of new treatments. We match the KOL's experience and interest to the activity and, for CME, we select local KOLs that are representative of the target audience.

Our pocket guides, iCCS app, educational slide decks and decision calculators. All our guideline resources are offered free of charge and over the years, we have developed an extensive following. Our resources are requested by and shipped to thousands of health care providers and students through networks, clinics, medical institutions and medical meetings in Canada.

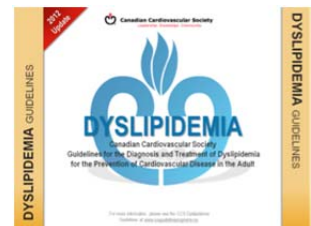
Results

Workshops

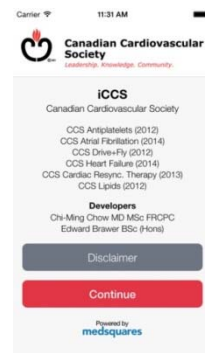
The 2016 Dyslipidemia Guideline recommendations were presented through interactive workshops at the Canadian Cardiovascular Congress, CFPC's Family Medicine Forum, ACC Rockies, and the 2016 CCCN Annual Conference. Through these case based workshops, we directly engaged with over 2500 practitioners in active learning and dialogue.

Guideline Resources

We developed the 2016 Dyslipidemia Guideline pocket guide, update the iCCS Guideline App, and developed an educational slide deck and a portfolio diet poster. Our printed pocket guides continue to be one of our most popular guideline resources. CCS distributed over 30,000 Dyslipidemia pocket guides in French or English, well exceeding our goal of 20,000. In addition to the printed versions, we offer online versions of the pocket guides on our website and in our iCCS guideline app.



Our iCCS guideline app includes our 6 most popular guidelines (HF, AF, CRT, APT, Dyslipidemia and Drive/Fly) and continues to be popular with health care providers, including cardiologists, trainees and family practice. The iCCS guideline app is available in both android and iOS platforms and currently has over 7,000 users. In 2016, the iCCS app was updated to include the 2016 Dyslipidemia recommendations, decision algorithms, calculators and related clinical trial information.



Using content and feedback from our workshops, we developed an educational slide deck to facilitate group education on the 2016 Dyslipidemia Guideline. Our educational slide decks are very popular with educators, institutions and clinics for their internal medical education or training

needs (i.e. grand rounds, medical college/classroom education, etc.). The slide decks are offered free of charge through our website.

CCS Guidelines TV - YouTube Videos

We developed six (6) dyslipidemia videos that highlight key messages from the 2016 guideline updates. These concise videos are available on our CCS Guidelines TV YouTube channel and are becoming popular with busy practitioners. We promoted the videos at regional conferences with handouts and with ads in journals and we have already exceeded our initial goal of 1,000 views. The most popular video on Statin Treatment has been viewed over 2,500 times! We recently added French subtitles on all the videos making them accessible to a larger audience.

Raising awareness

We understand the importance of disseminating guidelines to specialist and the primary care community. As such, we raised awareness and distributing our resources at both specialist and primary care meetings. We directly reach over 7500 practitioners each year through our booths at primary care meetings and by advertising our guideline resources in family practice journals. Additionally, we want to ensure that our workshops and webinars are tailored to specific target audience needs. This is an important aspect of the program and we have already had an impact through many activities:

- Distributed CCS guideline materials at the CCS both at the Canadian Cardiovascular Congress
- Attended the Pri-Med Meeting in Mississauga each May and disseminated over 3,000 pocket guides.
- Attended the Annual Scientific Assembly in Toronto each November and distributed over 1,000 pocket guides.
- Attended the Family Medicine Forum each November and distributed over 3,000 pocket guides and other resources and answered questions about our Guidelines.

CCS Website

Our CCS website (www.ccs.ca) continues to be the place to go for CCS guideline news, tools and resources. We updated the website to include an improved presence for the 2016 Dyslipidemia Guideline and all related tools and resources.

Program Evaluation

We seek feedback and needs from our guideline users and incorporate those needs into workshop content and consider it as we update and redesign our knowledge translation program each year. Our users are requesting comprehensive versions of our guidelines in an easily searchable online format.

To address this need, CCS has created a new e-Guidelines website that allows users to quickly browse, search and filter CCS's most sought after guidelines. Its clean visual interface puts recommendations, tables and decision algorithms directly in the hands of practitioners. The E-Guidelines website currently includes the recently published 2017 Comprehensive Heart Failure Guideline and the complete list of

Atrial Fibrillation Guidelines. Antiplatelet Therapy and Dyslipidemia guidelines will be added in summer 2018. We invite you to visit www.ccs.ca/eGuidelines and let us know what you think.

List of Publications and Products

2016 Canadian Cardiovascular Society Guidelines for the Management of Dyslipidemia for the Prevention of Cardiovascular Disease in the Adult, Anderson, Todd J. et al., Canadian Journal of Cardiology , Volume 32 , Issue 11 , 1263 – 1282

iCCS Guideline App: <https://itunes.apple.com/ca/app/iccs/id932264994?ls=1&mt=8>

Dyslipidemia Pocket Guide: <http://www.ccs.ca/index.php/en/resources/pocket-guides>

Dyslipidemia Educational Slide Deck: <http://www.ccs.ca/index.php/en/resources/educational-slide-decks>

Portfolio Diet Poster: http://www.ccs.ca/images/Images_2017/Portfolio_Diet_Scroll_eng.pdf