

# The Curriculum Topic Guides

## Supplementary guides to the core curriculum

### *Cardiovascular Health*

#### About this Topic Guide

This Topic Guide explores part of the RCGP curriculum, *Being a General Practitioner*. It will help you understand important issues relating to cardiovascular health by illustrating the key learning points with a case scenario and questions. It also contains tips and advice for learning, assessment and continuing professional development, including guidance on the knowledge relevant to this area of general practice.

Each Topic Guide is intended to illustrate important aspects of everyday general practice, rather than provide a comprehensive overview of each clinical topic. It should therefore be considered in conjunction with other Topic Guides and educational resources.

#### The role of the GP in cardiovascular health

As a GP, your role is to:

- Manage the risk factors for cardiovascular disease as an essential part of health promotion activity in primary care. You should be able to describe the key research findings that influence management of cardiovascular risk and disease. A large part of our work in primary care involves working with patients to engage them in making healthy life style choices, and limiting unhealthy behaviours
- Communicate the risk of cardiovascular disease clearly and effectively in a non-biased manner, and use disease registers and data-recording templates effectively for opportunistic and planned monitoring
- Manage cardiovascular emergencies in primary care
- Accurately diagnose and manage symptoms that may potentially be caused by cardiovascular conditions
- Monitor and manage the care of patients with long-term cardiovascular conditions such as hypertension, chronic heart failure or atrial fibrillation
- Be aware of the impact that cardiovascular disease may have on disability and fitness to work, as well as the legal obligations relating to driving. You should also be able to recognise the cultural significance attached to heart disease
- Be aware of the potential psychological and social impact of cardiovascular conditions
- Advise on cardiovascular screening, such as the UK Aortic Aneurysm screening programme.

#### Emerging issues in cardiovascular health

Cardiovascular disease (CVD) causes more than a quarter of all deaths in the UK; coronary heart disease (CHD) is the UK's single biggest killer, and around 40,000 people die each year in the UK from stroke. There are also considerable variations in mortality throughout the UK: early deaths from CVD (before the age of 75) are most common in the north of England, central Scotland and the south of Wales, and lowest in the south of England. A very significant number of people are living with cardiovascular disease in the UK, affecting equal numbers of men and women. As the population



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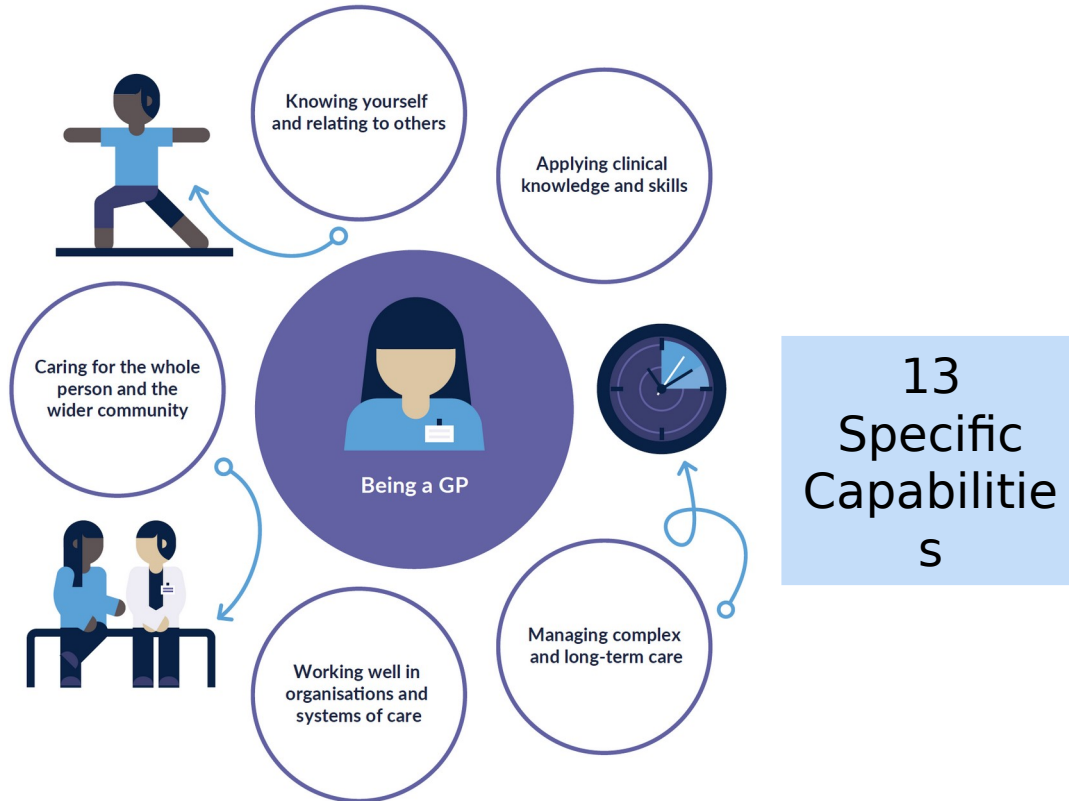
## A brief overview

Each topic guide is intended to illustrate important aspects of everyday general practice.

*However, it is **not** intended that this represents an entire or exclusive list of all the topics relevant to being a GP*



# Being a GP

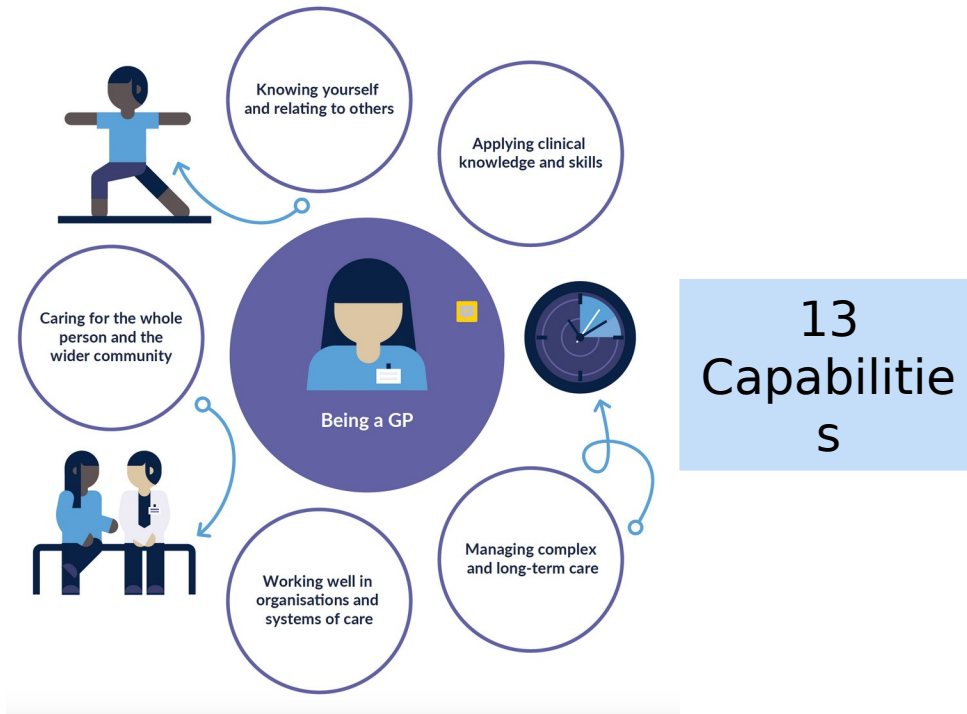


As described in the previous presentation, the core curriculum structure, is based on **5 areas of capability** which include within them **13 specific capabilities**, supported by defined **learning outcomes** linking training, licensing and professional development.

'Being a GP' is also supported by a series of additional '**Curriculum Topic Guides**' that explore specific areas in much greater detail.

# Being a GP

## Areas of Capability



+

## Curriculum Topic Guides

The topic guides are grouped into 3 categories:

Professional Topic Guides

Life stages Topic Guides

Clinical Topic Guides

Cardiovascular Health

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The role of the GP in cardiovascular health

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- Identify and manage cardiovascular disease. Identify and effectively in a non-biased manner, and use disease registers and data-recording templates effectively for opportunistic diagnosis and management of cardiovascular disease
- Manage cardiovascular emergencies in primary care
- Diagnose and manage symptoms and signs of the multiple causes of cardiovascular conditions
- Monitor and manage patients with long-term cardiovascular conditions such as hypertension, chronic heart failure or atrial fibrillation
- Be aware of the impact that cardiovascular disease may have on disability and fitness to work, as well as the legal obligations relating to driving. You should also be able to recognise the cultural significance attached to heart disease
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Cardiovascular disease

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- Consulting in General Practice
- Equality, Diversity and Inclusion
- Evidence Based Practice, Research and Sharing Knowledge
- Improving Quality, Safety and Prescribing
- Leadership and Management
- Urgent and Unscheduled Care

# Curriculum Topic Guides

## Professional Topic Guides (6)

- Children and Young People Allergy and Immunology
- People with Long-Term Conditions including Cancer Cardiovascular Health
- Maternity and Reproductive Health Dermatology

## Clinical Topic Guides (20)

- Older Adults Geriatrics and Breast
- People at the End-of-Life Haematology
- Infectious Disease and Travel Health
- Kidney and Urology
- Mental Health
- Sexual Health
- Smoking, Alcohol and Substance Misuse

# What's new and what's changed?

There are several completely new topic guides. Most other topic guides have been re-named and re-configured.

## Professional Topic Guides

|                                   |     |
|-----------------------------------|-----|
| Equality, Diversity and Inclusion | New |
|-----------------------------------|-----|

## Life stages Topic Guides

|   |     |
|---|-----|
| People with Long-Term Conditions including Cancer | New |
|---|-----|

## Clinical Topic Guides

|  |  |
|--|--|
| Allergy and Immunology   | New  |
| Genomic Medicine   | 3.02 Genetics in Primary Care                                |
| Gynaecology and Breast   | New - Parts of 3.06 Women's Health                           |
| Haematology  | New  |
| Infectious Disease and Travel Health                             | New  |
| Kidney and Urology   | New - 3.07 Men's Health (part of)                            |
| Neurodevelopmental Disorders, Intellectual and Social Disability | 3.11 Care of People with Intellectual Disability             |
| Population Health  | 3.01 Healthy People: promoting health and preventing disease |
| Smoking, Alcohol and Substance Misuse                            | 3.14 Care of People who Misuse Drugs and Alcohol             |

# Topic Guide content

Each topic guide has a standardised structure within each category and includes the following:

Relevance to the role of a GP clinical practice

Emerging Issues

Essential Knowledge and Skills (the AKT Content guide)

Service and wider community-orientated issues

Case Discussion and Reflective questions

How to learn this topic

How this area of practice may be tested in the MRCGP

## Cardiovascular Health

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## Equality, Diversity and Inclusion

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This Topic Guide explores part of the RCGP curriculum, *Being a General Practitioner*. It will help you understand important issues relating to equality, diversity and inclusion by describing the key learning points. It also contains tips and advice for learning, assessment and continuing professional development, including guidance on the knowledge relevant to this area of general practice.

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### Summary

- Supporting equality, diversity and inclusion involves recognising, respecting and valuing differences to create a cohesive community and working culture, for the benefit of organisations and individuals
- The Equality Act (2010) legally protects people from discrimination and aims to reduce socio-economic inequality, prohibit victimisation, eliminate discrimination and to increase equality of opportunity
- It is unlawful to discriminate against someone because of age, disability, gender reassignment, marital or civil partnership status, pregnancy and maternity, race, religion or belief, sex or sexual orientation
- We must be aware of our own judgements and reflect on how our practice could encourage or inadvertently discourage equality and diversity
- It is important to be able to raise issues and challenge colleagues should any behaviour lead to discrimination.

### Emerging issues

The National Health Service (NHS) is designed to improve, prevent, diagnose and treat both physical and mental health problems for every individual it serves with equal regard. This is irrespective of gender, race, disability, age, sexual orientation, religion, belief, gender reassignment, pregnancy and maternity or marital or civil partnership status. The NHS also has a wider social duty to promote equality through the services it provides, especially to groups or sections of society where health and life expectancy could be improved.<sup>1</sup>

The Equality Act (2010) legally protects people in the UK from discrimination in the workplace and in wider society. It aims to reduce socio-economic inequality, prohibit victimisation, eliminate discrimination and to increase equality of opportunity<sup>2</sup>. Diversity involves recognising, respecting and

<sup>1</sup> The NHS Constitution 17 July 2015 p8

<sup>2</sup> Equality Act 2010, s1 [http://www.legislation.gov.uk/ukpga/2010/15/pdfs/ukpga\\_20100015\\_en.pdf](http://www.legislation.gov.uk/ukpga/2010/15/pdfs/ukpga_20100015_en.pdf)

# Thank you

Any questions?

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