

What's the squeeze in CVD? Cardiovascular Care in General Practice

Would you like to review or enhance your knowledge in cardiovascular care?

The Cornwall Primary Care Training Hub are repeating their hugely successful cardiovascular pathway, with acknowledgement to the SW Peninsula Integrated Cardiac Clinical Network for their specialist contribution.

The pathway is aimed at health care professionals who care for patients with cardiovascular conditions in General Practice and will be of particular interest to those who have an active role in reviewing and managing patients on an annual basis.

This programme supports the NHS 10-year cardiovascular disease ambitions plan, in preventing cardiovascular disease by early detection of Atrial Fibrillation, Hypertension and Hyperlipidaemia (ABC).

There will be **six half day virtual sessions** going right back to basics covering anatomy and physiology through to pharmacology, primary and secondary prevention and management pathways. Each session will focus on a particular condition. **These half day sessions can be accessed as stand-alone modules. However, we would encourage you to follow the sessions through for full benefit.**

To complement the programme, there is an optional handbook developed with local and national competencies to consolidate learning.

To book the full programme or individual sessions, please [BOOK HERE](#). Should you have any questions, please email kernowhealthcic.workforce@nhs.net

This programme is provided free of charge to members of the Primary Care Education Programme. For non-members, a charge applies - details of which can be found on our course pages.

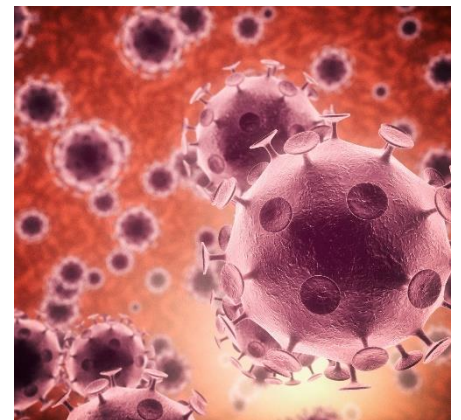
Session 1: Anatomy and Physiology (12th February 2026 - Virtual)

This session provides the opportunity to go back to basics with revision of the anatomy and physiology of the cardiovascular system...

- How does the heart work?
- What are we actually measuring when we record a blood pressure?
- What does the sympathetic nervous system have to do with it all?

This session is highly recommended as foundation revision before undertaking subsequent sessions. The session will knit together the theory and the practical experiences you've had and we guarantee there will be some 'light bulb' moments along the way!

Delivered by Dr Colin Roberts, a GP and Associate Professor in Advanced Practice at Plymouth University.



Session 2: Hypertension: Improved Detection, Diagnosis and Proactive Treatment (10th March 2026 - Virtual)

This course is for Practice Nurses and Non-Medical Prescribers in Primary Care. It is aimed at experienced professionals who are looking for more in depth understanding of hypertension and its management. It is designed to promote proactive detection, diagnosis, and management of hypertension to target.

This session is delivered by Judith Magowan who is a nurse educator, NMP and the long-term condition lead at Okehampton Medical Centre where she set up a nurse-led hypertension clinic. Judith was a committee member of the NICE 2019 Hypertension Guidelines and is a current member of the NHS England working party on Hypertension.

Session 3: Atrial Fibrillation (21st April 2026 - Virtual)

This session will focus on the detection, diagnosis, and treatment of Atrial Fibrillation in Primary Care. A current 'hot topic', Atrial Fibrillation forms part of the ABC trio in the NHS 10-year CVD ambitions plan, along with blood pressure and cholesterol.

In this session, you will review the pathophysiology of Atrial Fibrillation, understand the importance of performing a manual pulse at every opportunity and take the next steps when abnormality is detected. You will be able to identify signs and symptoms of the condition, understand the diagnosis process and recognise the immediate and long-term risks of uncontrolled AF. You will then look at the medications and the non-pharmacological treatments available.

This session will be run by Dr Rosie Heath. Rosie comes with a wealth of experience as a GPWSI in Cardiology and National speaker on AF and Heart Failure.

Session 4: Prevention, Cause and Management of Stroke and TIA (19th May 2026 - Virtual)

This session is designed for healthcare professionals involved in Stroke and TIA management in primary care to feel more confident in the detection, treatment and long-term planning of care. This interactive session will allow plenty of discussion.

By the end of the session, the learner will be able to:

- Explain the cause and types of strokes and areas affected.
- Understand the link between atrial fibrillation and stroke risk.
- Distinguish between stroke, TIA and differential diagnosis.
- Understand and explain the need for and potential complications of tests and investigations.
- Be able to identify how to and when to refer to specialist services.
- Understand and explain primary and secondary prevention including pharmacological and non-pharmacological interventions.
- Identify and implement plans to reduce risk factors.
- Able to develop and implement ongoing and changeable care plans.



Session 5: Acute Coronary Syndromes: What Are They, Where Are They and What to Do About Them (16th June 2026 - Virtual)

This session will delve into the causes and current treatments for Acute Coronary Syndromes, using national and international guidelines to deliver best practice for our cardiac patients in primary care.

At the end of this session the participant should be able to:

- Review the pathophysiology of Acute Coronary Syndromes (ACS).
- Identify risk factors for ACS and understand the need for early detection and treatment.
- Understand lipids and the current Lipid Pathways.
- Recognise signs and symptoms of ACS.
- Recognise the acute changes on ECG for Angina, NSTEMI and STEMI.
- Describe the different management pathways for ACS, NSTEMI and STEMI and explain the difference between PCI and CABG.
- Recognise complications that can be caused by Myocardial Infarction.
- Understand the role of secondary prevention including cardiac rehabilitation both in the short term and long-term placing the patient at the centre of care.

Session 6: Heart Failure: What's the Latest Squeeze? (9th July 2026 - Virtual)

This session aims to look at on the causes and current treatments for Heart Failure, using national and international guidelines to deliver best practice for our cardiac patients in primary care. It's aimed at anyone caring for patients with heart failure and especially if your role involves monitoring medications, blood results and keeping the patient well!

At the end of this session the participant should be able to:

- Review the pathophysiology of heart failure.
- Identify the aetiologies and key signs and symptoms of heart failure
- Understand the diagnostic tools required for accurate Heart failure diagnosis.
- Distinguish between HFrEF, HFmrEF and HFpEF.
- Be aware of national and international current guidance for management.
- Manage fluid overload.
- Review pharmacological and device therapies in heart failure.
- Consider palliative and end of life care.

Delivered by Dr Colin Roberts, a GP and Associate Professor in Advanced Practice at Plymouth University,

Optional Handbook for Independent Learning

There is an optional handbook available with competencies either written by the session educators or, in the case of Heart Failure, a competency book written and ratified by The British Society of Heart Failure. The handbook can be used to enhance and consolidate your learning in practice independently, or for use with a competent mentor in your own area. You will also find useful links for information relevant for your practice.

To book the full programme or individual sessions, please [BOOK HERE](#). Should you have any questions, please email kernowhealthcic.workforce@nhs.net