The Ohio State University Wexner Medical Center, Division of Cardiovascular Medicine
Preventive Cardiology
Fellows Training Guidelines and Clinical Responsibilities

General Information

Duration of rotation: 1 month
Location to report: Prevention/Lipid Clinic, Cardiovascular Genetics Clinic, Cardiac Rehabilitation, Apheresis Center

Available resources:
1. ASPC Manual of Preventive Cardiology
2. Preventive Cardiology: A Companion to Braunwald’s Heart Disease
3. 2016 ACC Expert Consensus Decision Pathway on the Role of Non-Statin Therapy for LDL-lowering in the Management of Atherosclerotic Cardiovascular Disease Risk
5. 2013 ACC/AHA Guideline on the Treatment of Blood Cholesterol to Reduce Atherosclerotic Cardiovascular Risk in Adults
6. 2014 Evidence-Based Guideline for the Management of High Blood Pressure in Adults
7. 2015-2020 Dietary Guidelines for Americans, 8th edition

Teaching Methods:
1. Clinical teaching
2. Faculty mentorship
3. Monthly journal club
4. Fellow-directed supplemental reading

Overall Curriculum Goals During Fellowship Rotation:
To provide fellows with a core curriculum in the prevention of cardiovascular disease. Fellows will gain knowledge of the management of complex dyslipidemias, metabolic syndrome, premature and familial coronary artery disease, exercise and nutritional counseling, drug tolerance and pharmacologic interactions, cardiac rehabilitation, smoking cessation and familial hypercholesterolemia. The primary goal of this rotation is to provide cardiology fellows with the knowledge, skills and strategies for primary and secondary prevention of cardiovascular disease using a team approach.
Prevention includes the following subject areas:
Atherosclerosis/Subclinical and Overt
Blood pressure- primary and secondary causes
Cholesterol disorders
Cardiac rehabilitation
Cardiac CT with and without contrast
Carotid Artery Disease/carotid IMT
Cigarette smoking
Diabetes/metabolic syndrome
Diet/nutrition
Dyslipidemia
Endothelial function/dysfunction
Family history of premature CVD
Genetics of Atherosclerosis/Sudden Cardiac Death
Risk stratification

We will focus on comprehensive risk factor modification from a medical and lifestyle point of view. The following are areas we will like to cover during the rotation:

2. Optimal treatment of hypertension – JNC VIII guidelines and clinical trials review
3. Risks and benefits of hormone therapy (HRT)- Review data from clinical trials as well epidemiological and mechanistic data involving HRT and CVD risk.
4. Cost-effectiveness diagnostic screening strategies for CVD.
5. Interventions for smoking cessation.
6. Role of psychological factors in the development of atherosclerotic vascular disease and how to manage them.
7. Cost-effectiveness of medical and lifestyle preventive strategies
8. Development of exercise prescriptions and management of a cardiac rehabilitation program.
10. Management of obesity (pharmacologic treatment and lifestyle modification).
11. Evidence-based approach to diet and exercise.
12. Calculation of ASCVD risk based on risk calculators.

Objectives of the Rotation
1. To obtain a thorough understanding of the guidelines for lipid management and blood pressure control (JNC VIII, ACC/AHA policy statements, NLA recommendations).
2. Understand the role of traditional and novel risk factor assessment in cost-effective preventive care.
3. Learn how to accurately assess a person’s risk for developing cardiovascular disease using the available risk prediction models.

4. Review the latest recommendations for behavior and lifestyle modification (diet, exercise, weight loss, and smoking cessation) in reducing the risk of CVD.

5. Review the optimal medical management strategies to decrease the risk of future ASCVD events.

6. Understand how to interpret the results of atherosclerosis imaging and how to apply the results to improve CVD risk assessment.

7. Understand how to diagnose and manage familial hypercholesterolemia, including the application and management of PCSK9 inhibitors and LDL apheresis.

**Clinical Responsibilities**
To attend the following clinical sessions:

**Proposed Schedule***

<table>
<thead>
<tr>
<th></th>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>AM</strong></td>
<td>Prevention and Lipid Clinic (Dr. Sharma and PharmD-Upper Arlington) <strong>OR</strong> Inherited Arrhythmia Clinic, held every 6 weeks (Dr. Weiss and Amy Sturm-Ross ACC)</td>
<td>Prevention and Lipid Clinic (Dr. Evanchan and PharmD-Upper Arlington) <strong>OR</strong> Inherited cardiomyopathy clinic (Dr. Hershberger and Amy Sturm-Ross ACC)</td>
<td>Prevention and Lipid Clinic (Dr. Sharma and PharmD-Gahanna)</td>
<td>Prevention and Lipid Clinic (PharmD – Ross ACC) <strong>OR</strong> Cardiac rehabilitation intake (Upper Arlington)</td>
<td>Prevention and Lipid Clinic (Dr. Fraker or PharmD-Carepoint Gahanna) <strong>OR</strong> Cardiac rehabilitation Gahanna</td>
</tr>
<tr>
<td><strong>PM</strong></td>
<td>Prevention and Lipid clinic (PharmD Upper-Arlington) <strong>OR</strong> Smoking cessation clinic (PharmD-Ross ACC)</td>
<td>Prevention and Lipid clinic (Dr. Larry-UH East)</td>
<td>Prevention and Lipid Clinic (PharmD-Gahanna)</td>
<td>Cardiac rehabilitation team meeting (Upper Arlington)</td>
<td></td>
</tr>
</tbody>
</table>
It is expected that the fellows will engage the apheresis staff to determine when LDL apheresis is performed to gain an understanding of its use and management. In addition, it is expected that the fellows participate and gain understanding of Prevention Clinical trials, by meeting with the Clinical Trial staff.

Didactic responsibilities:
Each rotating fellow will help lead a monthly Preventive Cardiology Journal Club. It is hoped that the fellow will write a draft of a commentary, review or original research article on Preventive Cardiology that will be eventually suitable for publication in a Cardiology or Medicine journal. All fellows should meet with Dr. Kavita Sharma at the start of the rotation to discuss the Journal Club and potential research topics and writing opportunities.

Evaluation:
Fellows will be assessed and evaluated by the faculty, based on the 6 core competencies and associated Milestones. Examples are listed below:

<table>
<thead>
<tr>
<th>Competencies</th>
<th>Milestones</th>
</tr>
</thead>
<tbody>
<tr>
<td>Patient Care</td>
<td>• Gathers and synthesizes essential and accurate information to define each patient’s clinical problem(s)</td>
</tr>
<tr>
<td></td>
<td>• Develops and achieves comprehensive management plan for each patient</td>
</tr>
<tr>
<td></td>
<td>• Requests and provides consultative care</td>
</tr>
<tr>
<td>Medical Knowledge</td>
<td>• Possesses clinical knowledge</td>
</tr>
<tr>
<td></td>
<td>• Knowledge of diagnostic testing and procedures</td>
</tr>
<tr>
<td>Systems-Based Practice</td>
<td>• Transitions patients effectively within and across health delivery systems</td>
</tr>
<tr>
<td>Practice-Based Learning and Improvement</td>
<td>• Learns and improves at the point of care</td>
</tr>
<tr>
<td>Professionalism</td>
<td>• Responds to each patient’s unique characteristics and needs</td>
</tr>
<tr>
<td>Interpersonal and Communication Skills</td>
<td>• Communicates effectively with patients and caregivers</td>
</tr>
<tr>
<td></td>
<td>• Appropriate utilization and completion of health records</td>
</tr>
</tbody>
</table>