



## Lipid Optimisation Event Series

The programme of events is aimed at people wanting to increase their knowledge around lipid optimisation and underpinning evidence base. They would be suitable for, but not limited to, secondary care practitioners with an interest in lipids, general practitioners, nurse practitioners, primary care network pharmacists, medicines optimisation pharmacists and community pharmacists.

The series has been put together by Hannah Beba, Senior Clinical Pharmacist for Diabetes and Endocrinology at County Durham and Darlington NHS Foundation Trust (CDDFT) and will systematically address some of the key topics in lipid optimisation today and equip people to overcome barriers and arm patients with the information they need to make informed decisions. Hannah has been involved in lipid clinics at CDDFT for a number of years and is passionate about educating people around this topic.

### 28 January 2021, 1-2pm: Lipid Therapy for Primary Prevention

#### **SPEAKERS:**

*Johnathan Smith* – Clinical Chair, County Durham CCG

*Hannah Beba* – Senior Pharmacist Diabetes and Endocrinology

This session will focus on primary prevention in adults to reduce the risk of ASCVD (acute coronary syndromes, myocardial infarction, stable or unstable angina, arterial revascularization, stroke/transient ischemic attack, peripheral arterial disease). The session will talk about shared decision making with patient and multidisciplinary team-based approaches to the implementation of recommended preventive strategies. Strategies will be discussed in the context of routine care and in the context of those who may have specific barriers to care e.g. health literacy, financial distress, cultural influences, education and other socioeconomic risk factors for poor cardiovascular health.

The aims of the session are: to learn about the risk stratification for ASCVD; to review physical activity recommendations and think how we get engagement from people; to look at nutritional advice we can give people who have risk of ASCVD and resources we might use to guide people; review and critique lipid optimisation guidance for primary prevention; to discuss the common barriers to primary prevention for ASCVD and how these may be overcome.

#### Upcoming events

<b>February</b>	Statins and Statin Intolerance <i>Hannah Beba</i> – Senior Pharmacist Diabetes and Endocrinology
<b>March</b>	Lesser-Known Lipid Therapies
<b>April</b>	Secondary Prevention – Stroke Secondary Prevention – Post MI Secondary Prevention - PVD
<b>May</b>	Genetic Lipid Disorders including familial hypercholesterolemia
<b>June</b>	Lipid Biochemistry and interpretation
<b>July</b>	Dietary Advice from a Dietician
<b>August</b>	Virtual Consultations for Lipid Optimisation
<b>September</b>	Lipid Optimisation Resources

Each session will be approximately 60 minutes.

Sessions will be delivered via the Virtual Medical Educators Facebook page.

Please follow this page and in advance of the session and a Zoom link will be provided via the page.

If you are on Twitter, please follow and tag [@LifeLipid](#) in any tweets about the events.

Recordings of all sessions will be available on the Virtual Medical Educators website:

<https://www.virtualmedicaleducators.org/>