

June 2016 NIPC Alliance e-Bulletin

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NEW CVD PREVENTION GUIDELINES LAUNCHED!

“The Major New Messages” by Irene Gibson, Croí Director of Programmes

The latest European Guidelines on cardiovascular disease prevention in clinical practice were recently launched at the EuroPrevent conference in June 2016. Compared with previous guidelines, there is a greater emphasis on female specific conditions, younger individuals, ethnic minorities, genetic markers, disease and population specific interventions and other clinical conditions affecting CVD risk.

The guidelines are structured around 4 key questions: What is prevention? Who will benefit from prevention? How to intervene? Where to intervene? The following is a short summary of the major new messages from the recent guidelines.

Who will benefit from prevention?

- For the first time significant attention is given to **population level approaches** to prevention, acknowledging Geoffrey’s Rose paradigm that small shifts in the risk of disease across a whole population can lead to greater reductions in disease than a large shift in high risk individuals only. In keeping with the practical nature of these guidelines, evidence-based suggestions are offered for interventions across diet, physical activity, smoking and alcohol.
- **Women** with a history of pre-eclampsia or pregnancy-induced hypertension, polycystic ovary syndrome or gestational diabetes mellitus are highlighted as being at a higher risk of CVD in later life and thus should be periodically screened for hypertension and diabetes.
- In **ethnic minority groups**, the current risk estimation charts do not provide adequate estimation of CVD risk and it is recommended that the SCORE risk estimation tool needs to be validated among this population. In assessing CVD risk among first-generation immigrants correction factors have been developed based on mortality and prospective data. For example in patients from Southern Asia: multiple the SCORE risk by 1.4.
- There are recommendations **for specific conditions** that place individuals at increased risk for CVD, e.g. rheumatoid arthritis, erectile dysfunction, cancer and obstructive sleep apnoea.
- It is now recommended that **individuals < 50 years of age** with a positive family history of premature CVD should be screened for Familial Hypercholesterolemia (FH).

- There is a stronger emphasis on using the relative risk/risk age charts in **younger people** as all standard risk charts show younger people as low CVD risk regardless of underlying risk factors. However some younger people are at high relative risk in comparison with individuals of a similar age and may have a high lifetime risk.

How to intervene?

- New **disease specific interventions** are outlined in a separate [web based addenda](#) to the guidelines, where recommendations are made across the following conditions: Atrial Fibrillation, Chronic Heart Failure, Coronary Artery Disease and Cerebrovascular Disease.
- There are now three **LDL targets** matched to level of risk and while there was much debate about whether primary care physicians may prefer a single LDL goal, there was strong scientific evidence to support using three targets:

Population	LDL-C Target <i>Primary Target</i>	Non-HDL-C <i>Practical alternative target because it does not require fasting</i>
In patients at very high CV risk	<1.8 mmol/L <i>or a reduction of 50% if baseline is between 1.8 and 3.5 mmol/L</i>	<2.6 mmol/L
In patients at high CV risk	<2.6 mmol/L <i>or a reduction of 50% if baseline is between 2.6 and 5.1 mmol/L</i>	<3.3 mmol/L
In patients at low CVD risk and general population	<3.0 mmol/L	<3.8 mmol/L

Where to intervene?

- The guidelines strongly endorse monitoring of the process of delivery of CVD prevention and recommend standards of performance with built in outcome measures.
- There is some promising evidence around alternative rehabilitation models such as home-based rehabilitation programmes and telerehabilitation.

The full text version of the guidelines is available to download [here](#) with the pocket guidelines being available from September 2016.

*To learn first-hand about the new European Prevention Guidelines, hear from guideline co-author **Professor Ian Graham** at the **National Prevention Conference on Saturday November 5th.***



NIPC NATIONAL PREVENTION CONFERENCE - 5TH NOVEMBER 2016

“Prevention Matters – Rising to the Challenges”

MORE SPEAKERS & DEADLINE FOR ABSTRACTS ANNOUNCED!

Joining.....

Professor Rod Jackson – The Cult of Food

Professor Gregory Lip – Driving Forward Better Stroke Prevention

Professor Ian Graham – What’s New in the New CVD Prevention, Lipid & Heart Failure Guidelines 2016?

Dr Susan Connolly – Ground-breaking Therapeutics in CVD Prevention

Dr Stephanie O’Keeffe – Current and Future Perspectives for Prevention in Ireland

Plus

RTE’s Political Correspondent **Katie Hannon** in an expert panel discussion with national and international leaders in epidemiology, prevention, acute care, primary care and health promotion.

We are delighted to also be joined by.....



Professor Sally Singh:

She will be sharing trial data from their “Activate your Heart Web-Based Cardiac Rehabilitation” programme that has been established and widely adopted in the UK. She is Head of Cardiac and Pulmonary Rehabilitation at the University Hospitals of Leicester. She has vast expertise in leading research and service delivery teams. Her innovations also include reconfiguring services – integrating heart failure and pulmonary rehabilitation for example.

Call for Abstracts – Now Open!!

Abstracts are invited for submission no later than **Friday 30th September 2016** for oral and poster presentation. We welcome all abstracts giving details of clinical practice, projects, and research within cardiovascular prevention and rehabilitation. Submissions showcasing examples of **“Prevention Matters”** within the field will be particularly welcome.

An event not to be missed!!

Registration is now open on our [Conferences page](#)

APPLICATIONS CLOSING NEXT WEEK!

Applications for the **Postgraduate Certificate in Health Promotion – Approaches to Cardiovascular Health & Diabetes Prevention** will be closing on **Friday, 8th July.**

This course is the only one of its kind in the Republic of Ireland. The programme is taught over one year through distance-learning accompanied by a monthly workshop. Awarded by NUI Galway and delivered in partnership with NIPC, the Irish Heart Foundation and Diabetes Ireland. For more information and to read testimonials from previous graduates please click [here](#)

Global Heart Health Highlights from WCC 2016



As the official congress of the World Heart Federation, the World Congress of Cardiology and Cardiovascular Health is held every 2 years and is an international stage for the latest developments in science and public policy in the field of cardiovascular health. This time, Congress took place in Mexico City from 4th to 7th June and brought together thousands of heart health professionals from around the world, representing an important forum for discussing all aspects of prevention and treatment of cardiovascular disease.

This year saw the signing of an historic circulatory health declaration at WCC 2016, in recognition that unless health professionals, governments, businesses and the public find a common voice that paves the way for much-needed action now, the number of premature deaths as a result of cardiovascular diseases will keep increasing. You can read the press release [here](#)

You can also view film clips and interviews with presenters and attendees from WCC 2016 in these clips from WCC TV here:

- [What are the biggest challenges facing cardiology?](#)
- [Integrated heart health around the world: CVD prevention and rehabilitation](#)
- [What are some of the most exciting development and breakthroughs in cardiology?](#)
- [WHF's CVD Roadmaps and the work that needs to be done in cardiovascular disease prevention](#)

HOT OFF THE PRESS!

Migraine increases risk of heart disease

A recent study demonstrates that migraine - as well being a risk factor for stroke - might also be a risk factor for cardiovascular disease and mortality, especially for women. Read [more](#)

Midlife fitness is linked to lower stroke risks later in life

The more fit you are in your midlife, the less likely you are to have a stroke after age 65, according to new research in the American Heart Association's journal *Stroke*. Read [more](#)

Air pollution is now a leading stroke risk factor

A new study implicates air pollution as a leading risk factor for stroke worldwide. The study, which is published in *The Lancet Neurology*, finds that air pollution is associated with about a third of the global stroke burden - this includes environmental and household air pollution, researchers say. Read [more](#)

15 minutes daily exercise may be reasonable target in older adults

Fifteen minutes of daily exercise is associated with a 22% lower risk of death and may be a reasonable target for older adults, reveals research presented at EuroPREvent 2016. Read [more](#)

Eating more whole grains may lower risk of death

Eating at least three servings of whole grains every day could lower your risk of death, according to new research in the American Heart Association journal *Circulation*. Read [more](#)

Irish Heart Foundation call for restriction of digital junk food marketing to children

A new report from the Irish Heart Foundation called “*Who’s Feeding the Kids Online*” highlights how junk food companies are increasingly using subtle tactics and emotional persuasion to digitally market unhealthy food to young people. Read [more](#)

NIPC TRAINING AND EDUCATION EVENTS

<p>15th & 16th September 2016 Motivational Interviewing (Level 2)</p> <p>Tooling practitioners to strengthen and extend their skills in the application of Motivational Interviewing to successfully manage more complex behaviour change. It is designed for those who already have an introductory knowledge and understanding of MI technical and relational skills. The workshops are designed specifically to develop more advanced technical skills in eliciting behaviour change.</p>	<p>21st to 24th September 2016, Glenlo Abbey Hotel Diabetes Care – Counselling & Empowerment Skills</p> <p>A Knuston Ireland Project in collaboration with NIPC, bringing the diabetes counselling courses at Knuston Hall UK to Ireland.</p> <p style="text-align: center;"><u>This event is fully booked</u></p>
<p>24th September 2016 Demystifying the ECG: 1-day Interactive ECG Workshop</p> <p>This one-day workshop addresses the needs of primary care nurses and doctors, hospital based nurses (private and public) paramedics and other allied healthcare professionals who encounter ECG monitoring and traces. It aims to be as interactive as possible with participants encouraged to bring along ECGs for discussion. The course assumes no knowledge of ECG and is an excellent foundation course in ECG and rhythm recognition.</p>	<p>10th & 11th November 2016 Motivational Interviewing (Level 3)</p> <p>Equipping practitioners to optimise their skills in the strategic use of technical aspects of Motivational Interviewing. This course is designed for practitioners who already have an understanding and applied experience of MI technical and relational skills. The workshops are designed specifically to develop more advanced technical skills in eliciting behaviour change.</p>



The NIPC was established by Croí and is an affiliate of NUI Galway
To contact NIPC: Tel: +353 (0)91893299 Email: info@nipc.ie Website: www.nipc.ie