

OVERVIEW OF ATHEROTHROMBOSIS SKILLS COURSE

A/Prof Goh Lee Gan

INTRODUCTION

The paradigm shift about atherosclerosis is the new understanding that this is not an inexorable passive degenerative change but the result of active processes. The roles of inflammatory and immunological responses are increasingly being recognised. Atherosclerosis is a systemic disease that affects not only the coronary circulation, but also extracerebral, intracerebral and peripheral vessels. The early warning screening test now available is the Ankle – Brachial Index (ABI). This has emerged as one of the most useful markers of diffuse atherosclerosis, cardiovascular (CV) risk, and overall survival in various patient populations. The skill of learning the measurement of the arterial circulation using ABI is thus an important one.

Diet, exercise and weight control are cornerstones of primary prevention. Also, most patients with significant peripheral vascular disease are symptom-free and have the same increased risk of cardiovascular events and death as in patients with symptomatic disease. The message is clear. Individualised aggressive management of atherothrombosis is needed. Such a strategy will be elaborated by the speakers in the skills course.

COURSE CONTENT

The atherothrombosis skills course is made up of the following components. You can choose to participate in one or more parts of it. The CME points that will be awarded are also indicated.

- κ Distance learning course – 6 points (see below) – each unit earns 1 CME point
- κ Seminars – 2 seminars – each 2 CME points
- κ Workshop – 2 CME points
- κ Reading papers on atherothrombosis – 10 suggested papers – each 1 CME point up to 5 points maximum for the whole CME year.

Distance learning course

Unit 1 : Atherothrombosis – Key Concepts and Pathogenesis
(*Dr Mak Koon Hou*)

Unit 2 : Epidemiology of Atherothrombosis (*A/Prof Yeo Tiong Cheng, Dr Lim Su Chi*)

Unit 3 : Diagnosis & Evaluation of Atherothrombosis Patients
(*Dr Sivathasan Cumaraswamy*)

GOH LEE GAN, Senior Consultant Family Physician, Department of Community, Occupational and Family Medicine, National University of Singapore

Unit 4 : Clinical Sequelae of Atherothrombosis: Stroke (*Dr N V Ramani, Dr Chang Hui Meng*)

Unit 5 : Clinical Sequelae of Atherothrombosis: Acute Coronary Syndromes (*Dr Tan Huay Cheem*)

Unit 6 : Clinical Sequelae of Atherothrombosis: Peripheral Artery Disease (*Dr John Tan Choon Heng*).

Unit 1: Atherothrombosis – Key Concepts and Pathogenesis

- Current concept of atherothrombosis
- Inflammation and apoptosis
- Immune signals
- Clinical prediction and inflammation markers.

Unit 2: Epidemiology of Atherothrombosis

- Disease burden
- Risk factors and risk reduction
- Preventing atherothrombosis.

Unit 3: Diagnosis & Evaluation of Atherothrombosis Patients

- Detection of atherothrombotic disease in the community
- Diagnosis of PAD
- Ankle-brachial index
- Prognosis of PAD
- Diagnosis and evaluation of atherothrombosis.

Unit 4: Clinical Sequelae of Atherothrombosis: Stroke

- Stroke mechanisms
- Clinical syndromes
- Assessment of patients
- Investigation for a stroke
- Medical management
- Surgical management
- Secondary prevention
- Rehabilitation.

Unit 5: Clinical Sequelae of Atherothrombosis: Acute Coronary Syndromes

- Pathogenesis
- Diagnosis and clinical assessment
- Medical Management
- Interventional procedures
- Rehabilitation and secondary prevention.

Unit 6: Clinical Sequelae of Atherothrombosis: Peripheral Artery Disease

- Disease syndromes
- Clinical presentation
- Assessment of patients with PAD
- Management of PAD.

FACE-TO-FACE SESSIONS**Seminar 1: 10 April 2004**

2.00pm – 3.30pm (2 CME points)

Unit 1 : Atherothrombosis – Key Concepts and Pathogenesis
(*Dr Mak Koon Hou*)Unit 2 : Epidemiology of Atherothrombosis (*A/Prof Yeo Tiong Cheng*)Unit 3 : Diagnosis & Evaluation of Atherothrombosis Patients
(*Dr Sivathasan Cumaraswamy*)**Workshop 1: 10 April 2004**

4.00pm – 6.00pm (2 CME points)

Group A : Measurement of Ankle-Brachial Index.
Case study of patient with PADGroup B : Case study on Acute Coronary Artery Syndrome.
Case study on a TIA

Both groups to switch at half time.

Seminar 2: 11 April 2004

2.00pm – 3.30pm (2 CME points)

Unit 4 : Clinical Sequelae of Atherothrombosis: Stroke (*Dr N V Ramani*)Unit 5 : Clinical Sequelae of Atherothrombosis: Acute Coronary Syndromes (*Dr Tan Huay Cheem*)Unit 6 : Clinical Sequelae of Atherothrombosis: Peripheral Artery Disease (*Dr John Tan Choon Heng*)**Workshop 2: 11 April 2004 (REPEAT)**

4.00pm – 6.00pm (2 CME points)

Group A : Measurement of Ankle-Brachial Index.
Case study of patient with PADGroup B : Case study on Acute Coronary Artery Syndrome.
Case study on a TIA

Both groups to switch at half time.