PREVENTIVE CARDIOLOGY CURRICULUM

Overview

The primary goal of the Preventive Cardiology curriculum for the University of Wisconsin Cardiovascular Medicine Fellowship is to provide the knowledge and skills necessary to successfully initiate and maintain long-term preventive therapies in a general clinical cardiology practice. Additional educational, clinical, and research opportunities are available for fellows interested in a cardiology career with an emphasis in prevention.

All successful Preventive Cardiology programs use a multidisciplinary team approach including nurses, exercise physiologists, nutritionists, and clinical psychologists. Cardiologists must be familiar with the resources and skills of each team member in order to formulate and reinforce a successful Preventive Cardiology and cardiac rehabilitation program for individual patients.

The Preventive Cardiology curriculum is introduced early in the first year of a fellows training and the knowledge obtained during this curriculum is practiced and reinforced as part of the fellows weekly cardiology continuity clinic, during rotations on the inpatient cardiology services (CCU and consultation), and in Vascular Medicine. The formal Preventive Cardiology curriculum consists of an initial orientation week in the first year of training and then ongoing didactic and/or clinical experiences in each of the next three years. A half or full year of specific Preventive Cardiology training is available for interested fourth-year fellows, especially if they have an interest in prevention or imaging research. The Preventive Cardiology lecture series is comprehensive and includes several interactive methods such as case management and problem solving, in addition to didactic and written support materials. This is the major Preventive Cardiology experience of the UW Cardiovascular Medicine Fellowship.

The Preventive Cardiology curriculum meets the program requirements for the ACGME as follows:

A. Patient Care. Learned as part of the Preventive Cardiology orientation week experience. It is supervised and evaluated by an attending supervision.
B. Medical Knowledge. Obtained as part of the Preventive Cardiology orientation week experience and lecture series. It is evaluated by informal pre- and post-tests.
C. Practice-Based Learning and Improvement. Obtained as part of the Preventive Cardiology orientation week experience, supplemented by case-based learning during the lecture series and evaluated by quizzes.
D. Interpersonal Communication Skills. Emphasized and role-modeled during the Preventive Cardiology orientation week experience.
E. Professionalism. Emphasized and role-modeled during the Preventive Cardiology orientation week experience.
F. Systems-Based Practice. Emphasized and role-modeled during the Preventive Cardiology orientation week experience and supplemented by the lecture series.
Clinical Experience - Preventive Cardiology Orientation Week for First-Year Fellows

A one-week block during the first year of the cardiology fellowship will be dedicated to in-depth participation in the care of patients in the Preventive Cardiology and cardiac rehabilitation programs. Fellows will be exposed to, and when appropriate, manage patients with direct observation by Preventive Cardiology faculty and staff. Fellows will work in the inpatient rehabilitation (Phase I), outpatient rehabilitation (Phases II-III), and specialty programs in Preventive Cardiology. They will obtain experience managing patients recovering from myocardial infarction, percutaneous coronary intervention, coronary artery bypass graft surgery, cardiac transplantation, and with other cardiac problems. The fellows will

1. Learn to implement comprehensive primary and secondary prevention strategies including management of cardiovascular risk factors, exercise prescription, behavioral change, and management of new/emerging risk factors.
2. Develop a working knowledge of all phases of cardiac rehabilitation.
3. Learn how to provide individualized exercise and activity prescriptions to patients with cardiovascular disease.

The one-week experience will consist of:

1. One-half day of Inpatient Cardiac Rehabilitation. The fellow will meet for one hour with the Manager of Cardiac Rehabilitation, followed by three hours with inpatient cardiac rehabilitation exercise physiologists. The minimum experience with the exercise physiology staff includes implementation of Phase I rehabilitation for a patient with an acute myocardial infarction and a patient who has recently had coronary artery bypass graft surgery.
2. Two half-days in Outpatient Cardiac Rehabilitation. This will involve observing at least one intake/initial cardiac rehabilitation visit and several ongoing rehabilitation sessions, supplemented by exercise monitoring sessions performed by exercise physiology staff. This will include exercise prescription.
3. Two to three half-days in the Preventive Cardiology Outpatient Clinic supervised by Preventive Cardiology faculty. These focus on lipid management, hypertension management, high-risk primary prevention, and secondary prevention.
4. Two one-half days of dietary counseling with a senior nutritionist that is part of the Preventive Cardiology Program.
5. One-half day of smoking cessation, to be conducted either in the Smoking Cessation Clinic at the Center for Tobacco Research Intervention or in the UW Preventive Cardiology Smoking Cessation Clinic.

Note: Vascular Medicine clinic experience is obtained during the Vascular Medicine rotation.