

**PENN STATE HERSHEY MEDICAL CENTER
DIVISION OF CARDIOLOGY**

Training in Preventive Cardiovascular Medicine Rotation Curriculum

EDUCATIONAL GOALS

Cardiology Fellows will acquire the knowledge, technical skills, and interpretive skills to perform, learn the appropriate indications, diagnostic yield, complications and alternatives to cardiac rehabilitation and become proficient in the primary and secondary prevention of cardiovascular diseases including the ability to recommend specific primary and secondary preventive measures and to identify patients with subclinical cardiovascular disease who may benefit from more aggressive risk factor modification.

TRAINING OBJECTIVES

- Learn the basics of exercise physiology, including the effects of various cardiac conditions on deconditioning and cardiac rehabilitation on ambulatory patients. (**Medical Knowledge, Practice-Based Learning, Systems-Based Practice**)
- Understand how to create and implement a patient-specific cardiac rehabilitation program. (**Patient Care, Medical Knowledge, Practice-Based Learning, Systems-Based Practice**)
- Learn the impact of inadequate exercise on cardiovascular event frequency and cardiac rehabilitation's role in the primary and secondary prevention of these events. (**Medical Knowledge**)
- Differentiate normal, overweight, and obese states and understand the relation of a patient's weight to comorbid conditions. (**Medical Knowledge**)
- Understand appropriate patient specific interventions including caloric restriction and tailored exercise prescriptions to achieve ideal body weight. (**Medical Knowledge**)
- Learn how to evaluate clinical trials and outcomes research including a basic understanding of statistical analyses, study design, data collection, data safety and monitoring, medical economics, and cost/benefit analysis. (**Medical Knowledge**)
- Understand cardiovascular pharmacology of commonly used medications including antiplatelet/anticoagulant therapy, angiotensin converting

enzyme inhibitors, antianginal/anti-ischemic, and beta blocker therapies, specifically their role(s) in prevention of atherothrombosis and clinical events. (**Medical Knowledge**)

- Become familiar with National Cholesterol Education Program guidelines and be able to appropriately treat complex dyslipidemia patients. (**Medical Knowledge**)
- Understand the relationship between tobacco and cardiovascular events and learn the long-term behavioral support necessary for and the pharmacologic therapy used with tobacco cessation. (**Patient Care, Medical Knowledge, Practice-Based Learning, Interpersonal and Communication Skills, Professionalism, Systems-Based Practice**)
- Be exposed to professionals specializing in risk factor management including smoking cessation, nutrition, and exercise. (**Patient Care, Medical Knowledge, Practice-Based Learning, Interpersonal and Communication Skills, Professionalism, Systems-Based Practice**)

PRINCIPLE TEACHING METHODS

Cardiology fellows will participate in various clinical activities to accomplish the training objectives during this rotation:

- Participation in outpatient cardiac rehab where fellows will work with the professional staff and learn to assess needs and progress of patients. They will be involved in designing appropriate exercise and nutrition protocols on a patient-specific basis and observe their implementation.
- Active involvement in outpatient clinics with attendings specializing in disease/event prevention including management of dyslipidemia and cardiac risk factor modification.
- Fellows will work with inpatient smoking cessation counselors and learn different strategies.
- Participate in designing cardiac specific diets and nutrition goals for patients by working with nutritionists.
- Understand the pharmacology and drug to drug interactions of cardiac medications by working with cardiac pharmacists and reviewing pharmacokinetics of commonly used medications.
- Study of reference articles and didactic lecture series.

EDUCATIONAL CONTENT

Schedule of educational activities for a 2 week rotation:

- Two half days a week of outpatient lipid clinic.
- Three half days a week of outpatient cardiac rehabilitation.
- One half day a week of cardiac pharmacology.
- One half day a week of smoking cessation consults.
- One half day a week of nutrition/diabetic education.
- One half day a week of didactic self study.

EVALUATION METHODS

A written evaluation of the cardiac fellow's performance will be completed at the end of each rotation by cardiology faculty in cardiac rehabilitation and lipid clinic. At the end of the rotation, the supervising faculty will evaluate each fellow according to ACGME general competencies including: patient care, medical knowledge, practice-based learning and improvement, interpersonal communication skills, professionalism, and systems-based practice. The attending will meet with each fellow to review the written evaluation.

CONTACTS

- Rotation director: Peter Alagona, MD
- Lipid Clinic: Peter Alagona, MD and Robert Zelis, MD
- Pharmacy: Sallie Young, Pharm D.
- Cardiac Rehab: Wendy Parmalee RN, MSN, APN
- Smoking Cessation: Richard Bradford

ROTATION SCHEDULE

	AM	PM
Mon	Clinic Cardiac Rehab – Health and Wellness center, Parking lot K, Wendy Parmalee, pager number 0424	Zelis Lipid
Tue	Fellows Continuity Clinic	Pharmacy
Wed	Cardiac Rehab	Smoking Cessation – , Respiratory Therapy, Margaret Weeter, ext 8962
Thurs	Diabetic Education – Theresa Gustafson, ext 5178, pager 3068	Biostatistics – self study
Fri		Cardiac Rehab
Mon	Cardiac Rehab – Health and Wellness center, Parking lot K, Wendy Parmalee, pager number 0424	Zelis Lipid Clinic

Tue	Fellows Continuity Clinic	Pharmacy
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REFERENCES INCLUDED IN SYLLABUS