



## Primary Care Cardiovascular Society

Driving primary care to deliver  
the best in cardiovascular health

# PCCS NEWSLETTER MAY 2021

### PCCS new website

If you've recently visited our website, you may notice we've had a bit of a refresh! You will notice some changes impacting the visual appearance, making it more vibrant through design adjustments. We've upgraded the theme and branding; still bringing you all the news on relevant topics, guidelines, news and upcoming events. If you haven't take a look recently, please visit us [here](#).

### Summary of updated NICE AF Guidelines

The updated NICE AF Guidelines have been published in the past month which are very relevant to healthcare practitioners in Primary Care. A summary of the guidelines, including significant changes, can be found on our website [here](#).

### Share your views on how Covid-19 has affected your work

Covid-19 has had a huge impact on health and care services for people with cardiovascular disease (CVD). The pandemic has also had far-reaching consequences for the healthcare professionals caring for them. Services have had to adapt quickly to change, and some professionals have experienced service disruption, redeployment, stress and burnout, and anxiety around catching the virus and transmitting it to their household.

The British Heart Foundation would like to hear about your experiences and build up a picture of how healthcare professionals working in CVD and the overall health system have been affected by the pandemic. Your responses will inform the recommendations the BHF makes to the Government and the NHS about what is needed to help health services recover and adapt to address the backlog of care. The survey should take around 15-20 minutes (depending how detailed you wish to be in the free text sections).

[Share your views now.](#)

### Blood pressure monitors rolled out to support vulnerable patients

The increase in remote consultations has presented specific challenges in managing patients with hypertension who need a blood pressure test to guide the appropriate use of medication. Therefore, last year, [home blood pressure monitoring](#) was identified as a priority to ensure that patients can manage their high blood pressure well and remotely. Evidence supports the use of self and telemonitoring of blood pressure (BP) vs normal care in primary care as it is cost effective, uses HCP time more efficiently, and reduces incidence of clinical events such as death, heart attack or stroke, over five years. In fact, regular home blood pressure monitoring across a population of 50,000 patients could prevent up to 300 heart attacks and 477 strokes, over three years.

In order to facilitate an uptake in home blood pressure monitoring, NHS England and NHSX has distributed tens of thousands of blood pressure monitors to CCGs and clinical teams. Resources to support NHS staff to implement home blood pressure monitoring in their local area can be found on the [programme FutureNHS workspace](#) (this platform requires users to register and log in), as well as your regional representative's contact details who can advise on the process to access these blood pressure monitors.

### Webinars, conferences and events of interest

#### ***Freedom from Heart Failure - The F Word***

The vision of the British Society for Heart Failure is to make heart failure a national priority, recognised as a long-term condition needing lifelong support. To do that everyone needs to know what it is, how to recognise it and when to seek help to optimise outcomes. Key to this is symptom recognition leading to early diagnosis following appropriate referral to specialist services with access to evidence-based therapies that we know significantly improve wellbeing and extend life. To learn more please visit:

[www.BSH.org.uk/the-f-word](http://www.BSH.org.uk/the-f-word)

#### ***Management of Heart Failure in Primary Care and the use of Forxiga (dapaglozin), Thursday, 20th May***

In light of the recent publication of the NICE TAG for dapagliflozin in the treatment of Heart Failure with reduced ejection fraction, the Primary Care Cardiovascular Society is planning to provide guidance to its members around this topic. We intend to run a blended learning series that will comprise of a podcast by Dr Yassir Javaid, a talking head recording by Dr Jim Moore and a [webinar](#) on Thursday, 20th May at 7pm to 7.35pm led by Dr Jim Moore and Dr Derek Connolly.



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### Webinars, conferences and events of interest *continued*

#### **Virtual 10th BSH Heart Failure Nurse & Allied Healthcare Professional Education Day, 21st May**

The Nurse/AHP education day will cover the latest scientific research, data and the best clinical practice in heart failure care. This virtual event will cover core areas of interest to all Nurse and Allied Health Professionals involved in the care of heart failure patients. For further information and registration details please visit: <https://pccsuk.org/2020/en/node/newsitem-10th-bsh-heart-failure-nurse-allied-healthcare-professional-education-day-friday-21st-may-2021>

#### **Peripheral arterial disease in primary care: What's new? Wednesday, 23rd June**

Members are invited to the Vascular, Lipid and Metabolic Medicine Section of the Royal Society of Medicine's webinar, [Peripheral arterial disease in primary care: What's new?](#) taking place on 23rd June 2021 from 6pm to 8pm. The webinar will update and equip professionals in primary care on how to implement an evidence-based approach to managing peripheral arterial disease. National and international experts will show you how to approach a patient suspected of having peripheral arterial disease, and what can be done to improve patient outcomes.

#### **Palliative Care and Heart Failure Virtual Conference, Tuesday, 29th June**

Join Birmingham St Mary's Hospice and hear world renowned keynote speakers and innovative approaches to improving the lives of patients with heart failure and palliative care needs. Don't miss out on this unique opportunity to reflect on research, experience and emerging practice and help drive discussion and unlock ideas with clinicians from cardiology and palliative care backgrounds, allied healthcare professionals and others. Find out more and register your place today: [www.birminghamhospice.org.uk/palliative-care-and-heart-failure-conference](http://www.birminghamhospice.org.uk/palliative-care-and-heart-failure-conference).

#### **Heart UK's 34th Medical & Scientific Virtual Conference 2021, 7th/13th/15th/20th/22nd July**

Register and enjoy access to over 12 hours of stimulating educational content, live streamed on the day and available for 3 months on demand. Medical & Scientific, Primary & Healthcare plenary talks, oral and poster abstract presentations, hosted symposia and lots, lots more. Log in and enjoy an immersive virtual experience, match interests and meet new connections. For more information and to register please visit: <https://pccsuk.org/2020/en/node/newsitem-heart-uk-s-34th-medical-scientific-virtual-conference-2021-:-hypercholesterolaemia-familial-or-not>.

With best regards,

**Dr Jim Moore FRCP Edin**  
**President of the Primary Care Cardiovascular Society**  
GP, GPwSI Cardiology