

## The Teaching Faculty:

### Imperial College Academic Team:

- Professor David Wood (Course Director; Professor of Cardiovascular Medicine)
- Jennifer Jones (Course Coordinator; Specialist Physiotherapist)
- Alison Mead (Specialist Dietitian)
- Catriona Jennings (Specialist Nurse)
- Dr Kornelia Kotseva (Consultant Cardiologist)

### London School of Hygiene and Tropical Medicine

- Dr Elizabeth Turner (Senior Statistician) supports the statistical teaching and tutoring for Research Methods and MSc projects

### Imperial College Healthcare NHS Trust Clinical Team

- Dr Susan Connolly (Consultant Cardiologist)
- The Cardiac Prevention and Rehabilitation Team (nursing, dietetics, exercise specialists and clinical psychologists)
- In addition experts in the management of blood pressure, lipids and diabetes support the course both in teaching and through clinical placements

### Meet the Experts Lecture Series

- In addition to the taught component this course runs a monthly evening expert lecture series with visiting world renowned speakers.

## Why Choose this Masters?

- It is inclusive of all health professionals e.g. Cardiologists, Physicians, General Practitioners, Nurses, Dietitians, Nutritionists, Physiotherapists, Sports Scientists, Exercise Specialists, Occupational Therapists, Health Psychologists, Cognitive Behaviour Therapists and Pharmacists.
- It offers a truly comprehensive programme that includes global strategies and policies in CVD prevention and all clinical aspects of preventive cardiology e.g. behaviour, smoking cessation, nutrition, exercise, psychology, pharmacology.
- It encompasses both theory and practical elements, incorporating clinical experience, thereby developing skills and competences in service delivery and not just developing theoretical knowledge.
- It is delivered by leaders in preventive cardiology who have contributed to policy development on CVD prevention, national and international guidelines on CVD prevention, European (EUROASPIRE) and national

- surveys of preventive cardiology practice, and the development and evaluation of preventive cardiology programmes (EUROACTION) to raise standards of care. In addition the multidisciplinary teaching faculty comprises clinical specialists from cardiology, nursing, nutrition, exercise and behavioural medicine.
- This MSc is delivered at Imperial College on the Charing Cross Hospital campus allowing easy access to clinical visits and observations of clinical practice.
  - The academic group coordinates a specialist family based prevention programme for vascular health called MyAction which runs in many community centres both locally and further afield allowing unique placement and research opportunities for our students.
  - Imperial College has a world renowned reputation as is currently rated 5th in the world with a 5\* awarded in the RAE 2001.

## For enquiries:

Contact Sindhu Radhakrishnan, Course Administrator on Tel: +44 (0)208 8461193;  
Fax: +44 (0)2083835513 or email [sindhu.radhakrishnan@imperial.ac.uk](mailto:sindhu.radhakrishnan@imperial.ac.uk)  
Or the course lead Jennifer Jones ([J.Jones@ic.ac.uk](mailto:J.Jones@ic.ac.uk))

### For more information visit:

<http://www1.imperial.ac.uk/medicine/teaching/postgraduate/taughtcourses/preventivecardiology/>

Course codes: Full-time A3S22 Part-time A3S22



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# Preventive Cardiology

Cardiovascular Health and Disease Prevention

## Clinical Masters and Short Courses

National Heart and Lung Institute



## Course Overview:

- This Masters Programme in Preventive Cardiology is delivered by an interdisciplinary team of academic staff from the National Heart and Lung Institute, together with senior clinicians in cardiology, nursing, dietetics, physiotherapy, pharmacology and clinical psychology from Imperial College Health Care NHS Trust and visiting experts in the field of cardiovascular prevention and rehabilitation.
- This programme is aimed at physicians, nurses, dietitians, physiotherapists, physical activity specialists, sports scientists, pharmacists, psychologists, occupational therapists and any other health professional with a role in prevention of cardiovascular disease.
- Students will learn about the theory of preventive cardiology and the application of evidence based principles to real world clinical practice.
- The programme includes a clinical component with clinical supervisors from Imperial College Healthcare NHS Trust.
- The programme covers the complete spectrum of preventive cardiology from patients with established atherosclerotic disease, the relatives of patients with premature atherosclerotic disease and asymptomatic people, including those with diabetes, at high multifactorial risk of developing this disease.
- The scientific foundation of this programme is lifestyle change (smoking cessation, healthy food choices and physical activity) through behavioural approaches, together with weight management, medical management of blood pressure, blood lipids and blood glucose and use of cardioprotective drug therapies. The practical application of research methods and statistics to preventive cardiology will be taught.

## Aims of the Course:

### The programme aims to:

- develop an understanding of the evidence and clinical practice of preventive cardiology;
- attract highly motivated students, both from the UK and overseas;
- produce graduates equipped to pursue careers in preventive cardiology (primary and secondary), in hospitals, primary care and the public sector;
- develop a high level of knowledge and understanding of preventive cardiology and the management of cardiovascular risk;
- develop skills in the assessment and management of patients with established cardiovascular disease, patients at high cardiovascular risk and their families;
- develop effective communication skills;
- develop critical appraisal skills;
- develop problem-solving skills;
- provide a training in research skills;
- provide an experience which is intellectually stimulating, enjoyable, and meets students' needs;
- provide an internationally accepted postgraduate qualification;
- stimulate lifelong learning;
- provide a solid foundation for those who intend to go on to study for a PhD.

## Mode of Studies:

### Full Masters Programme

- One-Year Full time or Two-Year Part-time

### Stand Alone Modules

- 8 of our modules are available as stand alone short courses with attendance only or the option of M level assessments. These have been accredited with continuing medical education (CME points) by the Royal College of Physicians education (CME points).



## Course Content:

### Core Taught Modules

- Preventive cardiology theory and practice (10 ECTS)
- Research methods (15 ECTS)

### Core Clinical Practice Module

- Reflective clinical practice (5 ECTS)

### Research Project

- 8,000 word project in cardiovascular health and disease prevention (30 ECTS)

### 3 Out of the Following 6 Specialist Optional Modules (each 10 ECTS)

- Vascular checks-Vascular management
- Smoking cessation programmes
- Diet and weight management
- Physical activity and exercise
- Health behaviours and health psychology
- Cardioprotective drug therapies and medical management of blood pressure, lipids and glucose.

## Methods of Delivery:

- The philosophy is one of learning by doing and self-driven learning.
- There is a strong emphasis on the interdisciplinary nature of the subject area.
- Because this MSc is run in partnership with the on-site clinical programme at Charing Cross hospital and practitioner institutions the students will be immersed in the practicalities of current service delivery, rather than learning about only the theory.
- The taught programme uses a variety of teaching methods - seminars, workshops and discussion of the literature stimulating active and critical learning, rather than passive assimilation of facts.
- The programme is supported with an exciting innovative e-learning programme facilitating students independent and distance learning studies.
- The research project will develop students' individual research skills.

## Entry requirements:

- The full MSc programme is for graduates with a first degree in a life science or allied health care science subject (medicine, nursing, dietetics, physiotherapy, occupational therapy, sports sciences, pharmacology etc).
- The minimum entry requirement will normally be at least an Upper Second Class Honours degree, although clinicians with at least 3 years of relevant experience in the field will also be considered through a special qualifying examination entrance route.

