



# BLENDING LEARNING JOURNEY ON CARDIOVASCULAR DISEASE AND HYPERTENSION 2024

**MeδEA**  
Medical Education Academy



## Overview

Beta-blockers are recommended by the most recent European guidelines (McDonagh et al. 2021, Knuuti et al. 2020) as first-line therapy for coronary artery disease and heart failure with reduced ejection fraction. However, physicians underuse these drugs in patients who present with co-existing comorbidities but who are not contraindicated, which can negatively affect patient outcomes and long-term prognoses (Paolillo et al. 2021). The increasing prevalence of heart failure, with its high morbidity and mortality rate, has highlighted the need for more education about accurate differential diagnosis and management. Arterial hypertension and hypercholesterolemia increase the likelihood of cardiovascular disease, but early detection of these conditions is low due to inadequate screening, insufficient assessment, poor management, and poor treatment adherence (Tadic and Cuspidi 2019, Mach et al. 2020). Education and support of both healthcare professionals and patients, particularly women transitioning to menopause, is important in understanding risk-reducing strategies, healthy behaviours and treatment adherence. Ever-increasing pressures on healthcare professionals may only be met with innovations, including embracing both telemedicine and telemonitoring, both of which have shown promise for hypertension management (Omboni et al. 2020).

## Learning Objectives

At the end of the blended learning journey, participants should be able to:

1. Screen high-risk patients for the combination of hypertension and hypercholesterolemia, to ensure early diagnosis and prompt treatment
2. Describe the position of beta blockers in the CVD management paradigm
3. Identify the role of beta blockers in treatment of CAD and HF<sub>r</sub>EF
4. Understand the potential benefits of telemedicine in the management of hypertension
5. Describe the link between hypertension during pregnancy and the increased risk of cardiovascular events later in life
6. Describe how women's cardiovascular disease risks change after menopause

## Target Audience

Clinicians (including cardiologists, internists, and general practitioners), nurse practitioners and other HCPs who manage patients with hypertension and heart failure. Some content of interest to gynaecologists, midwives, nurses involved in women's health care.

## Language

The official language of this educational programme will be English. Simultaneous translation into Russian and Chinese will be provided.

## Continuing Medical Education (CME)

The **BLENDED LEARNING JOURNEY ON CARDIOVASCULAR DISEASE AND HYPERTENSION 2024** will be submitted for CME accreditation from the European Accreditation Council for Continuing Medical Education (EACCME), and/or the European Board for Accreditation of Continuing Education for Health Professionals (EBAC) and for Continuing Professional Development (CPD) credits.

## E-learning Activities

This learning journey is a **structured educational programme** comprising:

- ▶ **VIDEO PRESENTATION: LAUNCH 30 APRIL 2024** - Combination of hypertension and hypercholesterolemia
- ▶ **PODCAST & INFOGRAPHIC: LAUNCH 28 JUNE 2024** - Best practices for diagnosis and management of patients with HF<sub>r</sub>EF
- ▶ **PODCAST & INFOGRAPHIC: LAUNCH 30 SEPTEMBER 2024** - The ongoing role of beta blockers in the CVD treatment paradigm
- ▶ **CME LIVE WEBINAR: LAUNCH 8 NOVEMBER 2024** - Women's health, CVD and hypertension

## Registration

**CLICK HERE  
TO REGISTER**

REGISTRATION IS FREE OF CHARGE

## More info & Agenda

**CLICK HERE**  
to view info  
and agenda

## CME Provider

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