



Preventive Cardiology

Cardiovascular Health and Disease Prevention

**Clinical Masters (MSc) , Certificate of
Advanced Study (CAS) & Short Courses**

International Centre for Circulatory Health
National Heart and Lung Institute
Faculty of Medicine
Imperial College London



Course Overview:

- This interdisciplinary programme is available to you as individual modules taken as stand-alone short courses, a 1-year part-time Certificate of Advanced Study or a full MSc, depending on the level and direction of your ambitions. The Masters is full-time over one year or part-time over two years.
- Our programmes are aimed at all healthcare professionals with a role in prevention of cardiovascular disease, such as physicians, nurses, dietitians, physiotherapists, physical activity specialists, pharmacists, psychologists, occupational therapists, sports scientists, health promotion and public health specialists.
- You will gain knowledge of, and experience in, the theory and clinical application of evidence-based preventive cardiology practice. The programme covers the complete spectrum of preventive cardiology, from patients with established atherosclerotic disease and the relatives of patients with premature atherosclerotic disease, to asymptomatic people, including those with diabetes, who are at high multifactorial risk.
- All programmes include a taught component which is combined with online learning, enabling you to work flexibly around other commitments. You will be able to interact with your tutors and fellow students via an online virtual learning environment.
- The MSc programme additionally includes a clinical practice component and a research component. Clinical placements are completed across key areas of preventive cardiology practice e.g. cardiovascular risk reduction clinics, cardiac rehabilitation, diabetes and heart failure, providing the opportunity for you to be immersed in the practicalities of current service delivery, rather than only learning about the theory. The research component provides a strong foundation in practical use of research methods in preventive cardiology, and the translation of research evidence into best practice.
- Our programmes are based at the International Centre for Circulatory Health, at St Mary's Hospital in London Paddington and are delivered by an interdisciplinary teaching faculty consisting of expert clinicians and researchers in cardiology, nursing, dietetics, physiotherapy, pharmacology and clinical psychology. We also have an expert lecture series allowing our students to interact with world leaders in the prevention and management of cardiovascular disease.

At a Glance:

Certificate of Advanced Study

- Part-time (3 modules)
- 9-months starting October

Full Masters Programme

- One-Year Full-time or Two-Year Part-time (7 modules) starting October

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

Entry Requirements:

- The minimum qualification for admission is normally an upper second class Honours degree in a health or science-based subject from an UK academic institution or an equivalent overseas qualification. A special case for admission may be submitted to the Graduate School of Life Sciences and Medicine Postgraduate Quality Committee if you do not have an undergraduate degree. All applicants must normally be registered health professionals (e.g. doctor, state registered nurse, dietitian, physiotherapist, pharmacist), or have attained level 4 membership of the Register for Exercise Professionals.



Course Content:

The scientific foundation of our 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.

All MSc and CAS students take our core compulsory module entitled **'Preventive Cardiology Theory and Practice'** which includes six themes:

- Health (Vascular) checks – Vascular management
- Smoking cessation interventions
- Nutrition and weight management
- Physical activity and exercise
- Health behaviours and health psychology
- Cardioprotective drug therapies and medical management of blood pressure, lipids and glucose

These themes are then explored in greater detail in specialist optional modules, of which 2 are taken by CAS students and 3 by MSc students.

MSc students are also required to take the remaining core compulsory modules:

- Reflective clinical practice (clinical placements)
- Research methods
- Research project

Course Delivery:

- Face to face teaching by specialists from cardiology, nursing, dietetics, physical activity and psychology. A distance-learning option is available for the majority of components.
- Practical skills sessions to ensure students are equipped to apply theory to practice.
- Online learning, enabling participants to interact with tutors and fellow students via an online virtual learning environment. In addition our on-line learning resources allow students to access podcasts of all lectures and participate in a wide-range of interactive formative tasks that develop understanding, skills and consolidation of learning.
- Clinical placements are completed across key areas of preventive cardiology practice e.g. cardiovascular risk reduction clinics, cardiac rehabilitation, diabetes and heart failure, providing the opportunity for students to be immersed in the practicalities of current service delivery.

Why Study at Imperial?

Undertake your postgraduate studies in Preventive Cardiology at Imperial and you will:

- Interact with some of the world's leading experts in cardiovascular health and disease prevention
- Develop an understanding of how to manage cardiovascular risk and raise the standards of care in preventive cardiology
- Acquire the appropriate qualifications to fill specialist posts in services related to the prevention and rehabilitation of cardiovascular disease

Known for its academic excellence and practical outlook, the Imperial name will open doors for you all over the world. Imperial College London is ranked in the top 5 of Universities worldwide



Why Choose this Programme?

We believe our courses offer a truly unique and highly fulfilling student experience as:

- We are inclusive of all health professionals offering the opportunity for interdisciplinary learning.
- We offer a truly comprehensive programme that includes all aspects of preventive cardiology and is not focused solely on isolated themes e.g. nutrition, exercise, psychology, pharmacology.
- Our courses encompasses both theory and practical elements, incorporating clinical experience, thereby developing skills and competences in service delivery and not just developing theoretical knowledge.
- Our teaching faculty include international and national leaders in preventive cardiology who have contributed to the development of guidelines on cardiovascular prevention (WHO, Joint European Societies, Joint British Societies), to surveys of preventive cardiology practice (ASPIRE and ASPIRE 2, EUROASPIRE I, II and III), and

to evaluation of innovative models of preventive care (British Family Heart Study, EUROACTION and EUROACTION+). In addition the teaching faculty comprises leaders and clinical specialists from cardiology, nursing, nutrition, exercise and behavioural medicine.

- Our course is based in the International Centre for Circulatory Health and as a result draws on considerable teaching expertise and provides high-quality research opportunities in a range of relevant subjects.
- We are based on a hospital site (St Mary's), allowing easier access to clinical visits and observations of clinical practice.
- Our academic group coordinates a specialist family based prevention programme for vascular health called MyAction (www.myaction.org.uk) which runs in many community centres both locally and further afield allowing unique placement and research opportunities for our students.

The Teaching Faculty:

Imperial College Academic Team:

- Professor David Wood (Course Director; Professor of Cardiovascular Medicine)
- Jenni Jones (Programme Leader; Specialist Physiotherapist)
- Alison Mead (Specialist Dietitian)
- Catriona Jennings (Specialist Nurse)
- Dr Kornelia Kotseva (Consultant Cardiologist)
- Annie Holden (Physical Activity Specialist)
- Professor Neil Poulter (Preventive Cardiovascular Medicine)
- Experts from the International Centre for Circulatory Health in the management of blood pressure, lipids and diabetes support the course both in teaching, project supervision and clinical placements

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)
- The MyAction Westminster Vascular Health Programme

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.

For Enquiries:

Contact Jenni Jones (Programme Leader)
Tel: +44 (0)20 8846 1193 or mobile: +44 (0)7815058599
Fax: +44 (0)2083835513
or email J.Jones@imperial.ac.uk

Contact address: International Centre for Circulatory Health, Imperial College, St Mary's Hospital, 59 North Wharf Road, London, W2 1LA, Greater London, United Kingdom

For more information visit:

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

