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BM4- Cardiovascular Diseases in Primary Care (7.5 ECTS)

This advanced diploma module is designed for senior medical students, newly graduated doctors, and residents focusing on the integration of evidence-based cardiovascular care into the primary care setting. It blends pathophysiology, diagnostics, and therapeutics with emphasis on population-level cardiovascular risk management.

Target Group

- Senior medical students
- Family medicine residents
- Recent graduates from medical or nursing schools

Learning Objectives

- Understand the epidemiology and burden of cardiovascular diseases globally and locally.
- Analyze cardiovascular risk factors using current evidence and guidelines.
- Apply theoretical knowledge to interpret ECGs, biomarkers, and imaging in primary settings.
- Critically evaluate pharmacological treatment guidelines (e.g., hypertension, heart failure, ischemic heart disease).
- Identify cardiovascular comorbidities relevant to primary care interventions.
- Discuss lifestyle modifications, behavior change theory, and health promotion.

Core Topics

- Hypertension and its classification and management
- Primary prevention: risk scoring and lifestyle counseling
- Heart failure: recognition and treatment pathways
- Coronary artery disease and acute management protocols
- Atrial fibrillation and stroke prevention in primary care
- ECG interpretation for primary care physicians
- Pharmacological management and prescribing in CVD

Learning Methods

- Lectures and literature-based seminars
- Evidence appraisal and journal reading
- Clinical reasoning workshops
- Online assessments