



Non-Medical Prescribing Educational Programme

Learning Outcomes

Underpinning Principles

The BIHS non-medical prescribing education programme aims to provide education for qualified non-medical prescribers to bridge the gap between generic prescribing courses and the realities of prescribing in practice in a specific disease area. The programme begins by considering prescribing in newly diagnosed patients with hypertension progressing to the management of complex patients with hypertension. Each education event provides opportunities for participants to apply their knowledge to typical patient scenarios using interactive teaching techniques.

Step 1 - Putting Prescribing into Practice

Requisite Knowledge and Experience

- This programme is aimed at qualified non-medical prescribers and trainee prescribers though other registered healthcare professionals are welcome to attend
- Working in a healthcare setting managing patients with hypertension
- Aware of the main recommendations contained in the current British Hypertension Society Guidelines for the management of Hypertension

Core Learning Programme

Session	Learning Outcomes
Patient Assessment & NICE/BHS Guidelines	On successful completion of this session the healthcare professional will be able to: <ul style="list-style-type: none">• Recognise the contributory factors, causes of secondary hypertension and the potential complications of hypertension.• Discuss the range of routine investigations that should form part of the initial assessment of a newly diagnosed patient with hypertension including urine strip test for blood; serum creatinine and electrolyte; assessment of blood glucose, lipid profile and ECG• Calculation of cardiovascular risk using appropriate evidence based tool & communication of results
Interpretation of routine investigations	On successful completion of this session the healthcare professional will be able to: <ul style="list-style-type: none">• Recall the reference range/normal result for routine investigations of newly diagnosed patients with hypertension, understanding that the reference ranges change according to the lab that does the test. The student will be advised to refer to the lab's reference range• Apply knowledge to interpret a range of typical results from routine investigations and explain the clinical relevance of each result• Develop ECG skills including identification of Left Ventricular Hypertrophy• Understand the importance of fundoscopy
Pharmacological treatment - Important actions, side effects and interactions	On successful completion of this session the healthcare professional will be able to: <ul style="list-style-type: none">• Recall the thresholds for initiating antihypertensive drug therapy• Explain the mechanism, mode of action and side effects of drugs recommended for the treatment of hypertension including:<ul style="list-style-type: none">○ Diuretics○ Beta Blockers○ Calcium channel blockers○ Angiotensin-converting enzyme inhibitors

	<ul style="list-style-type: none"> ○ Angiotensin receptor blockers ○ Aldosterone Antagonists ○ Alpha-adrenoceptor blocking drugs ● Name other less common drugs used to treat hypertension including: <ul style="list-style-type: none"> ○ Sympatholytic agents and older drugs ○ Renin – inhibitors ○ Other vasodilators
Medicines Adherence	<p>On successful completion of this session the healthcare professional will be able to:</p> <ul style="list-style-type: none"> ● Explain the importance of treatment adherence and state the key recommendations from NICE with respect to medicine adherence ● Discuss the NICE guidance and apply this in the context of Hypertension and Cardiovascular Disease prevention ● Recognise the key factors impacting on adherence ● Explain the potential of a range of strategies to promote and improve adherence
Making Difficult Decisions	<p>On successful completion of this session the healthcare professional will be able to:</p> <ul style="list-style-type: none"> ● Recognise situations where the need to make complex decisions may arise. ● Recognise when to seek advice/refer to medical colleague (we want to make clear that they should discuss any problems with medical colleagues at any time) ● Apply knowledge to a range of complex cases including hypertension in the elderly

Optional Learning Sessions

Session	Learning Outcomes
Routine Electrocardiography	<p>On successful completion of this session the healthcare professional will be able to:</p> <ul style="list-style-type: none"> ● Recall the physiology of the cardiac conduction system and the relationship of the ECG to the conduction system ● Describe the typical features of a normal ECG ● Describe the typical ECG changes associated with hypertension ● Explain the limitations of the resting ECG ● Apply knowledge to interpret ECG's from a range of patients with hypertension
The Role of the Specialist	<p>On successful completion of this session the healthcare professional will be able to:</p> <ul style="list-style-type: none"> ● Explain which patients should be referred to a specialist ● Explain the rationale for referral with respect to urgency, underlying causes, therapeutic problems and special situations
Target Organ Damage	<p>On successful completion of this session the healthcare professional will be able to:</p> <ul style="list-style-type: none"> ● Explain the effect of hypertension on target organs ● Describe methods used to detect target organ damage ● Discuss the limitations of each method
Chronic Kidney Disease & Hypertension	<p>On successful completion of this session the healthcare professional will be able to:</p> <ul style="list-style-type: none"> ● Understand the relationship between chronic kidney disease & hypertension ● The steps required to reduce cardiovascular risk in patients with CKD ● Follow up and monitoring required for patients with CKD ● Indications for referral to a nephrologist
Obesity	<p>On successful completion of this session the healthcare professional will be able to:</p> <ul style="list-style-type: none"> ● Explain the public health issues associated with obesity ● Explain the link between obesity, hypertension and cardiovascular disease ● Explain the pharmacology of common treatments for obesity including mode of action, side effects, contraindications and interactions ● Compare surgical and non-surgical treatments for obesity

Step 2 - Managing the Patient with Complex Hypertension

Requisite Knowledge and Experience

- This programme is aimed at qualified non-medical prescribers and trainee prescribers though other registered healthcare professionals are welcome to attend
- Working in a healthcare setting managing patients with hypertension
- Aware of the main recommendations contained in the current British Hypertension Society Guidelines for the management of Hypertension
- Experience of managing patients with hypertension

Session	Learning Outcomes
Hypertension in Pregnancy	On successful completion of this session the healthcare professional will be able to: <ul style="list-style-type: none">• Discuss and understand the guidelines, investigations, treatment options and treatment targets for<ul style="list-style-type: none">○ The pregnant patient with hypertension○ Pre-pregnancy patients○ Patients of child-bearing age with hypertension
Guidelines, Investigations & Treatment Options	On successful completion of this session the healthcare professional will be able to: <ul style="list-style-type: none">• Discuss the guidelines for the investigation and treatment of a range of clinical situations where the need to make complex decisions may arise including:<ul style="list-style-type: none">○ Hypertension associated with mild/severe renal disease○ Hypertension associated with diabetes○ Severe or accelerated hypertension○ Hypertension and transient ischaemic episodes○ Hypertension and stroke○ Hypertension in the elderly○ Hypertension in children○ Patients with multiple drug intolerances

BIHS

JML/NAHPWP/Feb2016
Review on publication of updated NICE guidelines for Hypertension or February 2019 at latest