

# CPD EVENT RECORD

## CARDIOVASCULAR DISEASE

with Dr Malcolm Kendrick

**Live Event:**  
*Learning  
With Others*

This discussion aimed to an area of public healthcare which could be of relevance to physical therapy patients. The conventional model of cardiovascular disease (the cholesterol hypothesis) was examined, and reasons why it is false explained. An alternative hypothesis, which centred on endothelial damage was outlined.

The evidence used to justify the use of statins was also critiqued, and likely mechanisms for the small beneficial effects they might have were suggested.

It was emphasised that treating cardiovascular disease, and advising on drug use or discontinuation, was outside the scope of practice for most physical therapists, but acceptable ways of communicating risks and benefits with patients were suggested.

### Chiropractic Code 2016

**A** Put the health interests of patients first

A1 A2 A3 A4 A5 A6 A7

**C** Provide a good standard of clinical care and practice

C1 C2 C3 C4 C5 **C6** C7 C8 C9

**E** Obtain informed consent for all aspects of patient care

E1 E2 E3 E4 E5 E6 E7

**G** Maintain, develop and work within your professional knowledge and skills

**G1** G2 G3 G4 G5 G6

**B** Act with honesty & integrity. Maintain the highest standards of professional/personal conduct

B1 B2 B3 B4 B5 B6 B7 B8 B9

**D** Establish and maintain a clear professional relationship with patients

D1 D2 D3 D4

**F** Communicate properly and effectively with patients, colleagues and other healthcare professionals

**F1** F2 F3 F4 F5 F6

**H** Maintain and protect patient information

H1 H2 H3 H4 H5 H6 H7

### Certification

This certificate confirms that

**Hugo Saad**

participated in this CPD event

  
S L BRUCE, APM Director

**90**  
minutes

**Learning with Others**

Live, online discussion

1<sup>st</sup> March 2023

### Confirmation

I confirm that this is an accurate reflection of my learning during this event.

Signed: .....

### Osteopathic Practice Standards 2019

**A** Communication and patient partnership

A1 A2 A3 A4 A5 A6 A7

**B** Knowledge, skills and performance

B1 B2 B3 B4

**C** Safety and quality in practice

C1 C2 C3 C4 C5 **C6**

**D** Professionalism

D1 D2 D3 D4 D5 D6  
D7 D8 D9 **D10** D11 D12

Objective Activity: None

**Communication & Consent: Yes**

**NICE Guidance:**

CG181 Cardiovascular disease: risk assessment and reduction, including lipid modification (10 Feb 2023)

  
Academy  
of PHYSICAL MEDICINE

### Evaluation, Reflection and Impact on Practice *(this part of the certificate is **not** automatically generated - it has been entered by the participant)*

This discussion helped clarify a number of matters concerning medical evidence, in particular with regard to CVD. It will help me explain to my patients how drugs might be affecting their physical symptoms and has provided strategies for me to do so without straying beyond my scope of practice.