

# CPD EVENT RECORD

## CARDIOVASCULAR DISEASE

with Dr Malcolm Kendrick

**Recording:**  
*Learning  
by Oneself*

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

<b>A</b> Put the health interests of patients first A1 A2 A3 A4 A5 A6 A7	<b>B</b> Act with honesty & integrity. Maintain the highest standards of professional/personal conduct B1 B2 B3 B4 B5 B6 B7 B8 B9
<b>C</b> Provide a good standard of clinical care and practice C1 C2 C3 C4 C5 <b>C6</b> C7 C8 C9	<b>D</b> Establish and maintain a clear professional relationship with patients D1 D2 D3 D4
<b>E</b> Obtain informed consent for all aspects of patient care E1 E2 E3 E4 E5 E6 E7	<b>F</b> Communicate properly and effectively with patients, colleagues and other healthcare professionals F1 F2 F3 F4 F5 F6
<b>G</b> Maintain, develop and work within your professional knowledge and skills G1 G2 G3 G4 G5 G6	<b>H</b> Maintain and protect patient information H1 H2 H3 H4 H5 H6 H7

### Certification

This certificate confirms that  
participated in this CPD event

  
S L BRUCE, APM Director

**90**  
minutes

**Learning by Oneself**  
Recorded

### Confirmation

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

Signed: .....

### Osteopathic Practice Standards 2019

<b>A</b> Communication and patient partnership A1 A2 A3 A4 A5 A6 A7	<b>B</b> Knowledge, skills and performance B1 B2 B3 B4
<b>C</b> Safety and quality in practice C1 C2 C3 C4 C5 <b>C6</b>	<b>D</b> Professionalism D1 D2 D3 D4 D5 D6 D7 D8 D9 <b>D10</b> 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)