

Health Education Collaborative Newsletter

***A message from
the CEO***



Bruce Greaves
CEO/Director

Welcome to issue 11

What a great month we are experiencing! At the time of writing this, we are at 27 days of no new COVID infections and no active cases. We do feel we had a little part to play in this, training over 1000 participants in the use of COVID PPE. Not one of these participant become infected whilst working directly with COVID positive patients.

We are so pleased given the work we have done facilitating the COVID PPE training for DHHS that we have now been contracted to deliver this vital training to the National Disability Service (NDS) along with train the trainer programs for Emergency Management Victoria (EMV). We are looking forward to working with them and maintaining the high standard and inovative training delivery we are gaining a reputation for amongst many agencies.

Our AOA/HEC collaborative fracture management course has been a great success with organisations now booking courses for next year. Our next course on the 9th Dec will have the Director of Orthopeadics from the Alfred Hospital attending as the AOA representative on the day.

Christmas is just around the corner so be safe out there.

Bruce Greaves CEO/Director
Health Education Collaborative

Clinical Update



Marg Vilella
Director/ Education
Director

Clinical Question

Last month's clinical question answer

Interpret the following Lead II rhythm strip.



Regular

Rate: 150 bpm

P waves: no visible P waves

PR interval: cannot be measured as no P waves

QRS duration: 0.06 seconds (normal)

Interpretation: regular, narrow complex tachycardia with no P waves – SVT. However, given the rate of 150 bpm, it is most likely atrial flutter of a 2:1 block.

If you found this rhythm tricky, you may like to enroll in the ECG Basics Course (fully online). [Click here](#) for more information.

This month's clinical question

How do antithrombotic drugs differ?

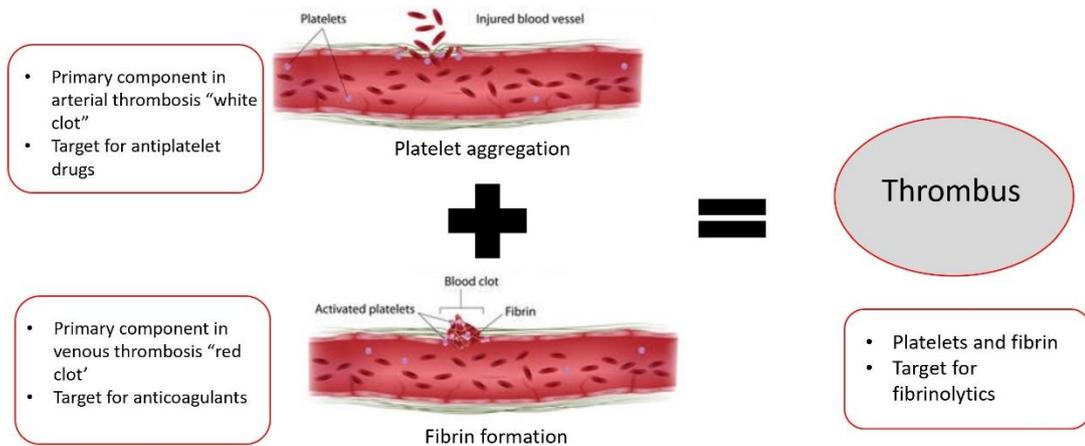
Antithrombotic drugs are prescribed extensively in clinical practice, so it is important to have a basic understanding of thrombogenesis (clot formation) and the different classes of antithrombotic drugs. Antithrombotic drugs include those that inhibit platelet aggregation (antiplatelet drugs), inhibit formation of fibrin strands (anticoagulants) and dissolve existing clots (fibrinolytics). Antiplatelet drugs and anticoagulants are used to prevent thrombogenesis but have no effect on existing clots other than to limit their progression. Fibrinolytics (thrombolytic) drugs are used to dissolve an existing clot.

There are two principal processes involved in thrombogenesis: platelet aggregation and coagulation. Platelet aggregation consists of activated platelets attaching to fibrinogen strands, whereas coagulation is a complex cascade of enzymatic events which leads to the formation of fibrin strands.

The sequence of these processes and their consequences vary during thrombogenesis in arteries and veins. In arterial thrombogenesis, platelet activation is the initial event. Platelets stick to the injured vessel wall and aggregate (gather) to provide a core for fibrin strands to accumulate. Arterial thrombi occlude arterial flow resulting in ischaemia

and infarction of the tissues and organs that are supplied by this artery. Arterial thrombi appear white due the predominance of platelets.

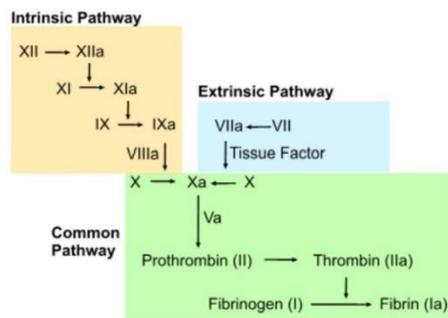
Venous thrombi begin as fibrin strands, appear red in colour due to the entrapped RBCs and can embolise a great distance.



Antiplatelet drugs are indicated primarily for the prophylaxis of thrombus formation in arterial blood, such as post implantation of prosthetic heart valves, MI, percutaneous transluminal angioplasty (PTCA) and insertion of stents.

In the coagulation pathway (clotting cascade), each enzymatic conversion activates the next enzyme (factor) in the sequence. The final enzyme in the pathway is thrombin (factor IIa), which catalyzes the conversion of fibrinogen to fibrin strands.

Summary of clotting cascade



Oral Anticoagulants	
Warfarin	Inhibits synthesis of multiple factors
Dabigatran (Pradaxa)	Direct thrombin inhibitor
Rivaroxaban (Xeralto)	Factor Xa inhibitor
Apixaban (Eliquis)	Factor Xa inhibitor
Newer agents have a greater specificity for inhibiting only factors Xa or IIa (thrombin) within the common pathway, therefore therapeutic monitoring is not required.	

Anticoagulants are used primarily to prevent thrombotic events that originate in low-pressure environments such as veins or the atria of the heart in patients with atrial fibrillation.

Question

Which of the following are examples of antiplatelet drugs?

- | | | |
|-------------|----------|---------|
| Aspirin | Apixaban | Wafarin |
| Clopidogrel | Pradaxa | |

Events & Courses

FRACTURE MANAGEMENT



A NEW COURSE IN COLLABORATION
WITH THE AUSTRALIAN
ORTHOPAEDIC ASSOCIATION

A collaborative course with the **Australian Orthopaedic Association**, the peak professional body for orthopaedic surgery in Australia.

The Fracture Management course covers the essentials of managing fractures in primary care.

The course is delivered in a blended format incorporating online and face-to-face learning. Topics covered include basic anatomy, physiology of the musculoskeletal system, different types of fractures and associated complications, emergency management, investigations, diagnosis and referral, splinting, casting and post-application management.

The course is designed for postgraduate healthcare professionals working in health facilities such as emergency departments, primary care, casting clinics, specialist rooms and rural and remote settings.



For course bookings and further info, please contact **Health Education Collaborative**

Bruce: 0444 547 036
Margaret: 0419 939 458

info@healthec.com.au
www.healthec.com.au

**Venue**

Holmesglen Private Hospital
490 South Road
Moorabbin VIC 3189

Date

Wednesday, 9 December 2020

Time

8.30am to 5pm

Cost

\$445 per person

Unfortunately, due to rising product prices, the course cost will be going up next year.

Make sure you do not miss out on the last course at this price!

**Only 3 places left! Enter the coupon code
fracture15 for 15% discount (\$378.25)**

**For further information and to enroll visit our website
healthec.com.au**

Online courses

Course in Clinical Assessment

ECG Basics (collaborative course with Baker Heart & Diabetes Institute)

Women after gestational diabetes (collaborative course with Baker Heart & Diabetes Institute).

This is currently a closed course, however if you are interested please contact us.

Fracture Management (collaborative course with Australian Orthopaedic Association).

This has an online component as well as a face to face component.

Medical Scribing Courses (level 1 and level 2 advanced).
(collaborative course with Medscribe Australia)

If you would like us to present at any of your events, run an in-service session or manage your organisations in service program please contact us on info@healthec.com.au or phone Marg on 0419939458.

Collaborative Partnerships

Partner with us.

Got an idea for a course or program?

Want to turn your academic research into a course?

Already have the material but not sure how to develop it and get it out there?

Want someone to develop a learning program for your organisation?

Need some help managing your organisations in service program?

Then give us a call.

If you would like further information or to just run an idea by us, then contact us via our website to leave an expression of interest. info@healthec.com.au or give Marg or Bruce a call.

Next Issue: December 2020



Contact us:

Marg: 0419 939 458 or Bruce: 0444 547 036

Web page: <http://www.healthec.com.au/>