

JUNE 2021 VOLUME 18

# Health Education Collaborative Newsletter



## A note from the CEO



Bruce Greaves

Time for a change and new look. We hope you like our new newsletter format. We felt it was time for a fresh look.

The past 12 months have been challenging but we have remained positive throughout and are looking forward to delivering our brand of high quality education via our clinical team.

We will have some exciting news to share in our next edition - new partnerships, free learning modules and more.

We were pleased to be working with the ADF once again this month providing vital infection prevention control and PPE training to the latest group deployed to Victoria assisting with the current COVID outbreak.

Great working with a highly organised and professional team.

For the full ADF employment story, click [here](#).

*Feature image taken from ADF image gallery of current deployment.*

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Health Education Collaborative

# Education Update



Marg Villella

**Answer to last months medication quiz.**

**What class of drug is Irbesartan?**

Irbesartan is angiotensin II receptor antagonist and is used to treat hypertension.

**What is the recommended dose of Irbesartan?**

The usual dose of Irbesartan is 150mg daily. This is reduced if the patient is volume or salt depleted (eg after treatment with diuretics).

**What is class of drug is Atenolol?**

Atenolol is a beta blocker. It is cardioselective, which means it exerts greater blocking activity on  $\beta_1$  receptors in the heart than on the  $\beta_2$  receptors in the lungs. It is used to treat hypertension, angina and arrhythmias.

**What is the recommended dose of Atenolol?**

The recommended dose of atenolol is 50mg to 100mg per day.

**Notes for Atenolol:**

Contraindications: Beta-blockers are contraindicated in any patient with a history of airways obstruction or a tendency to bronchospasm. Use of cardioselective beta-blockers can also result in severe bronchospasm.



**Abrupt withdrawal:**

Severe exacerbation of angina and precipitation of myocardial infarction and ventricular arrhythmias have occurred following abrupt discontinuation of beta-blockade in patients with ischaemic heart disease.

**What class of drug is Amlodipine?**

Amlodipine is a calcium channel blocker used to treat hypertension and angina.

**What is the recommend dose of Amlodipine?**

For hypertension or angina the usual

initial dose is 2.5 to 5 mg once daily which may be increased to a maximum dose of 10 mg depending on the individual patient's response.

**What is Atacand HTC?**

Atacand HCT (candesartan cilexetil - hydrochlorothiazide) is an angiotensin receptor blocker and a thiazide diuretic used to treat high blood pressure.

*Information obtained from each product PMI.*

*"The beautiful thing about learning is that no one can take it away from you".*

BB KING

## UPCOMING EDUCATION SESSIONS

**16 July 2021**

Fracture Management Course  
Time: 0845 to 1700  
Holmesglen Private Hospital  
Moorabbin Victoria  
[Click here](#) to register

**28 August 2021**

Fracture Management Course  
Time: 0845 to 1700  
Holmesglen Private Hospital  
Moorabbin Victoria  
[Click here](#) to register

**29 October 2021**

Fracture Management Course  
Time: 0845 to 1700  
Holmesglen Private Hospital  
Moorabbin Victoria  
[Click here](#) to register

# This month's clinical question

When we assess a patient for their risk factors for heart disease, we ask the following:

- do you have high blood pressure?
- do you have high cholesterol?
- do you have a family history of heart disease?
- do you have diabetes?
- do you smoke?

These risk factors can be broken down into modifiable and nonmodifiable.

Modifiable risk factors are:

- hypertension
- diabetes
- smoking
- physical inactivity
- obesity
- dyslipidemia

Nonmodifiable risk factors are:

- age
- sex
- family history



Cardiovascular disease (CVD) is largely preventable, with modifiable CVD risk factors accounting for up to 90% of the risk of myocardial infarction. In Australia, 64% of all adults have three risk factors for CVD (Australian Heart Foundation).

You can assess an individual's (or your own) absolute risk. Absolute risk is an individual's chance of getting cardiovascular disease (which includes all heart, stroke and blood vessel diseases) in the next five years.

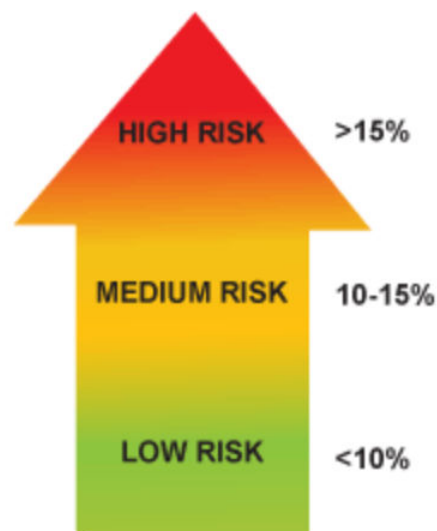
Do you know your risk?

Click the link below to assess your risk.

[Australian absolute cardiovascular disease risk calculator](#)

The risk is assessed as a percentage and is expressed as low, medium and high risk (see arrow below).

I was very excited when my GP did mine recently (having just turned 50) and I was only 1%!



*"There are two education. One should teach us how to make a living, and the other how to live"*

JOHN ADAMS

## ONLINE COURSES

### ECG Basics

Suitable for all nurses, paramedics and doctors that need to be able to interpret an ECG.

[Click here](#) to register.

### Clinical Assessment

Suitable for nurses, nursing students, medical students and doctors. A thorough systematic assessment is vital in order to assess patients and to recognise early deterioration.

[Click here](#) to register.

# Professional development

I recently completed the IHI Improvement Coach Professional Development Program. This course was offered in collaboration with Safer Care Victoria. The program provided me with the opportunity to develop my improvement knowledge and gain some valuable tips to coach and facilitate improvement teams and support the implementation of improvement strategies. It was also a great opportunity to network with health professional around Victoria. It has given me a completely new perspective on quality improvement and I would highly recommend the course.

I have been coaching a sepsis project which has been very rewarding.

# Free online professional development modules from July

We all know how important professional development is. From next month, we will be offering a limited number of FREE online professional development modules. We will offer at least one module each month.

Please contact us if there is any topic you would like us to cover in these free modules [info@healthec.com.au](mailto:info@healthec.com.au)

# Courses for your organisation

We have been busy organising a number of fracture management courses in regional Victoria including Shepparton, Ararat, Edenhope. These courses are organised by health services, which they offer to their medical, nursing and physios. We are able to provide these group course bookings at a discounted rate. **Contact us** to discuss a course in your area.



*"Education is what remains after one has forgotten what one has learnt in school"*

MARK TWAIN

**NEXT ISSUE  
JULY 2021**

Free professional development short modules

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