



# CARDIO SHIELD

Shared Healthcare Initiative -  
Enhanced Lipid Directive

A shared healthcare approach to secondary prevention of CVD in post-MI patients

## THE EDUCATIONAL PROGRAM

CardioSHIELD has been designed to educate General Practitioners in managing secondary prevention of atherosclerotic cardiovascular disease (ASCVD) in the post-MI patient.

Guided by local and international report findings, CardioSHIELD will engage and lead participants through

- > a self-directed pre-activity
- > a local face-to-face workshop and
- > a return-to-practice exercise,

to explore actionable methods for enhancing the management of patients who are presently at an elevated risk of experiencing another MI.

CardioSHIELD is a CPD approved activity in the RACGP 2023-2025 triennium. This hybrid activity provides an opportunity to complete a total of 6 hours (of the 50 required hours per year) across the Medical Board of Australia's three activity types.

Educational Activities	Measuring Outcomes	Reviewing Performance
1 hours	1.5 hours	3.5 hours

## OPPORTUNITY FOR GENERAL PRACTITIONERS



### ELEVATED CHOLESTEROL: A CRITICAL MODIFIABLE RISK FACTOR IN CARDIOVASCULAR DISEASE<sup>1,2</sup>



Of those surviving a myocardial infarction (MI), almost 1 in 5 CVD patients experience another MI, stroke or CV death over the following year<sup>\*3</sup>

### THERE IS SIGNIFICANT OPPORTUNITY TO REDUCE THIS IN AUSTRALIA<sup>1,2,4-6</sup>:



**Nearly 1 in 2 (48%)** high-risk patients with CVD in Australia

have LDL-C above the recommended secondary-prevention target<sup>†1</sup>



**After an event, nearly 1 in 2 (45%)** patients in Australia do not meet

the recommended LDL-C target for secondary prevention within 12 months post hospital discharge following an acute coronary event<sup>‡5,6</sup>



**Nearly 1 in 2 (45%)** patients with CVD in Australia

is not on recommended intensive lipid-lowering therapy 12 months post hospital discharge following an acute coronary event<sup>‡5,6</sup>

MI = myocardial infarction; CV = cardiovascular; CVD = cardiovascular disease

\*A retrospective, cohort analysis of 108,315 patients admitted to a Swedish hospital due to MI

† An observational analysis of 107,664 high-risk patients with prior CVD attending Australian general practice participating in the Medicine Insight program from 2010-mid-2019 (average follow-up 5.3 y)

‡ CONCORDANCE: Retrospective cohort study of an Australian ACS registry, 2009-2018, of adults admitted with confirmed acute coronary syndrome of cardiovascular origin.



## Your local workshop

DATE	Saturday 18 May 2024
TIME	12:30 – 4:30 pm
LOCATION	Kan Sushi & Poke Dubbo, Ground Floor of Quest Hotel, 1/22 Bultje St, Dubbo
SPEAKER 1	Professor Leon Simons, Endocrinologist Lipid Research Dept, St Vincent’s Hospital, Sydney
SPEAKER 2	Dr John Tsingos, General Practitioner South Sydney Juniors Medical Centre, Kingsford



Secure your place today by scanning the QR code to register or visit:

[www.cardioshield.com.au](http://www.cardioshield.com.au)

Please RSVP by Friday 10 May 2024

*This activity is for Healthcare Professionals only. For the full meeting agenda, please visit the website.*



Any questions? Please contact your local Amgen representative

Annie Gardiner on 0448 650 485

Upon registration you will receive an email confirmation. An email and SMS reminder will also be sent closer to the workshop date. Should you require further information regarding your registration or this CPD activity, please email: [info@mededmatters.com.au](mailto:info@mededmatters.com.au).

### REFERENCES

1. Carrington M, Cao T, Haregu T, et al. CODE RED: Overturning Australia’s cholesterol complacency. Melbourne: Baker Heart and Diabetes Institute; 2020.
2. Heart Foundation (Australia); World Heart foundation. REPORT: Cholesterol Roadblocks and Solutions: Tackling a Leading Risk Factor for CVD. A report from Australia’s National Roundtable on Cholesterol. 30 June 2022, Canberra.
3. Jernberg T, Basvold P, Henriksson M, et al. *Eur Heart J* 2015;36(19):1163–1170.
4. Murphy A, Faria-Netoy JR, Al-Rasadiz K, et al. *Glob Heart* 2017;12(3):179–197.e175.
5. Alsadat N, Hyun K, Boroumand F, et al. *Med J Aust* 2022;216(9):463–468.
6. Brieger D, D’Souza M, Karice Huyn K, et al. *Med J Aust* 2019;210(2):80–85.



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