

## **Facilitator Guide**

### **Module 2: Global Cardiovascular (CV) Risk Assessment and Reduction in Women with Hypertension**

#### **Learning Objectives**

Upon completion of this activity, participants should be able to:

- Do a critical appraisal of CV risk assessment
- Evaluate indications and limitations of CV risk stratification
- Calculate vascular age; discuss how vascular age assessment can help in CV risk reduction
- Formulate a management plan using the Canadian Hypertension Education Program (CHEP) recommendations

#### **Case Authors**

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#### **CHEP Continuing Professional Development Planning Committee**

- Steven Goluboff, MD CCFP
- Sol Stern, MD CCFP
- John Hickey MD, CCFP
- Karen Mann, BN, MSc, PhD

### Role of the Facilitator

Your role as a facilitator is to lead the group discussion, respect the session timing, and ensure that each individual has the opportunity to share opinions, knowledge and previous experience.

The slides provided include speakers' notes with key messages and/or discussion points to be covered. Some slides also include specific instructions to follow. Review the slides and speakers' notes in advance so that you understand the content and flow.

Take a moment to review the Reference Slide section should you need to refer to any of these slides during your discussion.

Above all, ensure a respectful, participatory atmosphere in which participants feel safe to contribute.

### **Agenda**

The following is the suggested agenda for a proposed 60 minutes session.

<b>TIMING</b>	<b>TOPIC</b>	
5 minutes	<b>Introduction and Program Overview (slides 1 to 6)</b> <ul style="list-style-type: none"><li>▪ Introduction of the topic and facilitator disclosures</li><li>▪ Review of case authors</li><li>▪ Outline and objectives of the session</li></ul>	Facilitator
5 minutes	<b>Introductory slides (slides 7 to 9)</b> <ul style="list-style-type: none"><li>▪ Review general hypertension slides</li></ul>	Facilitator
35 minutes	<b>Case Presentation and Discussion Questions (slides 9 to 55)</b> <ul style="list-style-type: none"><li>▪ Speakers' notes provided to support each slide and guide you through the Discussion Questions</li><li>▪ Review the Key Learnings at the end of the session</li></ul>	Group
5 minutes	<b>Additional Resources (reference slide deck)</b> <ul style="list-style-type: none"><li>▪ Review additional resources available</li></ul>	Facilitator
10 minutes	<b>Questions and Wrap up</b> <ul style="list-style-type: none"><li>▪ Allow group 10 minutes to ask questions and discuss the case</li><li>▪ Thank the participants for sharing their expertise and opinions</li></ul>	Group

### Additional Resources:

<https://www.hypertension.ca/en/professional/resources>

### For more information, contact:

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Hypertension Canada