



EARLY PHARMACOTHERAPY LEARNING EXPERIENCES IN A STUDENT-RUN CARDIOVASCULAR RISK MANAGEMENT PROGRAMME ARE BENEFICIAL TO STUDENTS AND PATIENTS

T. Schutte^{1,2}, K. Prince³, M. Richir^{1,2}, E. Donker⁴, L. van Gastel⁴, F. Bastiaans³, H. de Vries³, J. Tichelaar^{1,2}, M. van Agtmael^{1,2}

¹ Department of Internal Medicine – pharmacotherapy section, VUmc, Amsterdam, The Netherlands;

² RECIPE (Research and Expertise Center In Pharmacotherapy Education) Amsterdam, The Netherlands;

³ Department of General practice – UGP section, VUmc, Amsterdam, The Netherlands Netherlands

⁴ Student coordinators LC-SRC – pharmacotherapy section, VUmc, Amsterdam, The Netherlands

Introduction

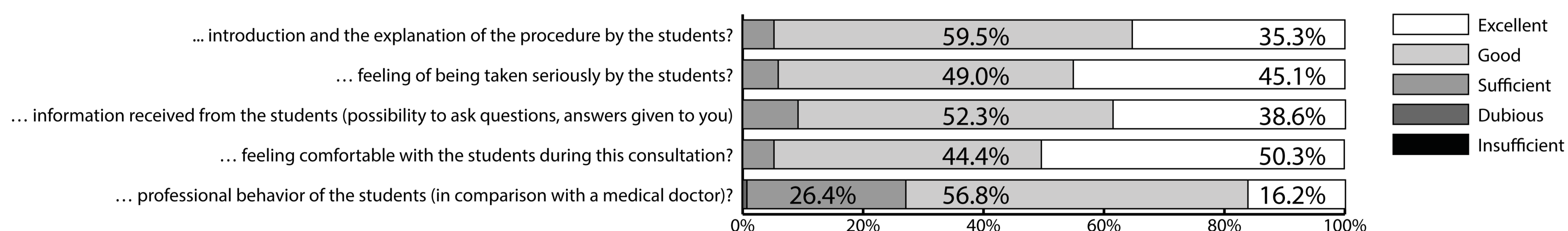
General practitioners (GPs) have an important role in cardiovascular risk management (CVRM). This care is often unstructured because of time constraints. Involving undergraduate medical students in CVRM could circumvent this problem, by offering patients and GPs a structured CVRM programme. Students could then benefit from a valuable early learning experience with a (shared) responsibility for patient care, including pharmacotherapy. Here, we describe and evaluate a student-run CVRM programme.

Methods

The student-run CVRM programme was set up in December 2014 to offer primary prevention for cardiovascular diseases to patients with known risk factors (age ≥ 50 years; current/recent smoking history; previous high blood pressure/cholesterol). During a consultation, two undergraduate medical students assessed the patients' actual risk. They assessed blood pressure, height/weight, family history and lifestyle. Thereafter, they formulated a CVRM plan, which they discussed with the patient after it had been approved by a GP. After each consultation, patients were asked to complete an evaluation and feedback questionnaire.

Patient evaluation questionnaire

What is your opinion regarding the



Conclusion

Undergraduate medical students can play a valuable role in improving patient care in a CVRM programme. This programme is mutually beneficial to all participants, providing a “win-win-win” situation.



Results

From December 2014 to December 2015, 185 consultations with 115 patients were carried out by 46 students. In total, 26 medication changes were made (i.e. start, dose adjustment, or stop), mainly concerning anti-hypertensive drugs. The feedback questionnaires of 115 consultations were returned (62%). Overall patient satisfaction was 8.43 (1-10, min-max). Quality of care indicators of 104 patients were retrieved and the cardiovascular risk of 97 patients (93.3%) was determined; it was ‘high’ in 47 patients (48.5%). Participating students and GPs were enthusiastic about the valuable learning opportunities and about the improved CVRM care the students delivered.