



Jornadas de  
Atualização  
Cardiovascular

Medicina Geral e Familiar

#JAC eLEARNING

# PRACTICAL COURSE ON DYSLIPIDAEMIA

Course coordinator:  
Maria Júlia Maciel, MD, PhD

[jac-ensino.pt](http://jac-ensino.pt)

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## **Introduction.**

Dyslipidaemia plays a central role in cardiovascular disease with high prevalence in the general population and relevant morbidity and mortality. Aimed at Family Physicians, the Practical Course on Dyslipidaemia intends the review of both fundamental concepts and the latest evidence in this field but also to deliver a pragmatic, case-based approach to this entity in primary care setting.

The programme is composed of four e-learning modules, encompassing a review of basilar concepts and overall global cardiovascular risk as well as potential therapeutic strategies in different settings, and a final assessment module.

## **Faculty.**

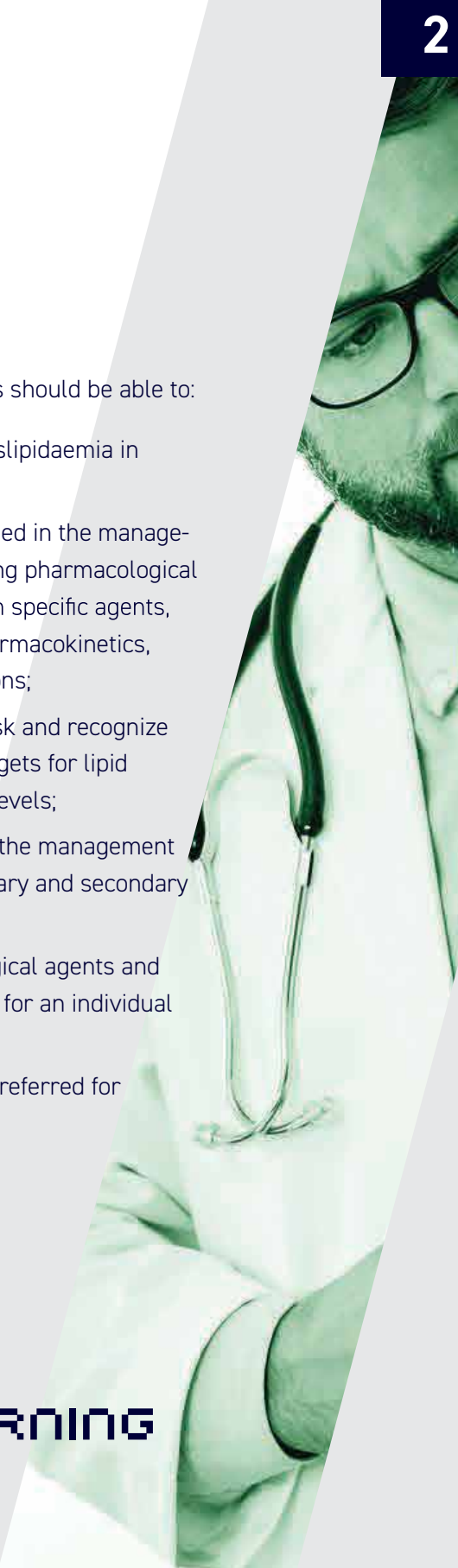
Maria Júlia Maciel, MD, PhD  
Eduardo Vilela, MD  
Francisco Araújo, MD  
João Coutinho, MD  
Rui Baptista, MD, PhD

## Learning objectives.

By the end of the course, attendees should be able to:

- Understand the relevance of dyslipidaemia in cardiovascular disease;
- Know the different strategies used in the management of dyslipidaemia, including pharmacological therapy with a special focus on specific agents, mechanisms of action and pharmacokinetics, main indications and interactions;
- Assess global cardiovascular risk and recognize the importance of different targets for lipid parameters according to risk levels;
- Acknowledge the differences in the management of dyslipidaemia for both primary and secondary prevention settings;
- Select appropriate pharmacological agents and doses, and recognize the need for an individual approach;
- Identify patients who should be referred for hospital care.

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## Dyslipidaemia and cardiovascular disease

João Coutinho

**Session 1:** General overview on the relevance of dyslipidaemia in cardiovascular disease

**Session 2:** Drugs for the treatment of dyslipidaemia: mechanisms of action and main indications

- Statins
- Ezetimibe
- Fibrates, omega-3, bempedoic acid, other agents

**Take-home messages** & Self-assessment test.

## Management of dyslipidaemia in primary prevention (case-based approach)

Rui Baptista

**Session 1:** Importance of global cardiovascular risk

**Session 2:** Target-levels in different settings

**Session 3:** What is the role of statins and of non-statin agents? For which patients?

**Take-home messages** & Self-assessment test.

## Module

## 03

## Management of dyslipidaemia in secondary prevention (case-based approach)

Eduardo Vilela

**Session 1:** Management of dyslipidaemia after a cardiovascular event

**Session 2:** What pharmacological agents should be used, and at what dosage?

**Take-home messages** & Self-assessment test.

## Module

## 04

## Practical issues in the management of dyslipidaemia (case-based approach)

Francisco Araújo

Management of dyslipidaemia in complex cases:

- Polypharmacy, elderly patients, renal disease: personalized strategies
- Statin-intolerant patients
- Complex and difficult to control dyslipidaemia, young patients

**Take-home messages** & Self-assessment test.

## Module

## 05

## Knowledge Assessment Test





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