

Module 2: Facilitator Guide for Zoom session

Facilitator Instructions: Complete the 2 activities below using these instructions and the Module 2 Zoom facilitation slides.

Suggested time: 35-40 minutes

Activity 1: Interprofessional CVD Care (IPE) *(advance on slide 2)*

Objective: Develop and explain recommendations to optimize a patient's cardiovascular health using an interprofessional team-based approach

1. Remind learners of the case: *(advance to slide 3)*

In this module, we learned about James, a 50-year-old man with long-standing, well controlled HIV on 3TC, AZT, and r/LPV who presented to the clinic for routine HIV care. His last HIV RNA one month ago was undetectable, and his pill count shows that he is very adherent to his ART. James explained that he was having poor erections, and he was very frustrated and embarrassed. He had a history of high blood pressure not on treatment and smoked 8-10 cigarettes per day. Imagine you are part of a team evaluating a patient like James who has a number of CVD risk factors.

2. Explain the activity: *(advance to slide 4)*

You will now have the opportunity to engage in a multidisciplinary discussion and activity in a 15-minute breakout session. Multi-disciplinary rounds involve health care professionals from different disciplines coming together to discuss a patient and create a comprehensive care plan. Spend 5 minutes reviewing Table 3 of the 2020 WHO HEARTS Technical Package "Management of total CVD risk" (available in both the "no labs" and "lab based" documents in additional learner materials. Then, in your small group, conduct multidisciplinary rounds. Allow each health profession in your group to suggest recommendations for James's care that relate to their profession/expertise. As you offer recommendations fill out the provided table as a group with recommendations for each specified area of CVD care.

3. Move learners into breakout rooms. *(advance to slide 5)*

4. After 15 minutes, close breakout rooms and return students back to large group.

5. Guide learners' reflection on the activity: *(advance to slide 6)*

Have each group share their recommendations from their respective area of expertise. The patient should be seen back in 6-12 weeks to assess for interval change after the recommendations were made.

The blank table and completed table are on the next page for reference. Decide if you want to fill out the blank table on *slide 6* during the debrief and/or reveal suggested answers on *slide 7*.

CVD Care Area	Recommendation
Physical activity	
Dietary changes	
Smoking cessation	
Avoiding harmful alcohol	
Blood pressure	
ART regimen	
Goal HIV RNA	
Weight control	
Lipid lowering agent	
Hypoglycemic agent	

	Recommendation	"In depth" Answer
Physical activity	Increase aerobic exercise	> 150 min/week
Dietary changes	Less salt (<1tsp a day) and total fat intake	< 2000 calories/day
Smoking cessation	Complete cessation of all tobacco products should be the goal. Stopping all at once more effective than "weaning" cigarettes	
Avoiding harmful alcohol	Stopping any amount that leads to detrimental health and social consequences	Goal ≤1 standard drink daily
Blood pressure	Decrease BP	Goal <140/90 or <130/80 if diabetic or risk is >30%
ART regimen	Change regimen that does not include a PI and has fewer lipid effects	Consider TDF/FTC/DTG
Goal HIV RNA	Goal undetectable	Persistent viral replication may be tied to inflammation
Weight control	Weight loss is desirable if overweight	Goal BMI 20-25
Lipid lowering agent	Consider initiation for CVD risk >30% or diabetes or individuals with persistently elevated cholesterol* (total cholesterol >8 mmol/L) despite lipid lowering diet	Atorvastatin or Simvastatin
Hypoglycemic agent	Consider if FBS > 7mmol/L	Metformin

Activity 2: Team-based discharge (IPE) *(advance on slide 8)*

Objective: Develop and explain recommendations to optimize a patient's cardiovascular health using an interprofessional team-based approach

1. Remind learners of the second case: *(advance on slide 9)*

Joyce is a 38-year-old woman with 12 years of well controlled HIV who presents to a rural triage clinic with acute onset left-sided weakness of 6 hours duration and is found to have a stroke. After several days of hospitalization, Joyce's condition improves. You are preparing to discharge her from the hospital.

2. Explain the activity: *(advance on slide 10)*

You will now have the opportunity to discuss team-based discharge in breakout rooms for 10 minutes. In your groups, please discuss the following questions.

1. Who would you engage to support Joyce after she is discharged (for example, family members, community health worker, outpatient healthcare workers, etc.)?
2. In what ways would you envision these individuals supporting Joyce?

3. Move students into breakout rooms for multidisciplinary discussion

4. After 10 minutes, close breakout rooms and return students to the main room.

5. Guide learner reflection: *(advance to slide 12)*

Ask the groups to share their reflections. *(advance to slide 13)* If time permits, ask the learners to summarize key points from their discussion and/or the module.