

How to use this guide

The topic lists are broken into groups of diagnoses which are categorised according symptom mostly but also, CV risk, cardiac anatomy and CNS syndromes. My reason for presenting in this way is to help with the organisation of your knowledge. In addition, you need to identify the distinguishing features of the illness scripts that allow you to decipher between the differentials for presentations within these categories. To learn the distinguishing features, compare the illness scripts for the diagnoses within the categories. I have placed the diagnoses that I consider to be most important in bold. For each of the diagnoses you will need to know:

- Illness scripts (risk factors, symptoms and signs)
- Differential diagnoses
- Investigations
- Management

Below the topic lists you will find resources arranged by type: Guidelines, Therapeutic guidelines, How to treat, AJGP, AFP, Check, Others. I have also placed the most useful resources that cover, in my opinion, important topics in bold. There are too many resources to expect that you will read them all. You will need to prioritise based on 1) useful resources for important topics (in bold) 2) areas of your personal knowledge deficiency and 3) personal learning style preferences. Hope this helps!

Cardiovascular Topics	
<i>Diagnoses classified by symptoms + CV risk + cardiac anatomy + CNS syndromes</i>	
1) <u>Chest/epigastric Pain</u> Angina pectoris Abdominal Aortic Aneurysm Myocardial infarction Myocarditis Pericarditis Pulmonary embolism Thoracic aorta dissection	Sick sinus syndrome Supraventricular tachycardia Torsade de pointes Ventricular fibrillation Ventricular tachycardia Wolf Parkinson White Syndrome
2) <u>Dyspnoea</u> Atrial myxoma Pulmonary hypertension	5) <u>Vasculitis</u> Henoch Schonlein purpura Raynaud's syndrome Polyarteritis nodosum Wegener's granulomatosis
3) <u>Heart failure</u> Cardiomyopathy Chronic heart failure	6) <u>Venous thromboembolism</u> Antiphospholipid syndrome DVT Factor V Leiden mutation Protein C&S deficiency Prothrombin gene mutation
4) <u>Palpitation and ECGs</u> Atrial fibrillation Atrial flutter Left bundle branch block Right bundle branch block Complete heart block First degree heart block Second degree heart block Long QT syndrome Phaeochromocytoma	7) <u>Cardiac anatomical abnormality</u> Aortic incompetence Aortic stenosis Atrial septal defect Coarctation of aorta Mitral valve prolapse Mitral stenosis

8) **Cardiovascular disease risk**
Dyslipidaemia/ Hyperlipidaemia
Hypertension

9) **CNS syndrome**
Berry Aneurysm
Stroke
Transient ischemic attack

10) **Miscellaneous**
Australian cardiovascular disease risk calculation
ECG interpretation
Infective endocarditis
Peripheral vascular disease
Rheumatic heart disease
Superficial Thrombophlebitis
Varicose veins

Guidelines

Chronic Heart Failure Guidelines 2018

<https://www.heartfoundation.org.au/conditions/heart-failure-for-professionals>

Clinical Guidelines for Stroke Management

<https://informme.org.au/en/Guidelines/Clinical-Guidelines-for-Stroke-Management-2017>

Guideline for the diagnosis and management of hypertension in adults 2016

https://www.heartfoundation.org.au/getmedia/c83511ab-835a-4fcf-96f5-88d770582ddc/PRO-167_Hypertension-guideline-2016_WEB.pdf

Guideline for the management of absolute cardiovascular risk

https://www.heartfoundation.org.au/getmedia/4342a70f-4487-496e-bbb0-dae33a47fcb2/Absolute-CVD-Risk-Full-Guidelines_2.pdf

Therapeutic guidelines etg

Cardiovascular disease risk stratification

Cardiovascular disease risk modification

Lipid modification

Blood pressure reduction

Urgent control of elevated blood pressure

Classification of coronary ischaemic syndromes

Acute chest pain of possible cardiac origin

Acute coronary syndromes

Stable angina

Secondary prevention of atherosclerotic cardiovascular events

Pericarditis

Heart failure

Initial assessment and management of an acute tachyarrhythmia

Atrial fibrillation

Paroxysmal supraventricular tachycardia

Atrial flutter

Bradyarrhythmias

Torsade de pointes

VTE prophylaxis

VTE treatment

Peripheral arterial disease

Pulmonary hypertension

Anticoagulant therapy

Healthpathways (contact your local PHN for website link and password)

Abdominal Aortic Aneurysm

Angina

Atrial fibrillation

Heart Murmurs in Children and Adolescents

Hyperlipidaemia

Long QT Syndrome
Peripheral Arterial Disease

AJGP <https://www.racgp.org.au/ajgp/issues>

Future directions in cardiovascular disease risk prediction

<https://www1.racgp.org.au/ajgp/2020/august/future-directions-in-cardiovascular-disease-risk-p>

Absolute cardiovascular disease risk and the use of the Australian cardiovascular disease risk calculator

<https://www1.racgp.org.au/ajgp/2020/august/absolute-cardiovascular-disease-risk>

Smoking cessation

<https://www1.racgp.org.au/ajgp/2020/august/smoking-cessation-1>

Exercise as cardiovascular medicine

<https://www1.racgp.org.au/ajgp/2020/august/exercise-as-cardiovascular-medicine>

Coronary artery calcium in primary prevention

<https://www1.racgp.org.au/ajgp/2020/august/coronary-artery-calcium-in-primary-prevention>

Peripheral artery disease in the lower limbs: The importance of secondary risk prevention for improved long-term prognosis

<https://www1.racgp.org.au/ajgp/2020/may/peripheral-artery-disease-in-lower-limbs>

Screening for primary aldosteronism: How to adjust existing antihypertensive medications to avoid diagnostic errors

<https://www1.racgp.org.au/ajgp/2020/march/screening-for-primary-aldosteronism>

The hypertensive child

<https://www1.racgp.org.au/ajgp/2019/december/the-hypertensive-child>

Atrial fibrillation

<https://www1.racgp.org.au/ajgp/2019/october/atrial-fibrillation>

Heart failure with preserved ejection fraction: A growing global epidemic

<https://www1.racgp.org.au/ajgp/2019/july/heart-failure-with-preserved-ejection-fraction>

Approach to palpitations

<https://www1.racgp.org.au/ajgp/2019/april/approach-to-palpitations>

AFP (RACGP)

Pericarditis

<https://www.racgp.org.au/afp/2017/november/pericarditis/>

Pulmonary embolism

<https://www.racgp.org.au/afp/2017/november/pulmonary-embolism/>

Troponin testing in primary care

<https://www.racgp.org.au/afp/2017/november/troponin-testing/>

Recommendations for measuring home blood pressure

<https://www.racgp.org.au/afp/2016/januaryfebruary/how-to-measure-home-blood-pressure-recommendations-for-healthcare-professionals-and-patients/>

May14 – cardiology

- Imaging for cardiac disease: a guide for General Practitioners
<http://www.racgp.org.au/afp/2014/may/imaging-for-cardiac-disease/>
- Dizziness: If not vertigo could it be cardiac disease
<http://www.racgp.org.au/afp/2014/may/dizziness/>

Jun13 - arteries and veins

- Peripheral arterial disease
<http://www.racgp.org.au/afp/2013/june/peripheral-arterial-disease/>
- Aortic aneurysms
<http://www.racgp.org.au/afp/2013/june/aortic-aneurysms/>
- Non aortic aneurysms

<http://www.racgp.org.au/afp/2013/june/non-aortic-aneurysms/>

- **Varicose veins: Natural history assessment and management**
<http://www.racgp.org.au/afp/2013/june/varicose-veins/>
- Peripheral arterial disease: screening in General Practice
<http://www.racgp.org.au/afp/2013/june/peripheral-arterial-disease-screening/>
- Peripheral arterial disease: diagnosis and management in General Practice
<http://www.racgp.org.au/afp/2013/june/peripheral-arterial-disease-diagnosis/>

Check (RACGP) via gplearning

<http://gplearning.racgp.org.au/User/Account/Login?ReturnUrl=%2fuser>

Check unit 562 July 2019 - Cardiology

How to treat website (since 2015)

<http://www.australiandoctor.com.au/home> (click on the how to treat icon and follow the steps – need to register to use)

Congenital heart disease in children – 19th June 2020

Chronic venous disease and varicose veins – 10th April 2020

Cardiology and the athlete - 7th February 2020

NOACs in non-valvular AF - 8th November 2019

Abdominal aortic aneurysms - 1st November 2018

ECG resources

The ECG made easy John R. Hampton 8th Edition

Life in the fast lane ECG library <https://litfl.com/ecg-library/>

For curriculum topics not covered by the above articles - suggest using **BMJ's Best Practice** or **Murtagh's General Practice**

All management topics - suggest using **therapeutic guidelines**