

OCTOBER 16-18, 2014
THE SENTINEL HOTEL, PORTLAND, OR

SESSION DETAILS

Session #: 307

Title: The New Lipid and Hypertension Guidelines

Speaker: Seth Merritt, FNP, LMT, CATOM, CLS

Date: Saturday, October 18

Time: 11:10 a.m. - 12:25 p.m.

CE Contact Hours: 1.25

Pharmacology Hours: 0.5

SESSION DESCRIPTION

New guidelines for the treatment and management of Hypertension and Hyperlipidemia have recently come out. Nurse Practitioners should be knowledgeable about the reason for the change in guidelines and how to change patient care when needed. There are many different ways to treat dyslipidemia. The goal of the lecture will be to educate on the emerging lipid tests, the different types of dyslipidemias, new guidelines for HTN and lipid management, and how to offer good advice to patients on dietary changes and prescriptions to help them avoid heart disease, the leading cause of premature death for men and women.

LEARNING OBJECTIVES

Upon completion of this session, the learner will be able to:

1. Review historical changes in lipid guidelines and hypertension guidelines
2. Identify application for advanced lipid testing
3. Discuss pharmaceuticals and strategies for dietary changes to reduce cardiometabolic risk

DISCLOSURES

Conflict of Interest for Planners & Presenter:

- The planners of this CNE activity declare no conflicts of interest in the development and implementation of this educational activity.
- This presenter declares no conflict of interest. As faculty/presenter for this activity, presenter attests that they will provide the best available evidence for this content and present information fairly and without bias.