Session Details

Session #: 315  
Title: Familial Hypercholesterolemia: Prevention of Early Cardiac Morbidity & Mortality  
Speaker: Mary Nametka, MSN, RN, CWS, CWON, FNP-BC  
Date: Saturday, October 15  
Time: 3:15-4:30pm  
CE Contact Hours: 1.25  
Pharm Hours: 0.58

Session Description

Familial Hypercholesterolemia (FH) has been designated by the Centers for Disease Control and Prevention (CDC) as a Tier One Genetic Disorder affecting approximately 1 in every 200 persons and projected at 1 in 165 people in Eastern Oregon. Primary care providers such as Nurse Practitioners can play a key role in the identification, treatment and appropriate referral of FH patients, reducing morbidity, mortality while improving quality of life for a large segment of our population affecting all age groups. Awareness of this autosomal dominant genetic disorder can positively impact pre-pregnancy planning, early identification in childhood as well as improved management of the adult and senior populations.

Learning Objectives

Upon completion of this session, the learner will be able to:
1. Describe FH basic genetic defect and how to clinically identify patients.
2. Describe treatment options for Heterozygous and Homozygous FH individuals.
3. Describe one major goal of the Oregon CASCADE screening initiative.
4. Identify 3 current evidence gaps & future FH research directions.

Disclosures

Conflict of Interest for Presenter:

- The presenter(s) of this session declare 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.