

**CE Program Outline Template**

Chapter Name:

Program Title:

Date:

Location:

Time:

Speaker:

Topic:

Basis For Need:

Program Outline:

Contact Hours Appropriate:

Target Audience:

Nurse Practitioner on Planning Committee:

Sponsor:

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| **PROGRAM TITLE:**  |
| 1. Objectives

List each educational objective for the program. | II. Related Content/TopicsSummarize major content or topic related to each objective. | **III. Time Frame** | **IV. Teaching Method(s)** | **V. Presenter(s)** | **VI. Pharmacology** |
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## **CE Program Outline Example**

Chapter Name: Northern California PCNA Chapter and El Camino Hospital Nursing Research Council

Program Title: Women and Heart Disease

Date: March 7, 2009

Location: El Camino Hospital, 2500 Grant Road (Ground floor - Back of Cafeteria) Mountain View, CA 94040

Time: 11:30 a.m. – 1:00 pm

Speaker: Barbara Dehn RN MS NP, Women Physicians OB/GYN Medical Group

Topic: Is it your Heart? Or is it Menopause? Has anyone seen my hormones?

Basis for need:

Last year PCNA and ECH hosted an evening on Women and Heart Disease with Dr. Ericka Froelicher with the emphasis on historical research and an update on the EBP of heart disease issues for women. Feedback from the evening was that nurses as practitioners would like to continue to be well informed but also would like more practical tools/knowledge for triage and education. There is a misperception that cancer is the number one killer of women. New information regarding heart disease risk, acute coronary syndrome and health risk with hormonal therapy for menopausal women is available.

Program Outline:

11:00-11:15 Registration

11:20-1:30 Welcome, NCR and PCNA information and greeting

11:30- 1:10 Barbara Dehn RN MS NP, Is it your Heart or is it Menopause? Has anyone seen my hormones?

1:15-1:30 Q & A

Contact Hours Appropriate: 2 Contact Hours for 120 minutes of lecture and Q&A.

Target audience: RNs and NPs who work with the cardiovascular population

Nurse Practitioner on planning committee: Barbara Dehn RN MS NP

Sponsor: N/A

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| PROGRAM TITLE: Women and Heart Disease |
| 1. **Objectives**

**List each educational objective for the program.** | **II. Related Content/Topics****Summarize major content or topic related to each objective.** | **III. Time Frame** | **IV. Teaching Method(s)** | **V. Presenter(s)** | **VI. Pharmacology** |
| Describe the impact of hormones and menopauseon cardiovascular risk and symptoms. | As women's estrogen levels decline and they experience menopause, many have symptoms of hot flashes and night sweats that may be accompanied by heart palpitations. The exact cause and etiology is unclear.As people age their lipid profiles begin to change. Studies have shown that after a certain age, initiating hormone therapy actually increases a woman's risk for cardiac events, VTE, and stroke. | 55 mins | PowerPoint presentation | Barbara Dehn RN MS NP | # credits= time spent on pharmacology/60. |
| Explain the impact of hormones and menopauseon hyperlipidemia. | a) Oral hormones must pass through the liver first and have some effect on TGs, LDL and HDL. Transdermal hormone treatment does not seem to have the same effect and some studies have shown a decreased risk of VTE with transdermal applications.b)As we age, atherosclerosis seems to accelerate, however there is some evidence that early initiation of hormones may have protective effects on the vascular endothelium.c)Bottom line, before considering HRT, get a lipid profile and work on TLC, (therapeutic lifestyle changes, diet,exercise to reduce the risk of cardiovascular events.) HRT should not be considered as a treatment for cardiovascular disease and it's use must be individualized. | 45 mins | PowerPoint presentation | Barbara Dehn RN MS NP |  |