

# The Bulletin

Welcome to the Cardiovascular Health Nova Scotia (CVHNS) e-mail bulletin. This abbreviated version of The Bulletin has been created to share relevant information about cardiovascular health: upcoming learning opportunities and helpful resources (including COVID-19 and virtual care specific links).

## Learning Opportunities

### *Conferences*

Canadian Cardiovascular Congress, October 21-24, 2020. Online. <http://cardiocongress.org>

European Stroke Organization & World Stroke Organization Virtual Conference, November 7-9, 2020. Online. <http://eso-wso-conference.org>

### *Free Training Sessions*

Apex Innovations NIH Stroke Scale online module  
<http://apexinnovations.com/products.html#free>

The University of Edinburgh Acute CTA for Thrombectomy in Stroke (ACTATS) training tool  
<http://www.ed.ac.uk/edinburgh-imaging/actats>

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## Helpful Resources

American Heart Association. [Dietary cholesterol and cardiovascular risk: A science advisory from the American Heart Association](#). *Circ*. 2019; 141(3):e39-e53.

Douketis, JD, Spyropoulos AC, Duncan J, Carrier M, Le Gal G, Tafur AJ et al. [Perioperative management of patients with atrial fibrillation receiving a direct oral anticoagulant](#). *JAMA Intern Med*. 2019; 179(11):1469-1478.

Fabbri MM, Murad H, Wennberg AM, Turcano P, Erwin PJ, Alahdab F, et al. [Health literacy and outcomes among patients with heart failure a systematic review and meta-analysis](#). *JACC: Heart Failure*. 2020; 8(6):451-460.

Karamchandani K, Khanna AK, Bose A, Fernando RJ, Walkey AJ. [Atrial fibrillation: Current evidence and management strategies during the perioperative period](#). *Crit Care Resusc*. 2020; 130(1):2-13.

Rabi DM, McBrien KA, Sapir-Pichhadze R, Woo V, Bell AD, Daskalopoulou SS, et al. [Hypertension Canada's 2020 comprehensive guidelines for the prevention, diagnosis, risk assessment, and treatment of hypertension in adults and children](#). *Can J Card*. 2020; 36(5):596-624.

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Singleton MJ, Imtiaz-Ahmad M, Kamel H, O'Neal WT, Judd SE, Howard VJ, et al. [Association of atrial fibrillation without cardiovascular comorbidities and stroke risk: From the REGARDS study](#). 2020. *J Am Heart Assoc*; 9(12):e016380.

Teasell R, Salbach NM, Foley N, Mountain A, Cameron JI, Jong A, et al. [Canadian stroke best practice recommendations: rehabilitation, recovery, and community participation following stroke](#). Part one: rehabilitation and recovery following stroke; 6th edition update 2019 [published online Jan 27, 2020]. *Int J Stroke*.

### **NEW Blood Pressure Tracking App**

[Sphygmo](#) is a blood pressure tracking app designed by doctors to help you collect and manage your blood pressure readings. Measure your blood pressure accurately using your own home monitor, and follow your trends over time.

### *COVID-19 Resources*

Beyrouti R, Adams ME, Benjamin L, Cohen H, Farmer SF, Goh YY, et al. [Characteristics of ischaemic stroke associated with COVID-19](#) [published online April 30, 2020]. *J Neurol Neurosurg PS*.

CorHealth Ontario is an organization that provides strategic leadership to improve cardiac, stroke and vascular care in the province of Ontario. They maintain a [COVID-19 Resource Centre](#), as well as [Stroke](#), [Cardiac](#), and [Vascular-specific](#) COVID-19 resource webpages.

Heart & Stroke Foundation has developed [Stroke best practices during the COVID-19 pandemic](#) to support evidence-based stroke care in these unprecedented times.

Qureshi AI, Abd-Allah F, Alsenani F, Aytac E, Borhani-Haghighi A, Ciccone A, et al. [Management of acute ischemic stroke in patients with COVID-19 infection: Report of an international panel](#) [published online May 3, 2020]. *Int J Stroke*.

### *Virtual Care Resources*

[Heart & Stroke Foundation Virtual Care Toolkit](#) includes several implementation tools (e.g., checklists) to support virtual care, with key elements noted for the provider as well as the patient, family, and caregivers.

[Institute for Healthcare Improvement \(IHI\) Telehealth Resources](#) is a list of resources to assist with implementation of telehealth services, particularly within the COVID-19 context.

[Virtual Cardiac College](#) is an online program for individuals who have had a heart attack, heart surgery, valve surgery, an angioplasty, an arrhythmia, angina or other heart conditions.

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### [National \(US\) Guidelines and Tools for Stroke Prevention: A Guide for Nurses](#)

An electronic guide for clinicians on stroke prevention and treatment strategies (free for PCNA members; \$25 non-members). Sections include:

- Primary Prevention of Stroke
- Atrial Fibrillation
- Other Cardiac Conditions
- Non-Cardiac Conditions
- Antiplatelet Agents and Aspirin in Stroke Prevention
- Stroke Prevention in Women
- Secondary Prevention of Stroke



Catch up on any issues you may have missed. Past issues of the CVHNS bulletin can be found online [here](#).