

**Start event at each health care unit**

- Programme promotion and motivation
- Analysis of the state of preventive work
- CV risk factor recording, self-audit from patient record
- Cause-effect analysis on CV patients' variable treatment practices

**Education I, 2 days**

- Prevention, general
- Hypertension, CC guideline
- Lifestyle changes
- Patient cases (hypertension)
- Distance learning task, results
- Drafting the hypertension care pathway
- Dyslipidemia CC guideline
- Leading the change

**Education III, ½ day**

- Presenting the final hypertension care pathway
- Division of tasks, implementation of care pathway
- Physical exercise
- Motivation
- Feedback on diabetes audit

**Education IV, ½ day**

- Dyslipidemia, CC guideline
- Feedback on dyslipidemia audit
- Drafting the dyslipidemia care pathway
- Patient cases (dyslipidemia, total CV risk)

**Motivation of the managers**

Recruitment of facilitators and planning the programme

**Education II, ½ day**

- Feedback on blood pressure audit
- Drafting the hypertension care pathway further
- Chain of care in Diabetes
- Leading the change
- Communication skills

**Education V, ½ day**

- Blood pressure treatment in Helsinki vs. other parts of Finland
- Leading the change

**Education VI, ½ day**

- The programme in 2002
- Plans for the year 2003

2002

2003

**Distance learning task I**

- With a multiprofessional team gather information:
1. What kind of handouts is available for patients who need lifestyle interventions
  2. Limits for BP, cholesterol and blood glucose values for nurses to consult GPs
  3. Limits for BP, cholesterol and blood glucose for initiation of drug treatment

**Distance learning task III**

1. Make a plan for a regular control visit for a diabetic patient (content of visits, laboratory tests and task dividing)
2. Organise audit on diabetes treatment levels

**Distance learning task V**

1. Description of the programme at own unit (workshops, approximation of time used for the programme, successes)
2. Description of the state of preventive work at the unit
3. Vision of a preventive event for the population

**Distance learning task II**

1. Draft an ideal care pathway for a hypertension patient at your own primary care unit
2. Organise an audit for blood pressure measurements
3. Arrange workshops at your own unit on topics of education I

**Distance learning task IV**

1. Organise audit on cholesterol treatment levels
2. Risk analysis on task-dividing