

Hypertension & Lipids

Free One-Day Workshops - LIS programme 2026/27

Building Confidence across the Practice Team

These practical, hands-on day workshops are built around real clinical cases, which participants work through together in small groups. Led by experienced clinicians who manage these situations every day, the sessions are interactive rather than lecture-based. Workshops will run in different locations around Kent & Medway from **9am-4.30pm** and include lunch and refreshments. A **certificate of attendance** will be issued for your CPD portfolio on completion of the feedback survey.

Who it is for: GP, GPN, NA, HCA, Clinical Pharmacist, Pharmacy Technician, Paramedic and ANP, Care Coordinator working in Primary Care in Kent & Medway.



Morning: Hypertension

- Diagnosing hypertension: thresholds, ABPM and HBPM in practice
- Getting the target right — age, diabetes, CKD, frailty
- Starting and titrating treatment using the NICE algorithm
- Working through plenty of real clinical cases together, until applying the guidelines feels comfortable when to escalate, when to refer, and when to admit



Afternoon: Lipids



- QRISK3 and explaining cardiovascular risk to patients
- Statin choice and intensity: primary and secondary prevention
- Statin intolerance — a structured approach that works
- Beyond statins: ezetimibe, bempedoic acid and inclisiran — what they do and how to access them
- Spotting familial hypercholesterolaemia and referring well
- Plenty of case scenarios to practise on, plus your scope, supervision and escalation routes

Book your place:

Each practice site can book up to 3 staff places. If you require additional places, please email the K&M Primary Care Training Hub at kmicb.kmpcth@nhs.net to check availability.

Bookings are individual. If you do not have a Medtribe account already, you will need to create one.

Please click on a link below to find your location and book your place:

- [Medway & Swale - Bridgewood Manor, Chatham](#)
Thursday 15 October 2026
- [Medway & Swale - Bridgewood Manor, Chatham](#)
Thursday 22 October 2026
- [East Kent - Riverside Church, Whitstable](#)
Wednesday 18 November 2026
- [West Kent - Mercure Great Danes, Maidstone](#)
Wednesday 21 January 2027
- [East Kent - Ashford International Hotel](#)
Wednesday 27 January
- [DGS - Mercure Great Danes, Maidstone](#)
Thursday 28 January 2027
- [West Kent - Mercure Great Danes, Maidstone](#)
Thursday 4 February 2027

Meet your Faculty Lead



Dr Mostafa Ahmed

GP Training Programme Director |
EKHUFT – NHS England - Cardio-
Metabolic Medicine Fellow | Kent
and Medway ICB - GP Educator
and Cardiovascular Lead |SMP