

# Multidisciplinary Teams in Clinical Lipidology and Cardiometabolic Care

## WHAT YOU NEED TO KNOW

Multidisciplinary Care Teams lead to improved lipid management and cardiometabolic health. Teams may consist of:

- Physician
- Advanced Practice Provider
- Pharmacist
- Registered Dietician Nutritionist
- Nurse
- Genetic Counselor
- Physical Activity Specialist
- Mental Health Specialist
- Behavior Therapy Specialist

### Resources

Various resources exist to improve access to multidisciplinary care in the community. Patients benefit from a collaborative approach to the management of dyslipidemias and cardiometabolic risk through:

- Improved diagnosis and treatment;
- Access to comprehensive and evidence-based lifestyle interventions;
- Optimization of pharmacotherapy;
- Patient education and empowerment

Patient	Physician, APP	<ul style="list-style-type: none"><li>» Assessment and diagnosis of lipoprotein lipid disorders</li><li>» Medical supervision</li><li>» Shared decision-making conversations</li></ul>
	Nursing	<ul style="list-style-type: none"><li>» Clinical care support</li><li>» Assist with insurance authorization for medications</li></ul>
	Pharmacist	<ul style="list-style-type: none"><li>» Medication evaluation</li><li>» Assist with medication access and adherence</li><li>» Counseling on adverse effects</li></ul>
	Registered Dietitian Nutritionist	<ul style="list-style-type: none"><li>» Cardiac rehabilitation team</li><li>» Medical nutrition therapy</li><li>» Personalized nutritional counseling</li><li>» Overall support for lifestyle changes</li></ul>
	Physical Activity Specialist	<ul style="list-style-type: none"><li>» Cardiac Rehabilitation team</li><li>» Personalized exercise program</li><li>» Overall support for lifestyle changes</li></ul>
	Genetic Counselor	<ul style="list-style-type: none"><li>» Discuss indications for genetic testing</li><li>» Interpretation of and counseling on results</li><li>» Recommendations for cascade screening</li></ul>
	Mental Health and Behavior Therapy Specialist	<ul style="list-style-type: none"><li>» Cardiac rehabilitation team</li><li>» Personalized behavior support</li><li>» Assessment of social support</li><li>» Overall support for lifestyle changes</li></ul>

Patient-centered care with collaboration between healthcare professionals with diverse and complementary expertise is essential for optimum care.