



Multidisciplinary Teams in Clinical Lipidology and Cardiometabolic Care

A CLINICAL PERSPECTIVE FROM THE NATIONAL LIPID ASSOCIATION

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

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

Resources for Building Multidisciplinary Teams in Clinical Lipidology & Cardiometabolic Care in Community Healthcare Settings

Pharmacists

- » Community Specialty pharmacies
 - » Medication access and adherence
- » Adherence tracking and basic evidence-based therapy recommendations (e.g., statins and non-statins) available through most community pharmacies

Registered Dietitian Nutritionists

- » Private Practice
- » Telehealth
- » Search, “Find a Nutrition Expert” tool for registered dietitian nutritionists who are members of the Academy of Nutrition and Dietetics

www.eatright.org/find-a-nutrition-expert

Genetic Counselors

- » Telehealth
- » Referral databases
 - » CardioGenomic Testing Alliance
 - » National Society of Genetic Counselors

Physical Activity Specialists

- » Referrals to physical therapists, exercise physiologists, or certified personal trainers
- » Community fitness facilities
- » Private practice
- » Virtual sessions
- » American College of Sports Medicine

www.exerciseismedicine.org

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