Impact of Online CME on Improving Cardiologists’ Knowledge Related to Omega-3 Fatty Acids

**Introduction**

The cholesterol-lowering effect of omega-3 fatty acids (FAs) is well known in the treatment of hypertriglyceridemia. However, cardiologists often are unsure of the effects of omega-3 FAs on lipid profiles and have difficulty appreciating the benefits of omega-3 FAs in managing hypertriglyceridemia. In an educational activity on this topic, we assessed knowledge and attitude improvement in a sample of cardiologists.

**Methods**

This study was developed to improve cardiologists’ knowledge about omega-3 FAs in hypertriglyceridemia. The participating cardiologists were asked to answer a series of questions regarding omega-3 FAs and their effect on lipid profiles. The educational intervention consisted of an online CME activity. Data were collected for all participants from December 20, 2013 to February 17, 2014 for analysis in this report. A total of 66 cardiologists answered all the questions before the activity and are included in this analysis.

**Results**

Data were collected for all participants from December 20, 2013 to February 17, 2014 for analysis in this report. A total of 66 cardiologists answered all the questions before the activity and are included in this analysis.

**Conclusion**

This study demonstrates the success of a global educational intervention on improving the knowledge of cardiologists on the use of omega-3 FAs in the treatment of hypertriglyceridemia. Cardiologists who participated in the CME activity showed improved knowledge on omega-3 FAs and their role in managing hypertriglyceridemia, showing positive impact of CME on educational interventions. Based on the results of the study, future educational interventions in this field should focus on improving cardiologists’ knowledge about the use of omega-3 FAs in managing hypertriglyceridemia.