

Absolute Cardiovascular Risk Assessments

Some tips on how to embed
ARAs in your practice



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ABSOLUTE CARDIOVASCULAR RISK ASSESSMENTS – IMPLEMENTATION IN GENERAL PRACTICE

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CV RISK ASSESSMENTS – OUR JOURNEY

It begins with conversation with the clinical team–

- **What we want to achieve and why it's important.**
- **How do we want to go about this?**
- **How do we measure this?**

SO, WHAT DO WE WANT TO ACHIEVE?

- **Present Collaborative aims to the practice e.g. our collaborative goals in wave 10 were:**
 - 90% of CKD at risk screened with 'kidney triple test'
 - 10% reduction in CV events, and
 - 20% of at risk patients screened with Absolute CV Risk calculator
- **Drill down into baby steps: what do we want to achieve first? What steps do we need to take to get there? (→PDSAs)**
- **Ask for comments and ideas from team members.**

WHY IT'S IMPORTANT

- **92%** of adults have **at least one** risk factor.
- **40%** of adults have **three or more** modifiable risk factors.
- **1.24 million** Australians **smoke**.
- **3.5 million** Australians aged 45 + have **high total cholesterol** levels.
- **5.14 million** Australian's aged 45 + were either **overweight or obese**.

Cardiovascular disease alone kills one Australian every **12 minutes**.

- In 2011, there were **45,600 deaths** attributed to CVD.
- Where CVD does not result in death, people are often left with **residual and life altering disability**.
- In 2011/12, around **3.72 million** Australians had a long-term cardiovascular disease.

HOW DO WE WANT TO GO ABOUT THIS?

- **Discussed the screening options available:
online, clinical software (Best Practice), smartphone apps.**
- **Online Heart Foundation/ Stroke Prevention Alliance tool was recommended, however this was a barrier to some GPs (not in clinical notes area, additional recording needed).**
- **We agreed that the best way forward for us was to use the clinical software and request an algorithm be written to track these.**
- **There's always one...**

HOW DO WE MEASURE THIS?

Our PM Tracy contacted the tech gurus at Best Practice, and they provided us with an algorithm to search how many Absolute CV Risk assessments had been recorded.

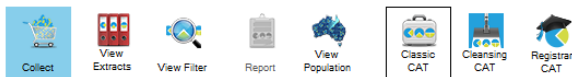
```
SELECT *  
FROM BPS_Patients  
WHERE StatusText = 'Active'  
and internalid in (select internalid  
                    from observations  
                    where recordstatus = 1  
                    and datacode = 29)  
ORDER BY surname, firstname
```

In April 2013 we started measuring our CV Risk assessments.

We had 312 recorded on the clinical software since Sept 2011. (19 months) *n. = 16 per month*

INSERTING THIS DATA INTO PEN CAT

Standard Reports → Prevention Measures → Add cumulative total to GEN-009-1



Best Practice, Live Database; Extract Date: 19/02/2015 4:02 PM

Demographics | Ethnicity | Data Quality | Allergies | Smoking | Alcohol | Measures | Pathology | Disease | Screening | Medications | Diabetes SIP Items | CKD | Musculoskeletal | CV Event Risk | Immunisation | **Standard Reports** | MRF Items | Maternal Health Care | Visits | eHealth | Timeline

Indicator Sets | NPI Report | Summary Report Card | MH Summary Report Card

APCC | QAIHC | Healthy For Life | National KPI | OSR | eHealth | Health Care Providers

Prepare Report | View History | Manual Measures | **Prevention Measures**

1 of 1 | Find | Next

APCC Report

Report includes all patients in the practice clinical system who are not archived and are not deceased.

		Count				Percentage			
	CORONARY HEART DISEASE	Total	ATSI	Non ATSI	NR	Total	ATSI	Non ATSI	NR
CHD-001	Number of patients on the CHD register	530	8	497	25				
	Patients with CHD whose last recorded BP within the last 12 months was:								
CHD-002	BP <=130/80 mmHg								
CHD-003	BP Recorded								
CHD-004	Patients with CHD who are currently prescribed Medication								
CHD-005	Patients with CHD who are currently prescribed								
	Patients with CHD whose last recorded LDL/Ch last 12 months was:								
CHD-006	LDL <= 2mmol/l or if no LDL, Cholesterol < 4mmol/l								
CHD-007	Cholesterol Recorded								
CHD-008	Patients with CHD who are currently prescribed Medication								

Prevention Measures

Please enter the Prevention Measures for the APCC report:

GEN-009 Number of nonATSI patients aged 45-74 or ATSI patients aged 35-74 WITHOUT a diagnosis of CVD, Diabetes, COPD or CRF who have had an Absolute Risk Assessment (AR)

Total ATSI Non-ATSI Non Recorded

GEN-009-1 Number of patients who have had an Absolute Risk Assessment (AR)

Total ATSI Non-ATSI Non Recorded

GEN-010 Number of patients aged >=40 or ATSI patients aged >=15 WITHOUT a diagnosis Diabetes who have had a Diabetes Risk Assessment (DRAT)

Total ATSI Non-ATSI Non Recorded

Save Cancel

NEXT STEPS

- **Meetings:** to communicate what we want to do and why
- **Emails** to follow up on progress and keep the conversation going.
- **Update shortcuts/autofills** for all assessment and care plan processes to include a prompt to do an **Absolute CV** risk assessment.
- **Multiple approaches** to using a combined screening tool.

SHORTCUTS AND AUTOFILLS

Some of ours include diabetes, general care plan, 45-49, asthma review and more.

Example of our diabetes shortcut (=diabetesreview)

Diabetes Check performed by Nurse

Diabetes understanding: Clear/unclear How long since diagnosis? Diabetes education received:

Last HbA1C: Increase/decrease?

BGL today: Usual range:

Self- Management: Does pt check home BGLs? How often? Any hypos (if on insulin)? How do they manage them?

Device use?

Diet:

Typical Daily Intake:

Frequency of unhealthy foods, e.g. sweets, chocolate, chips, soft drink, cakes, desserts, fried food, other take-away:

Dietary education given:

Alcohol:

Smoking:

Physical Activity:

=DIABETESREVIEW (CONT.)

Foot check findings:

Last eye check:

Last ECG: (recommended 2-yearly)

Vaccinations- Flu:

Pneumococcal:

Lifestyle and self care goals discussed:

Any problems with medication?

Any chest pain in past few months? Perform Absolute Cardiovascular risk assessment if nil existing CVD.

Any erection difficulties?

Mental Health-

During the past month have you often felt down, depressed, or hopeless?

During the past month have you dropped off in interest or pleasure in doing things?

Nurse's Recommendations:

Items eligible for billing today:

Recommended investigations:

Recommended pathology:

Recommended further care:



HOW TO DO AN ACVR ASSESSMENT IN BP

You will need recent lipids and systolic BP to proceed.

The screenshot shows a medical software interface for a patient named Mrs Donald Duck. The 'Clinical' menu is open, displaying a list of clinical actions. 'Cardiovascular risk' is highlighted, and a green arrow points from this menu item to the 'Cardiovascular risk' assessment window on the right.

Mr. Donald Duck

File Open Request Clinical View Devices PCEHR Help

Name: Donald "T" Duck
Address: Disney World
Medicare No: 000000000
Occupation: Ductfixing
Blood Group: A Positive
Allergies / Adverse Drug

Item

- wheat
- lactose
- Microgynon
- Elastoplast
- Penicillins

Expand Collapse

Mrs Donald Duck

Today's visit

Past visits

Current visit

Asthma action plan

BMI

Blood pressure

Cardiovascular risk

Diabetes risk

Observations Alt+F3

Gestational age Alt+F4

INR Manager Alt+F5

K10 Assessment

Mini Mental State Examination

Metric conversion

Renal function

Respiratory function

Travel medicine Alt+F12

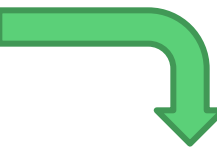
Geriatric Depression Assessment

Edinburgh PND Scale

Percentile charts Ctrl+F8

Physical activity prescription

Unchecked reports Alt+F11



Cardiovascular risk

Systolic BP 146

Total Cholesterol 6.2

HDL Cholesterol 2.1

LVH on ECG ☐

Diabetes ☒

Smoked within last 12 months ☒


33% probability of developing cardiovascular disease in the next five years.

Reference Save Cancel

OUR COMBINED RISK SCREENING TOOL – THE (W)HAT TOOL

- Assesses for risk of CKD, COPD, diabetes* & CVD*
- *Due to legalities & logistics, the screen for diabetes and CVD is brief, so a *potential* high risk score triggers a further screen: AUSDRISK or Absolute CV Risk Assessment as needed.

What about the lungs?



If you are a smoker or ex-smoker, take this extra questionnaire to assess the health of your lungs.

Are you a smoker or ex-smoker?	Yes	1
Are you under 35	Yes	1
Over 35	Yes	1
Do you cough several times on most days?	Yes	1
Do you bring up phlegm or mucus on most days?	Yes	1
Do you get more out of breath than others your age?	Yes	1
Your score:		

If you scored 3 or more, you may be at risk of Chronic Obstructive Pulmonary Disease (COPD) - also known as emphysema.

COPD is a degenerative lung condition which usually occurs as a result of prolonged exposure to cigarette smoke. People with COPD usually do better if the disease has been diagnosed early and managed well. You can be assessed for COPD by taking a simple non-invasive lung function test here at the clinic.

What do my WHAT tool scores mean?

Diabetes

0-5 You are at low risk of developing Type 2 Diabetes within 5 years.

6-11 You have a moderate risk of developing diabetes within the next 5 years. We recommend that you have a conversation with your doctor to find out ways to lower your diabetes risk, or log on to <http://www.diabetescirc.org.au/diabetes-prevention/how-can-i-reduce-my-risk> to learn more.

12 or more Your risk of developing Type 2 Diabetes within the next 5 years is high.

For scores of 12-15, approximately one person in every 14 will develop diabetes.

For people scoring 16-19, this increases to 1 in 7, and to 1 in 3 for those who score above 20.

Diabetes is not inevitable though, and there are definitely things you can do to decrease your risk. We would like to help you to avoid developing diabetes. Please talk with your GP about how you can reduce your risk.

Heart

0-3 Your cardiovascular disease risk is relatively low.

4 or more Your cardiovascular disease risk may be high however this screening tool cannot fully calculate your heart disease risk (cholesterol levels are needed as well). Log on to www.cvdcheck.org or talk with your doctor or nurse for more information.

Kidneys

0-3 Your risk of developing kidney disease within the next five years is relatively low.

4 or more You may be at risk of kidney disease, which rarely displays symptoms. Big factors that affect kidney health are smoking and high blood pressure, so if these are an issue for you, please ask your doctor about how you can get them better controlled.

Westcare Health Assessment Tool

Welcome to the Westcare Health Assessment (WHAT) Tool: a combined screening questionnaire to assess your risk of developing 4 major chronic diseases:

- Type 2 Diabetes
- Cardiovascular / Heart Disease
- Chronic Kidney Disease, and
- Chronic Obstructive Pulmonary (Lung) Disease

If you are concerned about your family history and your own disease risk, complete this questionnaire to find out more. Our nurses or your GP will discuss your results with you and take further action (such as tests or referrals) as needed.

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Westcare Health Assessment (WHAT) Tool

Your Name: _____ Your Age: _____ Date of Birth: ____/____/____

INSTRUCTIONS: - Circle each number that applies to your answer. e.g. For the first question if you are male your answer would be 3

	Diabetes	Heart	Kidneys
What is your gender?	Male 3	Female 1	1
How old are you?	Under 35 2	35-44 years 2	45-54 years 4
	55-64 years 6	65+ years 8	1
Your background/ country of birth:	Aboriginal, Islander or Maori background 2	Born in Asia, India & surrounding regions 2	Born in the Middle East or Southern Europe 2
	Born in Australia or other country not listed above 2		
Do you currently have Diabetes (e.g. Type 1 or 2)?	Yes 3	No 1	1
If yes, you do not need to complete the green column.			
Do you have heart disease, or have you ever experienced a heart attack or stroke?	Yes 3	No 1	1
If yes, you do not need to complete the red column.			
Do you have kidney disease (also known as renal impairment)?	Yes 3	No 1	1
If yes, you do not need to complete the blue column.			
Have your parents, brothers or sisters ever been diagnosed with diabetes? If yes, circle →	Yes 3	No 1	1
heart disease? If yes, circle →	Yes 3	No 1	1
kidney disease? If yes, circle →	Yes 3	No 1	1
No, none of the above			
Have you ever been found to have high blood sugar, e.g. during illness, routine blood tests or pregnancy?	Yes 3	No 1	1
Do you take medication for high blood pressure?	Yes 3	No 1	1
Do you smoke cigarettes or other tobacco?	Yes 3	No 1	1
How often do you eat vegetables or fruit?	Every day 3	Not every day 1	1
What is your waist measurement? - for people of Asian, Aboriginal or Islander descent	Men less than 90cm / Women less than 80cm 4	Men 90-100cm / Women 80-90cm 7	Men more than 100cm / Women more than 90cm 1
What is your waist measurement? - for all others	Men less than 102cm / Women less than 88cm 4	Men 102-110cm / Women 88-100cm 7	Men more than 110cm / Women more than 100cm 1
Have you been told by your doctor that your cholesterol is high or above normal range?	Yes 3	No 1	1
Your total risk scores:			
Please add your score for each column. (see over the page to learn what the scores mean)			

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JUST KEEP TALKING ABOUT IT!

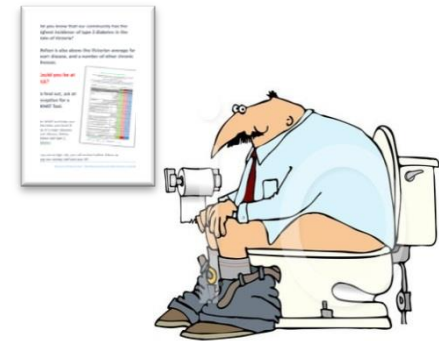
Have lots of big and small conversations: 1 on 1, small team and whole team to engage everyone.



Try a range of approaches... What works for you??

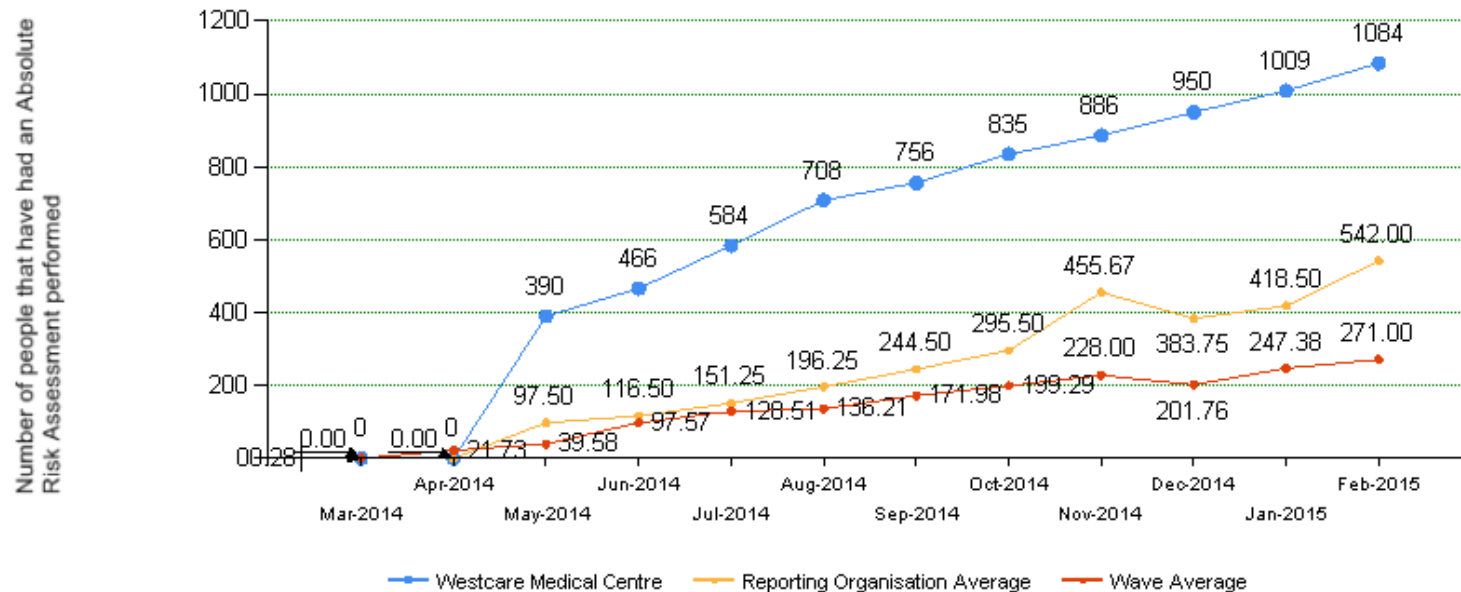
SOME NEW APPROACHES TO TRY:

- Posters and patient friendly screening tools in the waiting room
- Posters in toilets (captive audience!)
- Screening tools given out by reception staff
- Ad hoc by nursing staff in treatment room
- During routine assessments (prompt in shortcuts!)
- 'Record Audit Visits' to opportunistically screen while reviewing their clinical data (e.g. quiet periods, accreditation time!)
- Continued talk of progress reminds GPs to do same (We're sowing seeds)



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OUR RESULTS TO DATE



The number of people that have had an Absolute Risk Assessment performed

- Sept 2011- April 2013 = 312 recorded (19 months) $n. \approx 4$ per week
- April 2013 to Jan 2014 = 772 recorded (10 months) $n. \approx 19$ per week

ANY QUESTIONS?



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Recording ARA's in other software systems

If using **Best Practice** use the Absolute Cardiovascular Risk calculator in the software.

If using **other** software, such as Medical Director (calculator on this system incorrect), Communicare, Zedmed, options for calculating Absolute Cardiovascular Risk include using:

	Pros	Cons
Online calculator at www.cvdcheck.org.au	<ul style="list-style-type: none"> • Correct calculator • Can use during a consultation 	<ul style="list-style-type: none"> • Need to input the data and record the score back into the patient's record
Primary Care Sidebar	<ul style="list-style-type: none"> • Correct calculator • Can use during a consultation 	<ul style="list-style-type: none"> • System crashes • Reminder flags • Need to scan the report back into the patient's record
PENCAT	<ul style="list-style-type: none"> • Correct calculator • Shows how the practice is going at a point in time • Can use it to recall patients according to their risk score 	<ul style="list-style-type: none"> • Can't use during a consultation

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