



# An integrated response to reduce heart attack, stroke and diabetes

**Harry Patsamanis**

**Improving Healthcare International Convention**



The Heart Foundation would like to pay our respects to the Traditional Owners of the land on which this gathering is taking place.

We would also like to pay respect to their Elders both past and present.



# Overview

- Assessing risk
- Driving change
- Systems
- Results





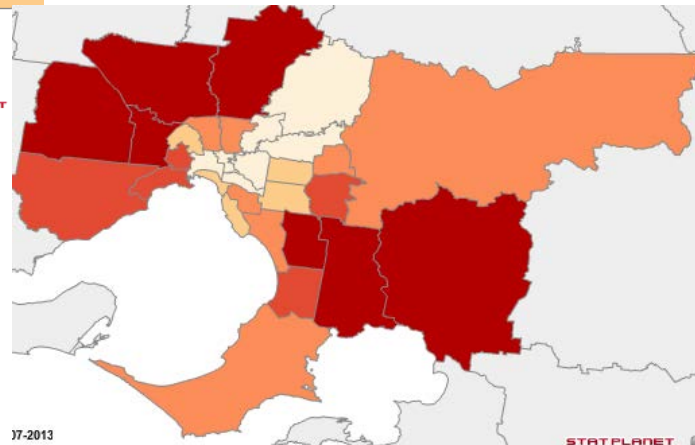
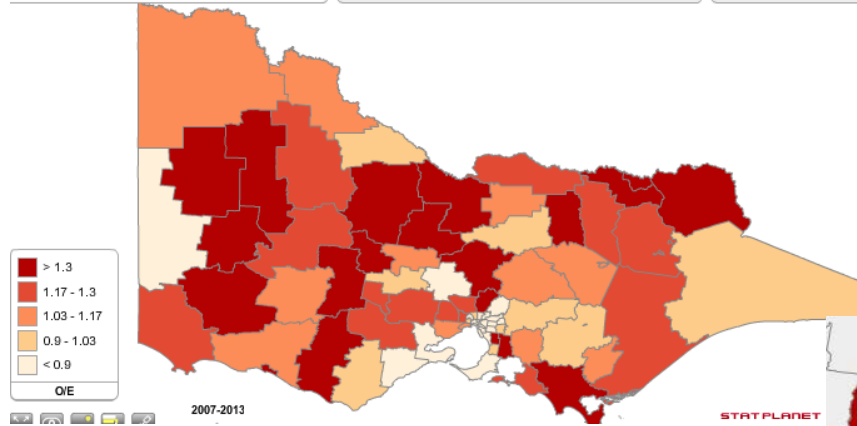
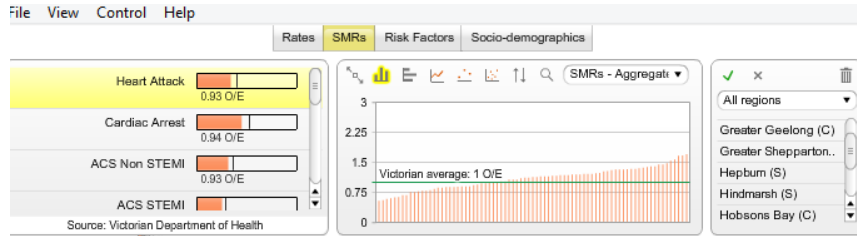
# Assessing and understanding risk

**Population health** – everyone benefits from healthy environments and lifestyle changes – risk factor modification

However we are not all the same

- Risk stratification is a key element to understanding who needs what, when they need it , and where they can get it from
- Ensures that resources are allocated to those who have the most to benefit – i.e. those at highest risk

# Victorian context



# Best practice risk assessment

Using evidence based validated tools

Integrated health assessment

- AUSDRISK
- Absolute risk
- Renal function

Moving from single risk factor (relative risk) to Understand the interplay or multiple risk factors – predictive of an event

Low

Moderate

High

## The Australian Type 2 Diabetes Risk Assessment Tool (AUSDRISK)

How do you score?





### Australian absolute cardiovascular disease risk calculator

Enter patient information below: PRINT

Sex	<input type="radio"/> Male <input type="radio"/> Female
Age	<input type="text" value="66"/> years
Systolic blood pressure	<input type="text" value="130"/> mmHg
Smoking status	<input type="radio"/> YES <input type="radio"/> NO <a href="#">?</a>
Total cholesterol	<input type="text" value="6"/> mmol/L
HDL cholesterol	<input type="text" value="1.5"/> mmol/L
Diabetes	<input type="radio"/> YES <input type="radio"/> NO <a href="#">?</a>
ECG LVH	<input type="radio"/> YES <input type="radio"/> NO <input type="radio"/> Unknown

COMPARE RESET

Your heart and stroke risk score is **19%**  
This means you are at high risk of getting cardiovascular disease in the next 5 years.  
Click here if you would like to have a look at the information on this website that explains what your risk score means.  
The next step is to talk to your doctor about what steps you can take to lower your chance of getting cardiovascular disease.  
**Please note:** the absolute risk calculator above is only a guide to your heart and stroke risk score. Print out this page and take it to your doctor for further information on your personal risk.  
[View guidelines and resources](#)

An initiative of the National Vascular Disease Prevention Alliance  
15/05 - Friday 15/05/2013



# An example - 50 year old female

- BP 130 mmHg
- Non-smoker
- No diabetes
- TC/ HDL 4.0 mmol/L



5 year absolute risk ~1%

- BP 130 mmHg
- Smoker
- Has diabetes
- TC/HDL 7.0 mmol/L



5 year absolute risk ~20%



# Implementation



Adopting a risk assessment and risk stratification approach to primary prevention

Engaging existing networks and service providers to adapt current practice for their local context

Put guidelines into practice



# Who was involved

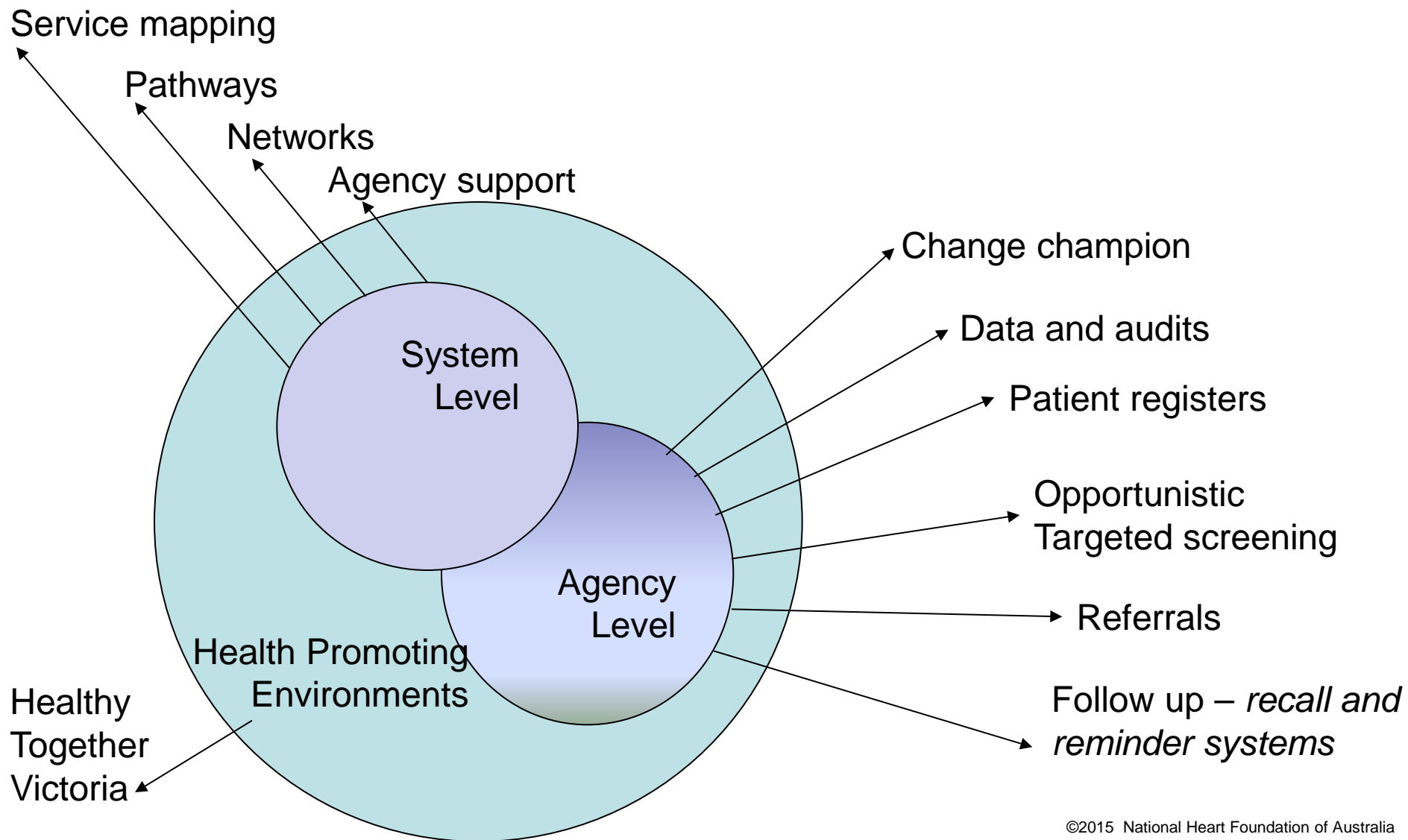
- Primary Care Partnerships
- Medicare Locals
- Peak bodies – heart, stroke and diabetes
- Department of Health and Human Services

## Agency level

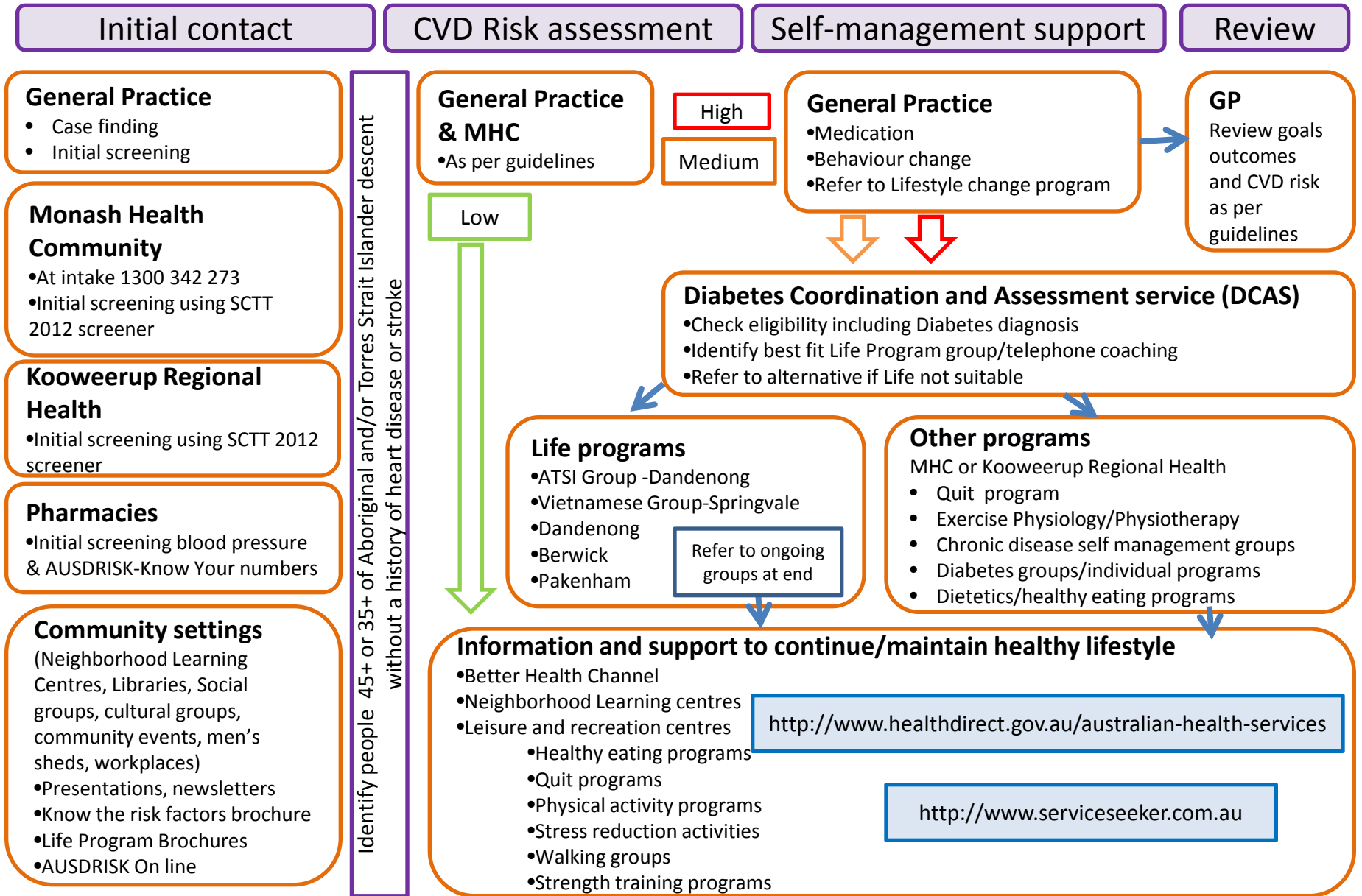
- Community Health Service
- General Practice
- Pharmacy
- Lifestyle programs – Life! Program *helping you prevent diabetes, heart disease and stroke*



# Driving Change



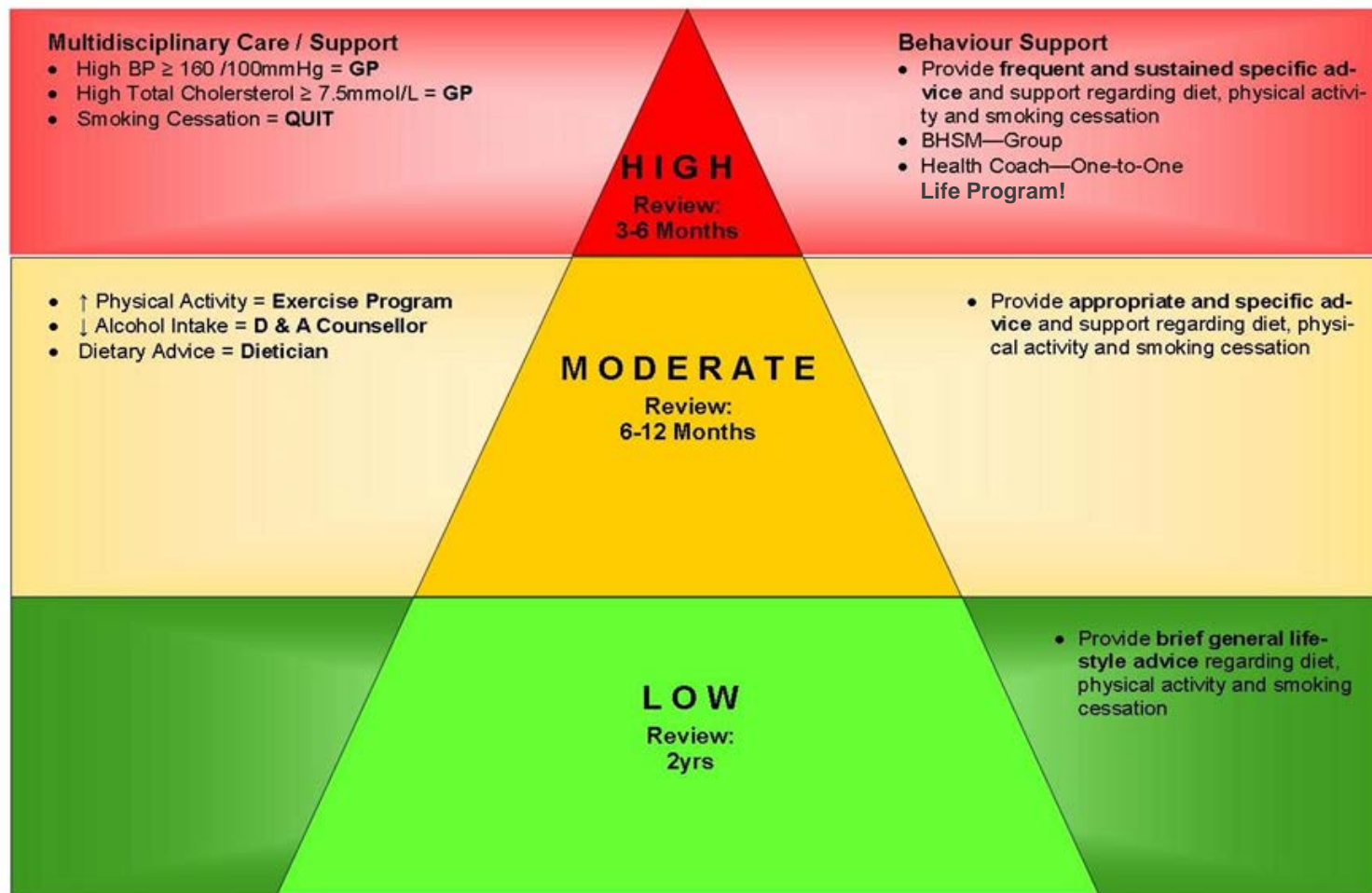
# South East Melbourne Cardiovascular risk prevention pathway



## Health promoting system

A health promoting system includes state and local government policies and environments that promote health and wellbeing. For example, the Healthy Together Victoria Achievement Program, the Healthy Eating Advisory Service and local prevention workforce (Healthy Together Communities)

# Support pathway



#### Guidelines:

- Guidelines for assessment of absolute cardiovascular disease risk
- Absolute cardiovascular disease risk assessment—quick reference guide for health professionals

#### Target Client Group(s)

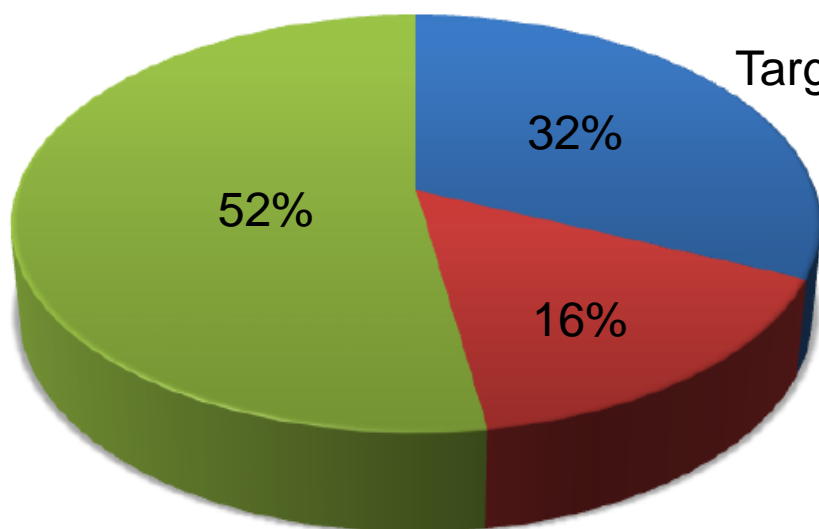
- All adults aged 45 years and over, without a known history of CVD
- Aboriginal and Torres Strait Islander peoples aged 35 years and over without a known history of CVD

#### Resources:

- Know your Heart & Stroke Risk—consumer booklet
- Know your Heart & Stroke Risk—consumer summary sheet
- Online Absolute Risk Calculator
- Australian Cardiovascular Risk charts

# Results

Age group	Number of participants			TOTALS	TOTALS AS %
	Site 1	Site 2	Site 3		
35-44	3	1	1	5	2%
45-54	14	16	9	39	13%
55-64	55	17	18	90	31%
65-74	124	9	16	149	51%
> 75 yrs	8	0	0	8	3%
<b>TOTAL PARTICIPANTS:</b>	<b>204</b>	<b>43</b>	<b>44</b>	<b>291</b>	<b>100%</b>
Male	131	12	26	171	59%
Female	71	31	18	120	41%
<b>TOTAL PARTICIPANTS:</b>	<b>204</b>	<b>43</b>	<b>44</b>	<b>291</b>	<b>100%</b>



Targeted approach

- Low Risk
- Medium Risk
- High Risk

## 291 Referrals Generated

Most to:

- GPs for review
- Allied health in practices
- Group programs
- QUIT



# Enablers

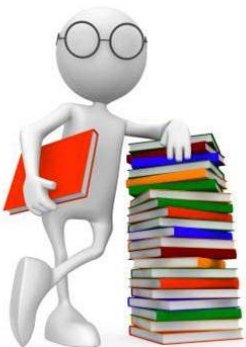
- Good data allows for good planning and proactive care
- Change champions
- Strong collaborative networks
- Flexibility to adapt to local needs
- A targeted approach to identifying risk
- Recall and reminder systems – follow up
- Access to lifestyle modification programs

**Commitment to improvement  
and evidence based care**



# For more information

- Online calculator – [www.cvdcheck.org.au](http://www.cvdcheck.org.au)
- Full report - <http://heartfoundation.org.au/programs/application-of-absolute-cardiovascular-disease-risk-into-the-life-program/>
- See Heart Foundation website for absolute risk information  
<http://heartfoundation.org.au/for-professionals/clinical-information/absolute-risk>
- For more information, contact our Health Information Service:  
**1300 36 27 87** or  
[health@heartfoundation.org.au](mailto:health@heartfoundation.org.au)



Cardiovascular disease risk – assessment and management  
**Online learning module** - Available on APNA online  
Free to APNA members - 1.5 CPD hours

# Acknowledgement

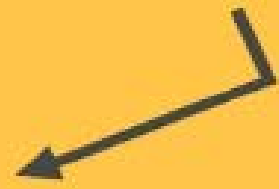


South Eastern Melbourne Medicare Local





**Thank You**



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