

Absolute CVD risk – a practical update

Health professional webinar

Tuesday 30th April 2019

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Absolute CVD risk – we have come a long way



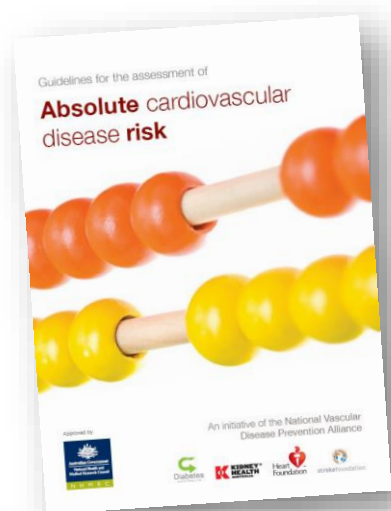
General statement for lipid lowering medicines modified – statins can be prescribed in line with absolute risk approach

2012

2017

2009

2019



- Implementation
- Education
- Incorporation into primary care guidelines
- Absolute risk calculators built into GP clinical software



New Heart Health Check MBS item dedicated to absolute CVD risk assessment

Item 699 & Item 177



Absolute CVD risk – still work to be done

1. High risk patients are missing out on evidence-based blood pressure and lipid lowering therapy

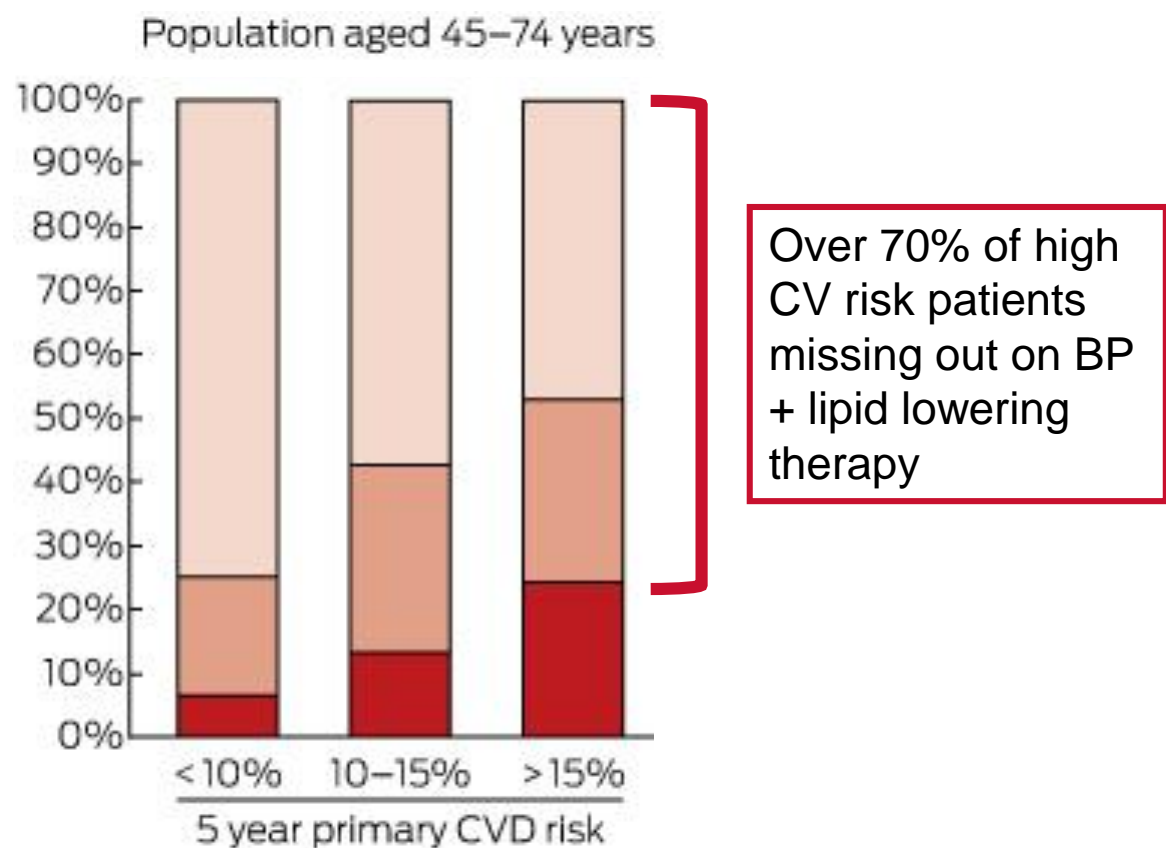


Figure 1: Estimated distribution of Australians receiving BP lowering and/or lipid-lowering medications, by absolute risk of CVD¹

Taking neither medication type
 Taking one medication type only
 Taking a combination of BP- and lipid-lowering medications

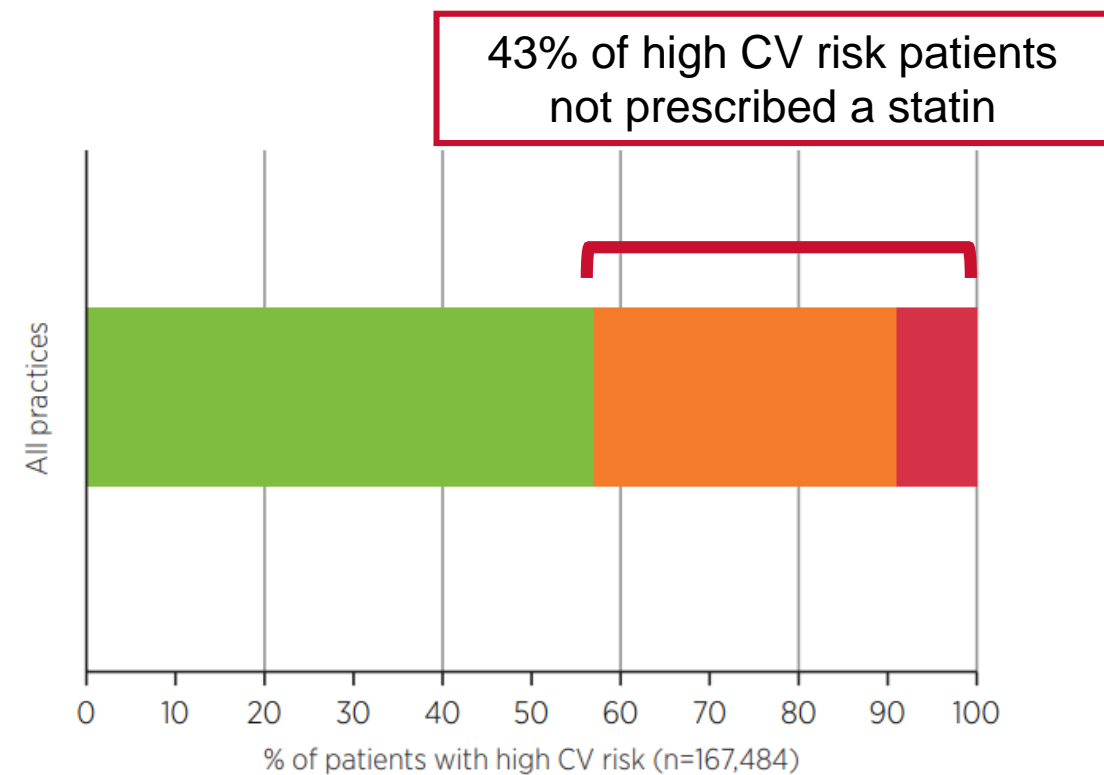


Figure 2: Proportion of patients aged 45-74 years at high CV risk according to statin treatment and prevention status²

Treated
 Not treated (Primary prevention)
 Not treated (Secondary prevention)



Case example – Mr X

CVD risk factors

Summary	↑
Gender	Male
Age	60 years
Systolic blood pressure	135 mmHg
Smoking status	Yes
Total cholesterol	5.4 mmol/L
HDL cholesterol	1.0 mmol/L
Diabetes	No
ECG LVH	unknown

Your heart and stroke risk score is

18%



< 10% 10-15% > 15%

This means you are at high risk of developing cardiovascular disease in the next 5 years.

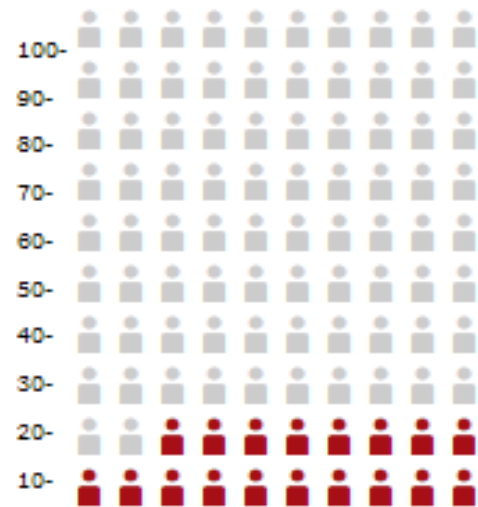
www.cvdcheck.org.au

Best practice risk communication

Current risk at age 60

Future risk at age 70

Risk of heart attack/stroke in the next 5 years



18%

This is considered within the high risk range.

Your current risk of having a heart attack or stroke in the next 5 years is 18%, which is considered high. Imagine 100 people like you sitting in a cinema. 18 of those people will have a heart attack or stroke in the next 5 years if they don't take action.

<https://auscvdrisk.com.au/risk-calculator/>

Best practice risk communication

Intervention options

Lifestyle

- Stop smoking
- Mediterranean Diet
- Increase physical activity

Intervention options

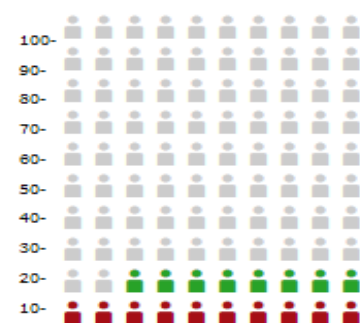
Medication

- Blood pressure medication
- Cholesterol medication
- Aspirin

Other

- Fish Oil (Omega-3) Supplements
- Antioxidant supplements
- Multivitamins

Intervention benefits



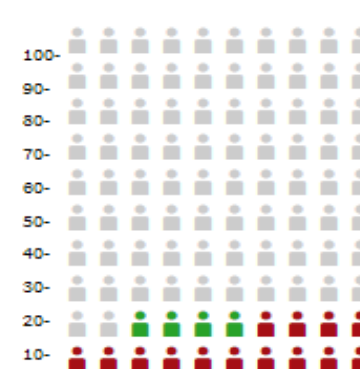
If you stop smoking you could gradually reduce your absolute risk from 18% to 10%. Your new risk is considered medium

- Cost: Smoking cessation aids (e.g. nicotine patches or medication).
- Side effects: Withdrawal symptoms (e.g. cravings), possible weight gain.

Lifestyle

- Stop smoking
- Mediterranean Diet
- Increase physical activity

Intervention benefits



Medication

- Blood pressure medication
- Cholesterol medication
- Aspirin

Other

- Fish Oil (Omega-3) Supplements
- Antioxidant supplements
- Multivitamins

If you take a cholesterol lowering medication you could gradually reduce your absolute risk from 18% to 14%. Your new risk is considered medium

- Cost: Recurring cost for daily pill.
- Side effects: 28 in 1000 people may develop diabetes when on a statin compared to 24 in 1000 on a placebo pill

5 year CVD risk management guidelines

Risk: High
>15%

Lifestyle:
Stop Smoking, Improve diet,
Physical Activity

Medication:
Cholesterol
Medication, Blood
Pressure Medication

Print decision aid

Reset

Recalculate

New interim Heart Health Check MBS item

Item 699

Professional attendance for a heart health assessment by a GP at consulting rooms lasting at least 20 minutes and must include:

- a) collection of relevant information, including taking a patient history that is aimed at identifying CVD risk factors, including diabetes status, alcohol intake, smoking status, cholesterol status (if not performed within the last 12 months) and blood glucose
- b) a physical examination, which must include recording of blood pressure
- c) initiating interventions and referrals to address the identified risk factors
- d) implementing a management plan for appropriate treatment of identified risk factors
- e) providing the patient with preventative health care advice and information, including modifiable lifestyle factors

Fee: \$85.60

Benefit: 85% = \$72.80

Extended Medicare Safety Net Cap: \$256.80

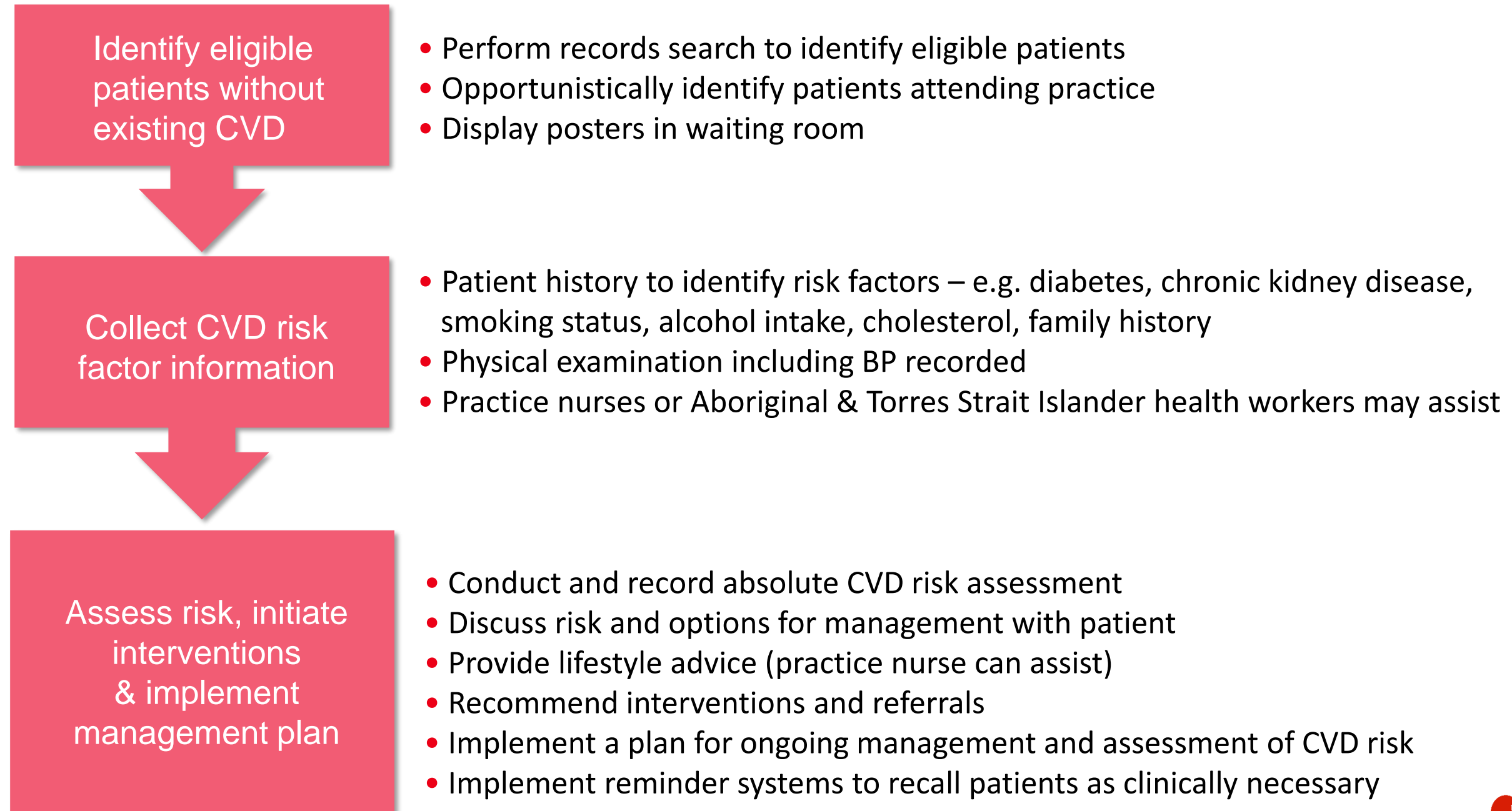
Item 177 is the same item just for other medical practitioners working in primary care e.g. non-vocationally registered doctors

See www.MBSonline.gov.au for full details on item description, explanatory notes and schedule fee, including information on Heart Health Check item 177 for use by medical practitioners working in general practice.



Absolute CVD risk must be calculated and recorded as per the Australian CVD risk calculator available online at **cvdcheck.org.au** or via calculators embedded in GP clinical software.

Implementation of Heart Health Check MBS item



Heart Week 2019 resources

For patients

What is my risk of having a heart attack or stroke?
Chance of having a heart attack or stroke in the next 5 years:

- LOW RISK: <10%
- MODERATE RISK: 10-15%
- HIGH RISK: 15%

What can I change about my lifestyle to reduce my risk?
How much physical activity should I be doing?
minutes/week

What is my ideal:
Weight: _____ kg BMI: _____

What kinds of foods are heart healthy?
What are the best steps to take to quit smoking?

What do you need to know to check your risk?
Once your doctor has checked your level of risk:

HIGH RISK
If your level of risk is 1 in 7 chance of having a heart attack or stroke in the next five years

MODERATE RISK
If your level of risk is 1 in 10 chance of having a heart attack or stroke in the next five years

LOW RISK
If your level of risk is under 10% you have a less than 1 in 10 chance of having a heart attack or stroke in the next five years if left unmanaged.

Depending on your level of risk, your doctor may prescribe medication to lower your cholesterol, or blood pressure, or both.
You will also need to have your level of risk monitored. Discuss with your doctor how often this needs to be done.

Talk to someone who is specially trained in heart health care to answer your questions.
Call our Helpline on 13 11 12.

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Questions to ask when you are having a **HEART HEALTH CHECK**

What is a **HEART HEALTH CHECK?**

WHAT YOU NEED TO KNOW AS A HEALTH PROFESSIONAL

Absolute cardiovascular disease risk assessments

- What is the problem?**
- Cardiovascular disease (CVD) is a major cause of death in Australia with over 43,000 deaths attributed to CVD in 2017⁽¹⁾. CVD exacts a heavy morbidity and mortality burden as well as accounting for 11% of total hospital admitted patient expenditure in Australia⁽²⁾.
 - Modifiable CVD risk factors account for 90% of the risk of myocardial infarction, indicating that CVD is largely preventable⁽³⁾.
 - The uptake of absolute CVD risk assessments by health professionals is still suboptimal in Australia⁽⁴⁾.
 - People at high risk of CVD are missing out on guideline recommended blood pressure and lipid lowering therapy^(1, 5).

What is a Heart Health Check?
A Heart Health Check is the patient-friendly term for comprehensive absolute cardiovascular disease (CVD) risk assessment and ongoing management.
It principally involves gathering information about a patient's risk factors, calculating and recording their absolute CVD risk using a validated calculator and managing their risk as per an ongoing basis.

Who is eligible for item 699 and how often can it be claimed?

- All adults not already known to have CVD who are aged 30 years and above for Aboriginal and Torres Strait Islander peoples.
- The items can be claimed once per patient.

Why did we need a dedicated MBS item for absolute CVD risk assessment?

- Assessing and managing absolute CVD risk can prevent twice as many deaths from CVD as compared with treating individual risk factors.
- Underuse of absolute CVD risk calculator in high-risk patients aged 45-74 years are under-treated with lipid lowering therapy⁽⁶⁾.
- Existing Health Assessment items do not facilitate ongoing assessment according to their risk of CVD (exclusion of people 50-74 years, a one-off service and no specific risk calculation).

Due to the cumulative nature of multiple risk factors, a moderate reduction in risk factors is more likely to reduce overall CVD risk.

WHAT YOU NEED TO KNOW AS A HEALTH PROFESSIONAL

Heart Health Check MBS item

From 1 April 2019 two new Interim Items 699 and 177 are available on the Medicare Benefits Schedule (MBS) to allow General Practitioners (GPs) and other medical practitioners to conduct a Heart Health Check.

PEOPLE AGED 45 - 74 YEARS WITHOUT EXISTING CVD
(from 35 years in Aboriginal and Torres Strait Islander peoples)

ASSESS CVD RISK FACTORS
Comprehensively assess risk factors. Consider at least: age, gender, smoking status, BP, TC/HDL, diabetes, ECG LVH (if available), family history & ethnicity.

CALCULATE ABSOLUTE CVD RISK
Use the Australian CVD risk calculator to estimate risk of heart attack or stroke in the next 5 years.
cvdcheck.org.au

MANAGE RISK
Provide counselling on lifestyle factors to all patients and prescribe blood pressure and/or lipid lowering medicines for those at higher risk. Provide ongoing monitoring of CVD risk factors and reassessment of risk.

Patients clinically determined at high risk of CVD*

- Diabetes and age > 60 years
- Diabetes with microalbuminuria
- Moderate or severe chronic kidney disease
- Previous diagnosis of familial hypercholesterolaemia
- Systolic blood pressure \geq 180 mmHg or diastolic blood pressure \geq 110 mmHg
- Serum total cholesterol > 7.5 mmol/L

No need for absolute CVD risk calculation

FIGURE 1: The recommended approach to CVD risk assessment and management according to Absolute CVD risk guidelines by the National Vascular Disease Prevention Alliance (1).
1. National Vascular Disease Prevention Alliance. Guidelines for the management of absolute cardiovascular disease risk 2012. NVDPA. A. Adults with any of these conditions do not require absolute CVD risk assessment using the risk equation because they are already known to be at clinically determined high risk of CVD and should be managed accordingly.

For Health Professionals



Thank you for watching