

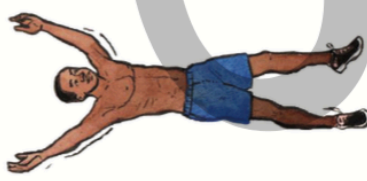
Cardiovascular disease (CVD) risk: routine care

Assess the patient with CVD risk factors or CVD risk $\geq 10\%$ or established CVD

Assess	When to assess	Note
Symptoms	Every visit	Ask about chest pain ↗18, difficulty breathing ↗19, leg pain ↗38, or new sudden onset of asymmetric weakness or numbness of face, arm or leg; difficulty speaking or visual disturbance ↗76.
Modifiable risk factors	Every visit	Ask about smoking, diet and physical activity. Manage as below.
BMI	Every visit	BMI is weight (kg) \div height (m) \div height (m). Aim for < 25 .
Waist circumference	Every visit	Measure while standing, on breathing out, midway between lowest rib and top of iliac crest. Aim for $< 80\text{cm}$ (woman) and $< 94\text{cm}$ (man).
BP	Every visit	If BP $\geq 140/90$ ↗73. Aim to treat hypertension to $< 140/90$ ($< 150/90$ if ≥ 60 years).
CVD risk	At diagnosis, then depending on risk	If $< 10\%$ with CVD risk factors or 10–20% reassess after 1 year, if $> 20\%$ reassess after 6 months.
Glucose	At diagnosis, then depending on result	If able, check fasting glucose after an 8-hour overnight fast. If not, check random glucose. Interpret result ↗70. If known diabetes give routine diabetes care ↗71.
Random total cholesterol	<ul style="list-style-type: none"> At diagnosis 3 months after starting statin 	<ul style="list-style-type: none"> If cholesterol $> 8\text{mmol/L}$, start simvastatin as below and refer for further assessment. If repeat cholesterol $> 5\text{mmol/L}$ increase simvastatin as below. If already on 40mg daily discuss with specialist.


Advise the patient with CVD risk factors or CVD risk $\geq 10\%$ or established CVD

- Discuss CVD risk: explore the patient's understanding of CVD risk and the need for a change in lifestyle.
- Invite patient to address 1 lifestyle CVD risk factor at a time: help plan how to fit the lifestyle change into his/her day. Explore what might hinder or support this. Together set reasonable target/s for next visit.




Physical activity

- Aim for at least 30 minutes of moderate exercise (e.g. brisk walking) on most days of the week.
- Increase activities of daily living like gardening, housework, walking instead of taking transport, using stairs instead of lifts.
- Exercise with arms if unable to use legs.




Weight

- Aim for BMI < 25 , and waist circumference $< 80\text{cm}$ (woman) and $< 94\text{cm}$ (man).
- Any weight reduction is beneficial, even if targets are not met.




Smoking

Alert patient to the risks and urge to avoid or stop.




Diet

- Eat a variety of foods in moderation. Reduce portion sizes.
- Increase fruit and vegetables.
- Reduce fatty foods: eat low fat food, cut off animal fat.
- Reduce salty processed foods like gravies, stock cubes, packet soup. Avoid adding salt to food.
- Avoid/use less sugar.



Stress

Assess and manage stress ↗52.



Screen for risky alcohol/drug use

- Limit alcohol intake < 2 drinks/day and avoid alcohol on at least 2 days of the week.
- If yes to ≥ 1 ↗83: drinks alcohol every day, > 14 drinks/week, ≥ 5 drinks/session, loses control when drinking; used illegal drug or misused prescription or over-the-counter medication in the past year.

- Identify support to maintain lifestyle change: health education officer or dietician/nutritionist, friend, partner or relative to attend clinic visits, a healthy lifestyle group.
- Be encouraging and congratulate any achievement. Avoid judging, criticising or blaming. It is the patient's right to make decisions about his/her own health. For tips on communicating effectively ↗103.

Treat the patient with CVD risk

Give **simvastatin** if patient has established CVD, cholesterol $> 8\text{mmol/L}$, CVD risk $\geq 30\%$, diabetes in patient ≥ 40 years or CVD risk $> 20\%$. Start 20mg daily. If repeat cholesterol $> 5\text{mmol/L}$ increase to 40mg daily. If already on 40mg daily discuss with specialist.

Refer if CVD risk remains $> 30\%$ after 6 months.

¹One drink is 1 tot of spirits, or 1 small glass (125mL) of wine or 1 can/bottle (330mL) of beer.