



Navigating Heart Health Checks with ease

Acknowledgement of Country

In the spirit of reconciliation Cubiko and the Heart Foundation acknowledges the Traditional Custodians of country throughout Australia and their connections to land, sea and community. We pay our respect to their Elders past and present and extend that respect to all Aboriginal and Torres Strait Islander peoples today.

Gaagal by Miimi and Jiinda



House Keeping

- If you have a question, please add it to the chat located at the bottom of your screen so that we can answer them for you.
- This session will be recorded. A copy of the recording will be made available to you after the webinar.
- All resources shared throughout this presentation will be included in the recording email.

Objectives

In this session we will cover:

- How you can use data to identify patients eligible for heart health checks
- How you can utilise the recently released Australian guideline and calculator for assessing and managing CVD risk to improve CVD risk assessment in your practice
- The steps you can take to incorporate heart checks into routine patient appointments
- How your practice can implement a systematic preventative health approach by implementing Heart Health Check workflows in your practice
- Insights into the role data can play in increasing the number of Heart Health Checks being performed in your practice through a quality improvement activity for accreditation



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The burden of CVD

- Heart disease remains the single leading cause of death in Australia
- Over 42,700 deaths (25% of all deaths) attributed to CVD in 2021¹
- In 2017–18, just over 4 million Australians had a long-term CVD condition²
- In 2018–19, an estimated 8.7% of total allocated expenditure in the Australian health system (\$11.8 billion) was attributed to CVD
- New AIHW report shows that the death rate of coronary heart disease in Australia increased for the first time in decades in 2021³

1. AIHW, Heart, stroke and vascular disease – Australian facts, Web report. Last updated 30 June 2023

2. ABS National Health Survey: First results, 2017–18, Australia

3. AIHW, Deaths in Australia – Web report. Last updated: 11 July 2023





Why is CVD risk assessment important

The burden of CVD remains high:

- Causes one in four of all deaths¹
- Accounts for 1,600 hospitalisations per day.²
- Two-thirds of Australian adults are living with at least three CVD risk factors, such as elevated blood pressure, cholesterol and diabetes³.
- It is estimated that 2.5 million Australians are at high risk of having a heart attack or stroke in the next 5 years.⁴
- Modifiable CVD risk factors such as those mentioned above account for 90% of risk of heart attack, reinforcing the fact that CVD is largely preventable.

¹ Australian Bureau of Statistics, Causes of Death Australia 2019, 2020.

² Australian Institute of Health and Welfare, National Hospital Morbidity Database (NHMD), 2019.

³ Australian Bureau of Statistics, National Health Survey 2017-18, data customised, 2018.

⁴ E Banks, SR Crouch, RJ Korda, B Stavreski, K Page, KA Thurber and R Grenfell, 'Absolute risk of cardiovascular disease events, and blood pressure- and lipid-lowering therapy in Australia', Med J Aust, 2016, 204(8):320, doi:10.5694/mja15.01004. 5 Knight, J & Raffoul, N. 'Cardiovascular disease risk assessment in the Australian

More Australians need to get their CVD risk assessed

Practice Incentives Program Quality Improvement Measures: annual data update 2022-23

- 10 improvement measures representative of disease burden of Australians
- 31 Primary Health Networks (PHNs)

Quality Improvement Measure 8 (QIM8)

“Proportion of regular clients aged 45 to 74 years with the necessary risk factors recorded in their GP record to enable CVD risk assessment”

52.6%

Figure 47: Proportion of regular clients aged 45 to 74 years with the necessary risk factors recorded in their GP record to enable CVD risk assessment, by PHN, or extraction tool (ET), July 2023

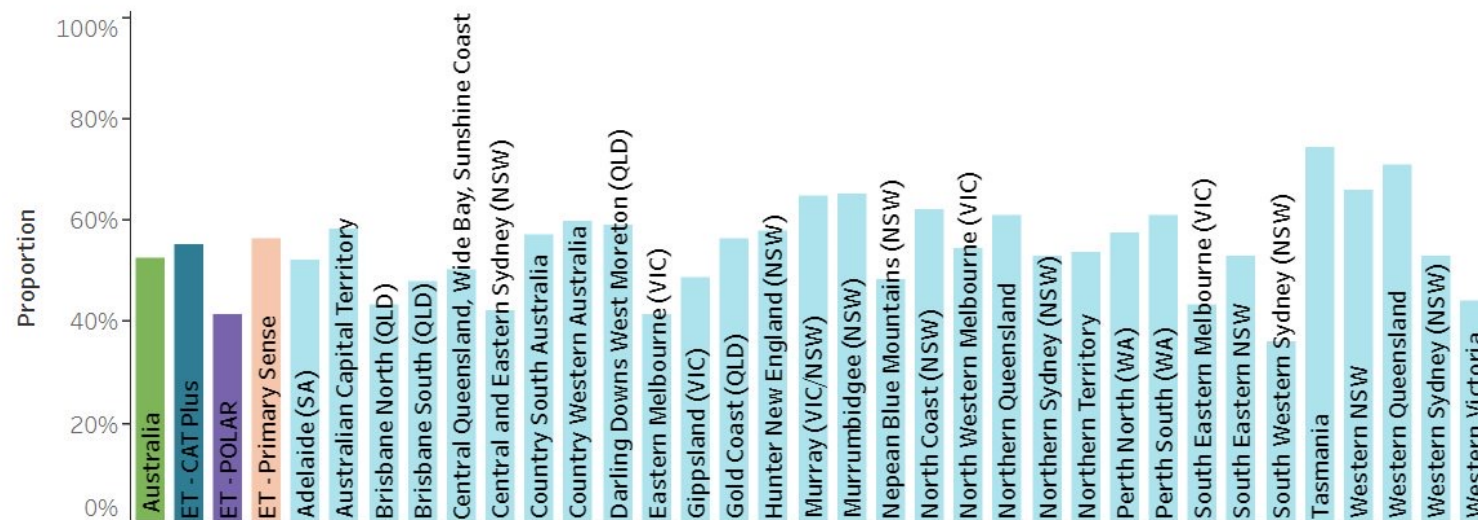



Figure 47: Proportion of regular clients aged 45 to 74 years with the necessary risk factors recorded in their GP record to enable CVD risk assessment, by PHN, or extraction tool (ET), July 2023


What is a Heart Health Check?

Heart Health Check Toolkit



How to conduct a Heart Health Check

(MBS item 699 or 177)



This resource is part of the Heart Health Check Toolkit, designed to streamline your CVD risk assessment and management. Visit bit.ly/heartcheck to learn more.

Eligibility	<ul style="list-style-type: none">MBS criteria: Adults not already known to have cardiovascular disease (CVD) above 30 years of age.Guideline recommends that CVD risk assessment is performed for the following individuals without existing CVD: All people aged 45-79 years, people with diabetes aged 35-79 years, First Nations people aged 30-79 years (assess individual risk factors 18-29 years)									
Consultation time	At least 20 minutes									
Risk assessment	<table><tr><td>Factors that should be considered as part of the Aus CVD Risk calculator</td><td><ul style="list-style-type: none">Chronic kidney diseaseAgeSmoking statusCVD medicationsHistory of atrial fibrillation (optional)Diabetes status</td><td><ul style="list-style-type: none">Familial hypercholesterolaemiaSex at birthSystolic blood pressureTotal cholesterol or HDL cholesterol ratioPostcode (optional)Diabetes variables (optional)</td></tr><tr><td>Other factors that may reclassify risk</td><td><ul style="list-style-type: none">Ethnicity, including First NationsFamily history of premature CVD</td><td><ul style="list-style-type: none">Severe mental illnessCoronary artery calcium score</td></tr><tr><td>Other risk considerations</td><td colspan="2"><ul style="list-style-type: none">History of hypertensive disorders and/or pre-eclampsia, gestational diabetes during pregnancyMore details on these are available in the Aus CVD Risk calculator and the Australian Guideline for assessing and managing CVD risk. Visit cvdcheck.org.au</td></tr></table>	Factors that should be considered as part of the Aus CVD Risk calculator	<ul style="list-style-type: none">Chronic kidney diseaseAgeSmoking statusCVD medicationsHistory of atrial fibrillation (optional)Diabetes status	<ul style="list-style-type: none">Familial hypercholesterolaemiaSex at birthSystolic blood pressureTotal cholesterol or HDL cholesterol ratioPostcode (optional)Diabetes variables (optional)	Other factors that may reclassify risk	<ul style="list-style-type: none">Ethnicity, including First NationsFamily history of premature CVD	<ul style="list-style-type: none">Severe mental illnessCoronary artery calcium score	Other risk considerations	<ul style="list-style-type: none">History of hypertensive disorders and/or pre-eclampsia, gestational diabetes during pregnancyMore details on these are available in the Aus CVD Risk calculator and the Australian Guideline for assessing and managing CVD risk. Visit cvdcheck.org.au	
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Interventions:	<ul style="list-style-type: none">Calculate CVD risk score and classify into low (<5%), intermediate (5-10%) or high (≥10%) risk over 5 yearsCommunicate risk and options for management with the personEncourage, support and advise a healthy lifestyleRecommend interventions and referrals to support lifestyle changesPrescribe blood-pressure lowering and lipid-modifying pharmacotherapy where appropriateIn collaboration with the person being assessed, implement a plan for management and assessment of individual risk factorsReassess CVD risk factors according to risk category									
Follow-up	Implement reminder system to recall patients where clinically necessary									
How often can this be claimed?	Once per patient in a 12-month period. Cannot be claimed with other health assessments e.g. items 701, 703, 705, 707 & 715									
Schedule fee (as of Nov 2023)	699: Fee = \$80.10 177: Fee = \$64.10	Benefit = 100% rebate Benefit = 100% rebate								

Visit mbsonline.gov.au for full details on the Heart Health Check item descriptions, explanatory notes and schedule fees.

- In April 2019, two Heart Health Check MBS items were introduced in primary care: MBS items 699 and 177
- These MBS items support the specific assessment and management of CVD risk in primary care for eligible patients
 - All people aged 45-79
 - People with diabetes aged 35-79
 - First Nations people aged 30-79
- Patient-friendly term for a comprehensive CVD risk assessment and management
- Approximately 20 minutes
- Every 12 months
- Cannot be claimed with other health assessments e.g. 701
- Co-claimed with other items to enhance patient management e.g.
 - Bulk-billing items 10990 or 10991
 - CDM items
- Supports whole of practice approach; nurse, Aboriginal health worker, allied health support

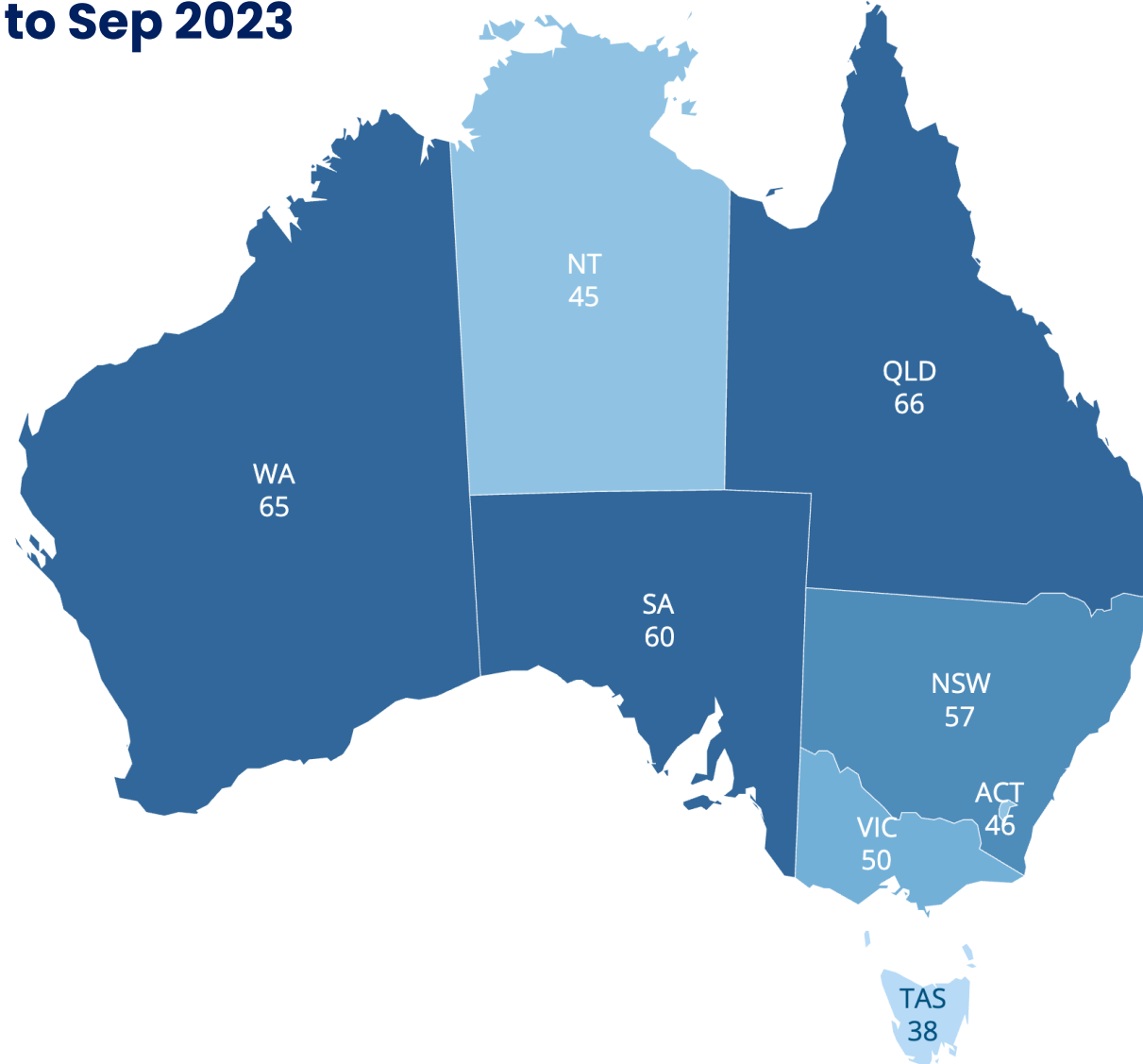
Poll

Who currently does Heart Health Checks in their practice?



Rate of uptake of HHCs relative to eligible population – total claims from April 2019 to Sep 2023

- In order to compare uptake across different states and territories, the number of HHC claims has been compared to the eligible adult population in each state/territory.
- The eligible population represents the number of Australians \geq 45 years without existing heart, stroke or vascular disease.
- HHCs have been provided per 1000 eligible persons.



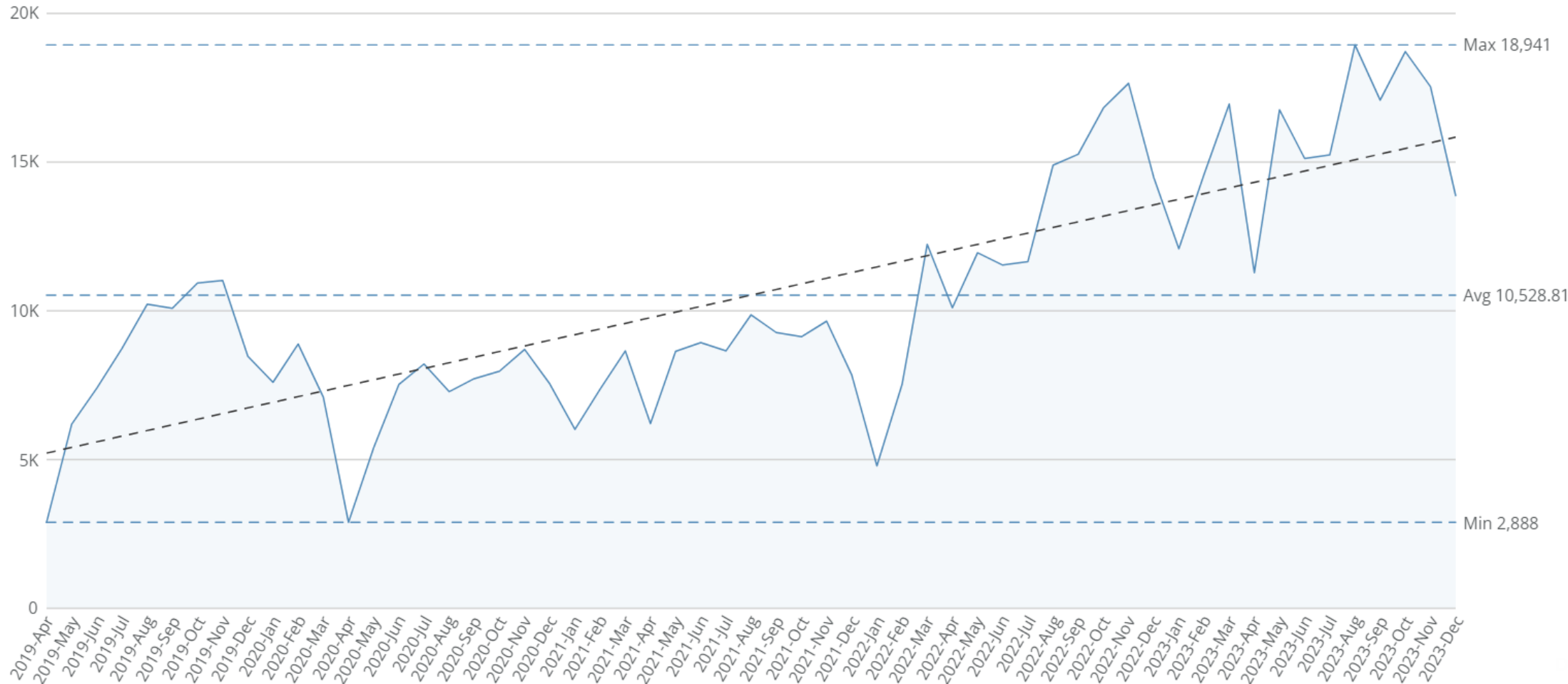
National average rate of Heart Health Checks per 1,000 persons 45+ without Heart, Stroke or Vascular disease

57

HHCs Monthly Claims

Item No(s): Total

600,142
Cumulative total Heart Health Checks billed



MBS item	Target Group	Frequency	Age										
			<30	30-34	35-39	40-44	45-49	50-54	55-59	60-64	65-69	70-74	75+
Heart Health Checks 699 or 177 (at least 20 mins)	People not known to have CVD	Once/year		●	●	●	●	●	●	●	●	●	●
Other health assessment items 701 (<30 mins) 703 (30-45 mins) 705 (45-60 mins) 707 (>60 mins)	People with high risk of developing type 2 diabetes	Once/3 years				●	●						
	People at risk of developing chronic disease	Once					●						
	People aged 75 years and older	Once/year											●
	Permanent residents of residential aged care facilities	Once/year	●	●	●	●	●	●	●	●	●	●	●
	People with an intellectual disability	Once/year	●	●	●	●	●	●	●	●	●	●	●
	Refugees and other humanitarian entrants	Once	●	●	●	●	●	●	●	●	●	●	●
	Former serving members of the Australian Defence Force	Once	●	●	●	●	●	●	●	●	●	●	●
715	Aboriginal or Torres Strait Islander people	Once/9 months	●	●	●	●	●	●	●	●	●	●	●

● Heart Health Check ● Other Health Assessments ● No age restriction

Health assessments compared

Only Health Assessment item number available for 50 – 79 years. Represents more than **half of individuals hospitalised** for coronary heart disease each year

Broad uptake of Heart Health Checks could **prevent 67,000 heart attacks, strokes of heart disease deaths** over a five year period

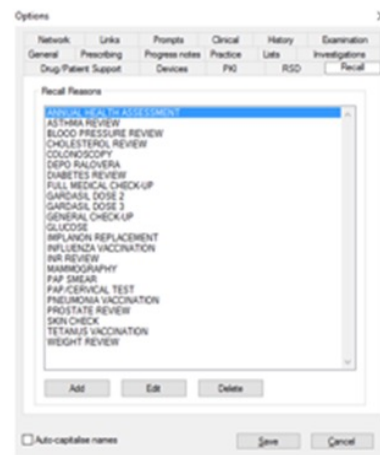
Heart Health Checks

Feedback from Australian general practice about what would better enable Heart Health Checks

Resources & Tools



Recall systems for systematic CVD risk screening



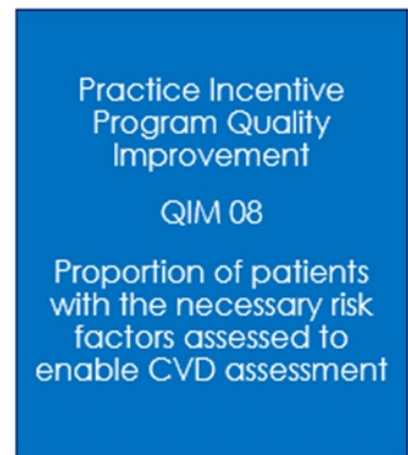
Better consumer education



Whole of practice approach Role of PM & PN



Quality Improvement activities and incentives



How to implement?

- Opportunistically or systematically identify people eligible for a Heart Health Check
- Collect and record CVD risk factors information, including physical examination
- Include calculation of CVD risk as per the Aus CVD Risk calculator (NZ PREDICT-1^o equation)
- Provide lifestyle advice and management plan
- Recall and follow up (monitor risk factors and adherence to intervention)



Practical QI resources in the Heart Health Check Toolkit

Downloadable PDSA cycle templates – pre-filled example PLUS blank template available

5 simple steps to promoting the Heart Health Check in your practice

The Model for Improvement (template)

Step 1: The three fundamental questions

1. What are we trying to accomplish?
This will help you to develop your GOAL for improvement.

2. How will we know that a change is an improvement?
Develop MEASURES to track the achievement of your goal.

3. What changes can we make that will lead to an improvement?
List your steps. This will help you develop IDEAS that you can test to help you achieve your goal. The first fundamental question will require a completed Model for Improvement template.

Step 2: PDSA cycle

You will have noted your IDEAS for testing when you answered the third fundamental question in Step 1. You can use this template to test an idea.

IDEA | Describe the idea you're testing.
Refer to the third fundamental question.
#3 Recall eligible patients identified via Pen CAT and monitor for an increase in the number of Heart Health Checks being conducted over a three month period.
PDSA cycle number: 1

PLAN | What will you do?
Explain your idea:
1. Communicate PDSA detail to practice staff.
2. Use Pen CAT to extract the number of non-Indigenous active patients aged 45 and over.
3. Filter for patients without a CVD diagnosis and those who haven't claimed any health assessment.
Who will carry it out?
Practice manager/practice nurse to complete the search. Reception staff to send out reminders and make appointments. GP and practice nurse to conduct the checks. Practice manager to report Pen CAT and billing data.
When will it take place? Where?
March to May
What do you predict will happen?
15% increase in the number of Heart Health Checks conducted. The current baseline is 20 per month.
What data/information will you collect that will help you measure improvement?
Number of appointments, number of Heart Health Checks completed, number of referrals to a lifestyle management program e.g. Life!
Notes

Running a Heart Health Check promotion in your practice
5 simple steps to success

1. **What are your goals and measures of success?**

- ☐ How many people are you targeting?
- ☐ What would you consider a success?
- ☐ Can this contribute to a PIP QI activity?
- ☐ Does your activity meet accreditation QI standards?

2. **Who will be involved?**

- ☐ Identify roles and responsibilities.
- ☐ Appoint a champion.

3. **What kind of promotion?**

- ☐ Use patient data to identify your most appropriate target group.
- ☐ Partner with another health care provider or collaborate with your PHN.
- ☐ Link the Heart Health Check activity to the PIP QI.

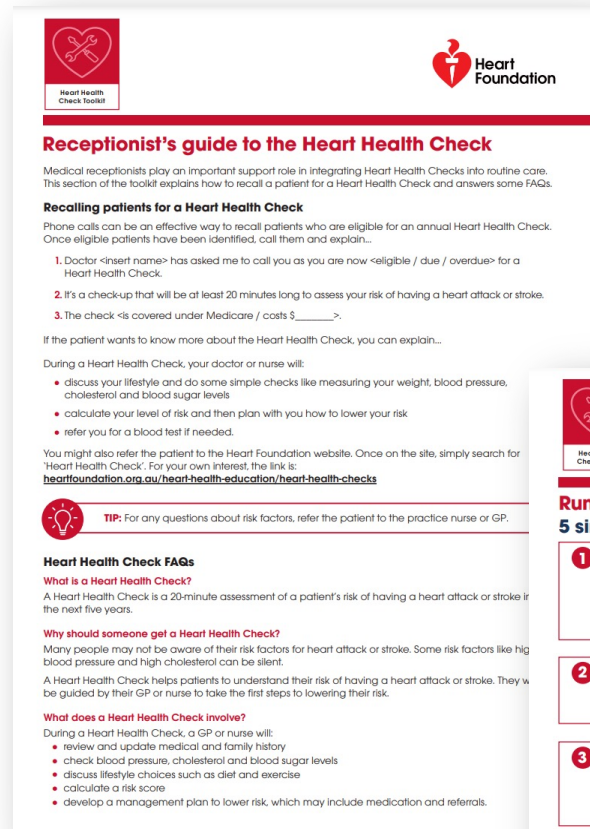
4. **When will it be?**

- ☐ Choose a day and time that best suits your patient group.
- ☐ Link to heart health related campaigns.
- ☐ Coordinate with other relevant clinics e.g. flu vaccination.

5. **How will you promote it?**

- ☐ Invite eligible patients via phone, letter, email or SMS.
- ☐ Advertise on your practice website and phone on-hold message system.
- ☐ Advertise locally through newsletters, social media or community radio stations.
- ☐ Provide information in your waiting room.
- ☐ Partner with local primary health care providers.

Tip: Personalising invitations from a patient's regular health provider may improve participation in a Heart Health Check.



A whole of team approach?

Primary healthcare teams play a pivotal role in the prevention of CVD.

- A collaborative approach is recommended when implementing the Heart Health Check.
- Ideally, everyone should be given the opportunity to contribute their ideas on how to make any changes successful and sustainable.
- The Toolkit contains a variety of resources and templates to help your practice team work together to implement the delivery of Heart Health Checks.

Key benefits of using data to support your success in performing heart health checks

- Change your practice process from reactive to proactive
- Increase attendance from your existing patients
- Maximise patient time in the practice
- Maximise the usage of your nursing team
- Prompt reminders every 12 months to recall and follow up patients for continuous patient care
- Easily implement and track quality improvement activities

How do I start?

What data tools are using to help you identify patients?

- Cubiko
- Pencat
- Polar



How do I start?

Review your practice's current process:

- What processes do you currently have in place to perform Heart Health Checks?
- Who is your 'practice champion' for Heart Health Checks?
- How will you set up your appointment book?
- How can patients book in?
- What methods will you use to recall eligible patients?

How do I start?

Promote your activity:

- Posters
- Handing out information packs to patients in the practice
- Reaching out to local sports clubs
- Decorating in Heart Week



How do I start?

Talk to your team to gather feedback and communicate workflows:

- What ideas and feedback do your team have?
- What is going to work for your team?
- What are the clinical staff preferences for appointment bookings and appointment length?
- Is your team onboard and had all relevant information communicated?

Using your data and implementing workflows for your team

Identifying patients as eligible:

- MBS item 699 (and 177 for non-VR GPs).
- A health assessment for patients with cardiovascular disease (CVD) or at risk of developing cardiovascular disease, aged 30 years or over.
- A patient is rendered ineligible for a Heart Health Check if there has been any Health Assessment services billed in the previous 12 months.
- Recommended at least 20 mins in length (both Dr and Nurse time can be combined).
- Can be billed every 12 months.

Using your data and implementing workflows for your team

Search and recall:

- Identify a list of patients eligible and proactively recall

Possible item 699 billings ⓘ

\$367,975

Item 699 fee: \$79.70

No. of patients for item 699 ⓘ

4,617

List of possible patients for item 699 ⓘ

	INTERN...	Record n...	Date	Time	Appt with	Appt type	Patient	Ethnicity	Days since last 699	Last attended appt	Last Doctor	Usual Doctor
1	783	041425	03/04/2024	08:00	firstname 9965	N2 new GPMP & new	surname 5395, firstname 4514 (70yrs - city 1347)	Does not identify as Indigenous	Never had a 699	08/02/2024	name 2384	firstname 5257
2	986	011538	03/04/2024	08:00	firstname 9642	Standard appt.	surname 7839, firstname 5337 (84yrs - city 6117)	Does not identify as Indigenous	Never had a 699	28/02/2024	name 2139	firstname 7686
3	1513	26673	03/04/2024	08:20	firstname 5921	Standard appt.	surname 3993, firstname 7522 (73yrs - city 5852)	Does not identify as Indigenous	Never had a 699	27/10/2023	name 6937	firstname 9856
4	186	002108	03/04/2024	08:40	firstname 7686	Long appt.	surname 4685, firstname 7336 (67yrs - city 9943)	Does not identify as Indigenous	Never had a 699	11/03/2024	name 5374	firstname 4576
5	4491		03/04/2024	08:40	firstname 3219	Long appt.	surname 8531, firstname 5337 (52yrs - city 6388)	Identifies as Indigenous	Never had a 699	30/11/2023	name 6937	firstname 4874
6	4	041269	03/04/2024	08:40	firstname 5921	Podiatrist	surname 1225, firstname 5848 (52yrs - city 9113)	Does not identify as Indigenous	Never had a 699	15/03/2024	name 6118	firstname 7365
7	184	043115	03/04/2024	08:50	firstname 9625	GPMP/TCA Review	surname 1225, firstname 5337 (56yrs - city 6117)	Does not identify as Indigenous	Never had a 699	14/03/2024	name 3573	firstname 5739
8	881	014239	03/04/2024	09:00	firstname 7686	Standard appt.	surname 2343, firstname 6118 (78yrs - city 3474)	Does not identify as Indigenous	Never had a 699	05/02/2024	name 1959	firstname 4576
9	459	008933	03/04/2024	09:00	firstname 9535	Standard appt.	surname 2592, firstname 1927 (57yrs - city 4926)	Does not identify as Indigenous	Never had a 699	27/03/2024	name 8388	firstname 5257
10	789	000141	03/04/2024	09:00	firstname 2777	N2 GPMP r/v & TCA	surname 8317, firstname 7786 (61yrs - city 6523)	Does not identify as Indigenous	Never had a 699	10/08/2023	name 1959	firstname 3792
11	59	26673	03/04/2024	09:00	firstname 9856	Standard appt.	surname 6941, firstname 1927 (73yrs - city 6117)	Does not identify as Indigenous	Never had a 699	13/03/2024	name 8388	firstname 9856
12	930	171	03/04/2024	09:10	firstname 9625	Telehealth Consult	surname 9444, firstname 2933 (80yrs - city 9183)	Does not identify as Indigenous	Never had a 699	01/03/2024	name 5374	firstname 9625
13	1023	034063	03/04/2024	09:20	firstname 7686	Standard appt.	surname 8438, firstname 1331 (74yrs - city 5852)	Does not identify as Indigenous	Never had a 699	05/10/2023	name 2384	firstname 7686
14	242	007312	03/04/2024	09:20	firstname 9625	Telehealth Consult	surname 7898, firstname 6524 (65yrs - city 1911)	Does not identify as Indigenous	Never had a 699	22/03/2024	name 5374	firstname 9625
15	1138	17045	03/04/2024	09:40	firstname 5921	Podiatrist	surname 3433, firstname 6868 (63yrs - city 4817)	Does not identify as Indigenous	Never had a 699	29/02/2024	name 5473	firstname 5739
16	11	016650	03/04/2024	09:40	firstname 9487	N1 Dressing Check	surname 3965, firstname 2933 (80yrs - city 7813)	Does not identify as Indigenous	Never had a 699	26/03/2024	name 5473	firstname 3792

Using your data and implementing workflows for your team

- Cubiko allows you to easily filter out any patients from the Heart Health Check patient eligibility list by removing those patients who are also potentially eligible for other Health Assessment services.
- This allows your practice to focus on performing Heart Health Checks on those patients who do not fall into other Health Assessment categories (e.g. 50-74 year age group)

Exclude Patients eligible for other
Health Assessments ☐

List of possible patients for item 699											
	Date	Time	Appt with	Appt type	Patient	Days since last 699	Last attended appt	Last Doctor	Usual Doctor	INTERNALID	
1	03/05/2022	08:00	firstname 5631 surname	Appt Type unknown to C	surname 3158, firstname 3384 (62yrs - city	Never had a 699 health	28/04/2022	firstname 7413 surname	firstname 6341 surname	4066	
2	03/05/2022	08:00	firstname 1453 surname	description 6867	surname 6118, firstname 8825 (56yrs - city	Never had a 699 health	27/04/2022	firstname 6776 surname	firstname 2253 surname	8623	
3	03/05/2022	08:00	firstname 1541 surname	description 5122	surname 4846, firstname 7586 (53yrs - city	Never had a 699 health	28/04/2022	firstname 7413 surname	firstname 8183 surname	534	
4	03/05/2022	08:00	firstname 4383 surname	description 6867	surname 7888, firstname 8354 (72yrs - city	Never had a 699 health	30/11/2021	firstname 3523 surname	firstname 8685 surname	5514	
5	03/05/2022	08:00	firstname 1541 surname	description 5122	surname 1362, firstname 3458 (59yrs - city	Never had a 699 health	28/04/2022	firstname 6263 surname	firstname 8183 surname	232	
6	03/05/2022	08:00	firstname 8183 surname	description 5178	surname 6626, firstname 5156 (69yrs - city	Never had a 699 health	21/04/2022	firstname 6263 surname	firstname 8183 surname	8448	



* Currently not available for Cubiko for MedicalDirector

Using your data and implementing workflows for your team

Identify patients with appointments:

- Opportunistically identify potentially eligible patients who are in your practice for an appointment or have an upcoming appointment and using the time they are waiting to collect CVD Risk factor information and complete risk assessment.

Item 699 ⓘ

INTERN...	Record n...	Appt Date	Appt Time	Appt with	Appt Type	Patient	Ethnicity	Days since last 699	Last appt	Last doctor	Usual doc ⓘ
1	783	041425	03/04/2024	08:00:00	name 3138	description 3776	surname 5395, firstname 4514 (70yrs - city 1347)	Does not identify as Indigenous	Never had a 699		
2	365	196467	03/04/2024	08:00:00	name 2139	description 3639	surname 2321, firstname 5526 (44yrs - city 8753)	Does not identify as Indigenous	Never had a 699		
3	986	011538	03/04/2024	08:00:00	name 3516	description 3639	surname 7839, firstname 5337 (84yrs - city 6117)	Does not identify as Indigenous	Never had a 699		
4	1513	26673	03/04/2024	08:20:00	name 9562	description 3639	surname 3993, firstname 7522 (73yrs - city 5852)	Does not identify as Indigenous	Never had a 699		
5	186	002108	03/04/2024	08:40:00	name 6866	description 7432	surname 4685, firstname 7336 (67yrs - city 9943)	Does not identify as Indigenous	Never had a 699		
6	4491		03/04/2024	08:40:00	name 2139	description 7432	surname 8531, firstname 5337 (52yrs - city 6388)	Identifies as Indigenous	Never had a 699		
7	1	29780	03/04/2024	08:40:00	name 1721	Appt type unknown	surname 9521, firstname 9453 (50yrs - city 9183)	Does not identify as Indigenous	Never had a 699		
8	4	041269	03/04/2024	08:40:00	name 9562	description 8676	surname 1225, firstname 5848 (52yrs - city 9113)	Does not identify as Indigenous	Never had a 699		
9	184	043115	03/04/2024	08:50:00	name 5374	description 6728	surname 1225, firstname 5337 (56yrs - city 6117)	Does not identify as Indigenous	Never had a 699		
10	1	29780	03/04/2024	09:00:00	name 1721	Appt type unknown	surname 9521, firstname 9453 (50yrs - city 9183)	Does not identify as Indigenous	Never had a 699		
11	459	008933	03/04/2024	09:00:00	name 1981	description 3639	surname 2592, firstname 1927 (57yrs - city 4926)	Does not identify as Indigenous	Never had a 699		
12	59	26673	03/04/2024	09:00:00	name 8388	description 3639	surname 6941, firstname 1927 (73yrs - city 6117)	Does not identify as Indigenous	Never had a 699		
13	370	34333	03/04/2024	09:00:00	name 2431	Appt type unknown	surname 9382, firstname 3444 (62yrs - city 3154)	Does not identify as Indigenous	Never had a 699		

Last updated at: 10/04/2024 11:06 AM

surname 1128, firstname 7813 (51yrs - city 5852) 10/04/24 08:00:00

MyMedicare registered

May be eligible to book for:

Potential new CDM care plan Item 699 Flu vaccine

surname 8317, firstname 7813 (30yrs - city 5852) 10/04/24 08:00:00

May be eligible to book for:

Item 699

Using your data and implementing workflows for your team

- **Collection of CVD risk factor information:** Clinical team to collect CVD risk factor information and complete risk assessment (CVD risk calculator)
- **Clinical consultation and review of information:** Practitioner to review information collected, and provide lifestyle advice and management plan
- **Recall and follow-up:** set up reminders to ensure the patient has follow up appointments as appropriate and re-books for another HHC in 12 months' time, if appropriate

Heart Health Checks Workflow

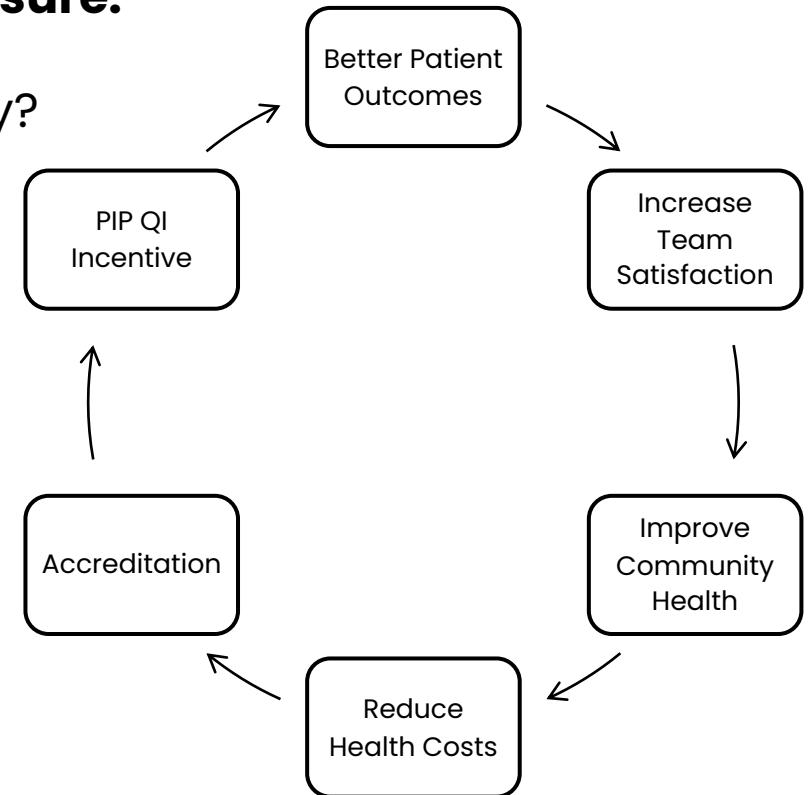
Free download



Quality Improvement Activity

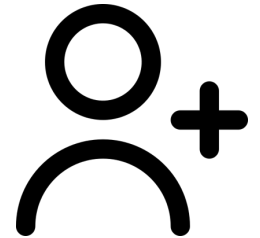
Identify Healthy Heart Checks as a Quality Improvement Measure:

- What are the benefits of the quality improvement activity?
- Identify QI team
- Document/PDSA cycle for heart health checks
- Identify eligible patients
- Implement workflows



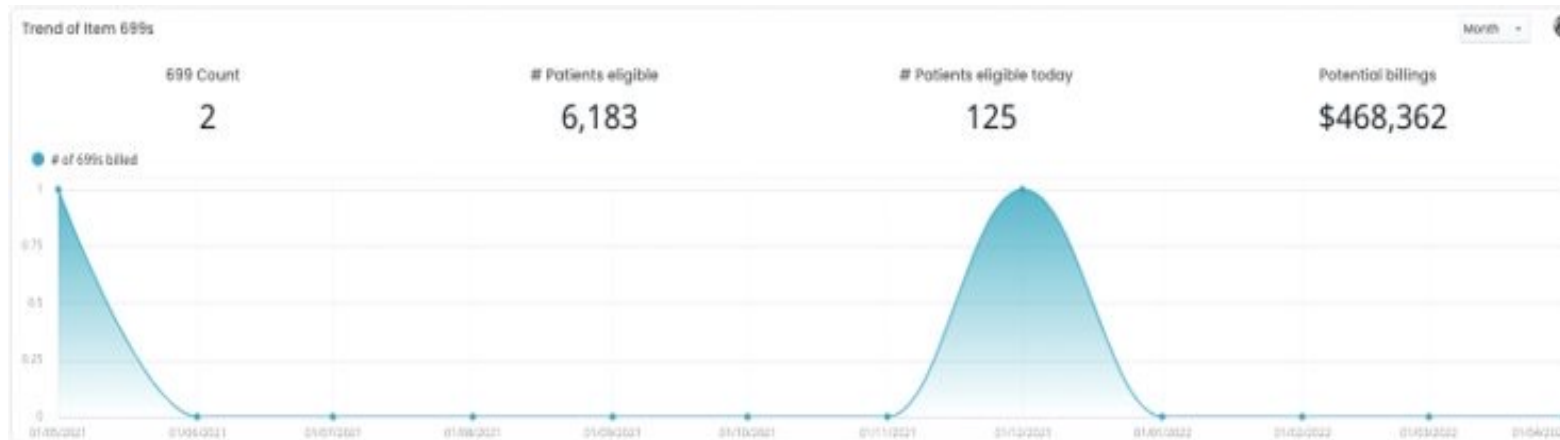
QI Team

- Get the team involved – you can't run QI activities by yourself!
- Identify who will lead the QI team
- Identify who will be involved in the QI activities
- Assign roles and responsibilities
- Allocate time to meet regularly
- Allocate time to perform the QI activities in the practice
- Track and measure – using a Plan, Do, Study, Act (PDSA) Cycle



Quality Improvement Activity

- Turn your Heart Health Check recall process into a Quality Improvement activity
- Review your historical trend of billed item 699/177
- Choose a target you want to be able to achieve (e.g. over the next 3 months)
- Identify your potential eligible patients for a Heart Health Check and recall
- Review the number of HHC completed on a regular basis to assess if the steps you have taken have been effective
- Record in your PDSA cycle template the steps you have taken, what you have achieved and what you will change for the next cycle





PDSA Template

Free download



Heart Health Check Toolkit

Downloadable resources, templates
and PDSA examples



Introducing the 2023 Australian guideline for assessing and managing cardiovascular disease risk

New clinical guidance: 5 steps

1 Identify people for CVD risk assessment

Age ranges for assessing CVD risk in people without known CVD

- All people aged 45–79 years
- People with diabetes aged 35–79 years
- First Nations people aged 30–79 years. Assess individual CVD risk factors in First Nations people aged 18–29 years.



Identify people for CVD risk assessment



Use calculator to assess CVD risk

3 Identify CVD risk category

Estimated 5-year CVD risk

- **High:** $\geq 10\%$
- **Intermediate:** 5% to $< 10\%$
- **Low:** $< 5\%$

Reclassification factors

These factors may move an individual's risk estimate up or down:

- Ethnicity $\uparrow\downarrow$
- eGFR & uACR \uparrow
- CAC $\uparrow\downarrow$
- Severe mental illness \uparrow
- Family history \uparrow



Identify CVD risk category

5 Manage CVD risk

Lifestyle* factors

- Smoking
- Nutrition
- Physical activity
- Healthy weight
- Alcohol

Pharmacotherapy

- BP-lowering treatment
- Lipid-modifying treatment



Manage CVD risk

2 Use calculator to assess CVD risk

Use new Australian CVD risk calculator with the following variables:

- | | |
|-------------------|------------------------------------|
| • Age, sex | For people with diabetes: |
| • Smoking status | • HbA1c |
| • Systolic BP | • Time since diagnosis of diabetes |
| • TC: HDL-C ratio | • uACR |
| • Diabetes status | • eGFR |
| • CVD medicines | • BMI |
| • Postcode | • Insulin |
| • History of AF | |



Do not use calculator in those already known to be at high risk: Moderate-to-severe CKD and FH

4 Communicate CVD risk

- Communicate CVD risk using a variety of formats
- Use a decision aid to support effective risk communication
- Combine risk communication tools with behavioural strategies, repeated over time

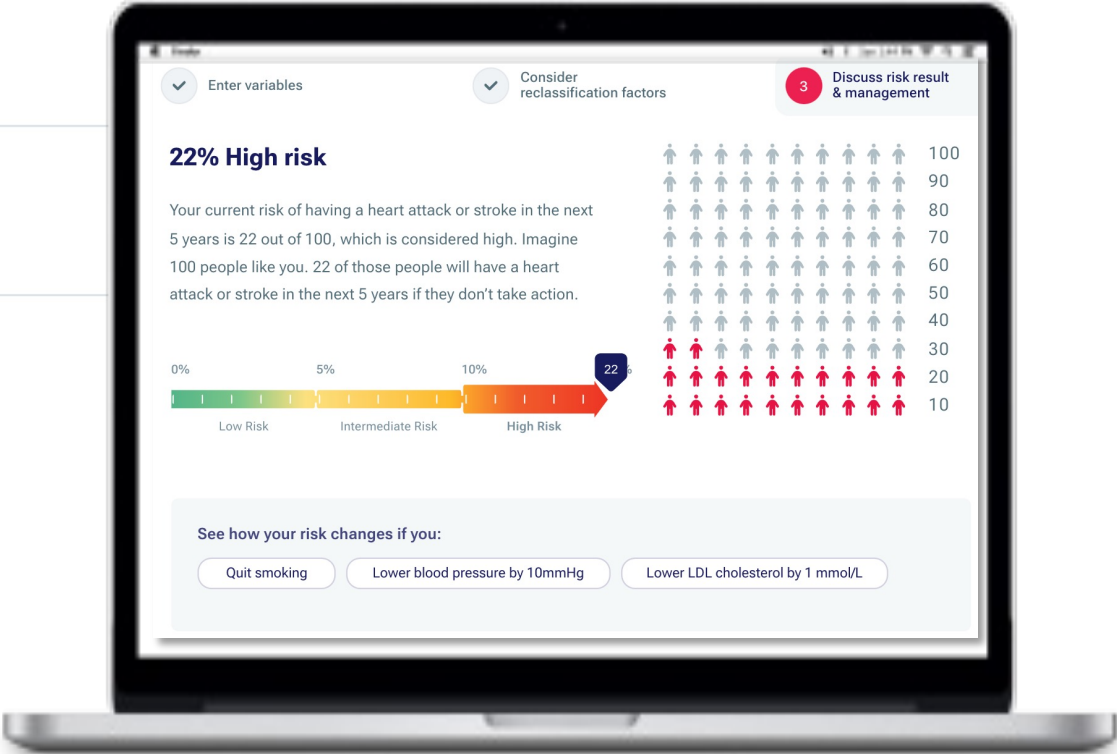


Communicate CVD risk

Managing CVD risk starts with communicating risk



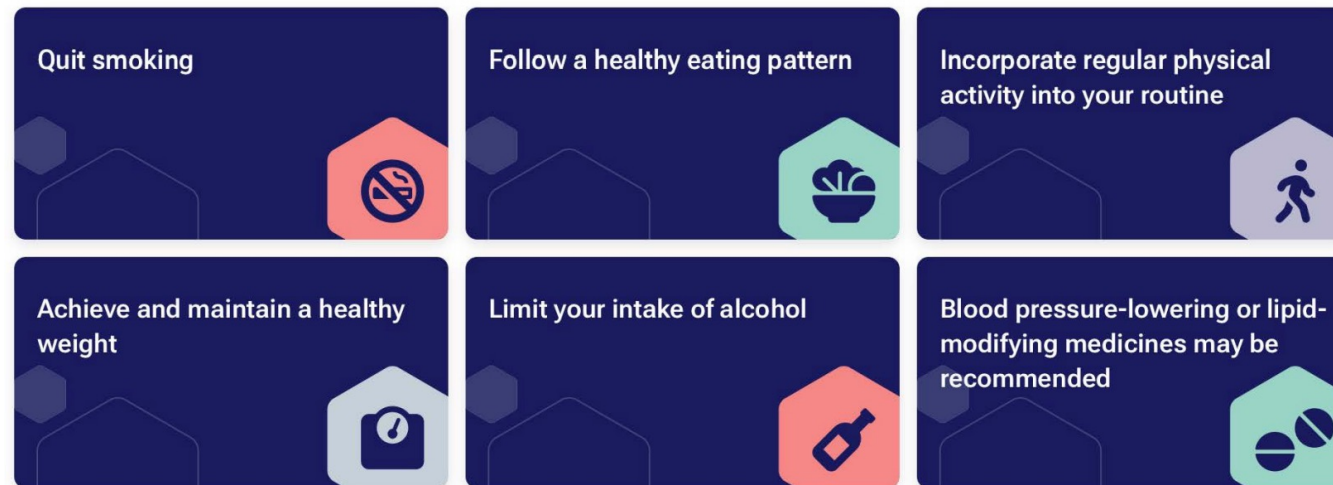
Recommendations	Strength	Certainty of evidence
Use a relevant decision aid to support effective risk communication and enable informed decisions about reducing CVD risk.	Strong	Moderate
Combine risk communication tools with behavioural strategies (e.g. motivational interviewing, personalised goal setting and health coaching), repeated over time, to reduce overall CVD risk.	Conditional	Low
Communicate CVD risk using a variety of formats (e.g. percentages, 100-person charts) to enable people with varying health literacy needs and learning styles to understand their risk.	Consensus	



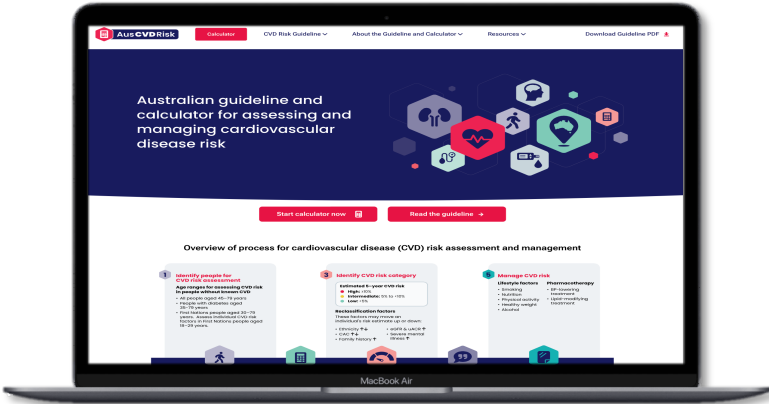
Managing CVD risk – principles



- Management approach is refined in collaboration with the patient regarding the risks and benefits of treatment options, and their personal values and preferences.
- People vary in what they find motivating; for some this is having targets in place.
- Set targets in consultation with the person according to what is practicable and achievable for them.



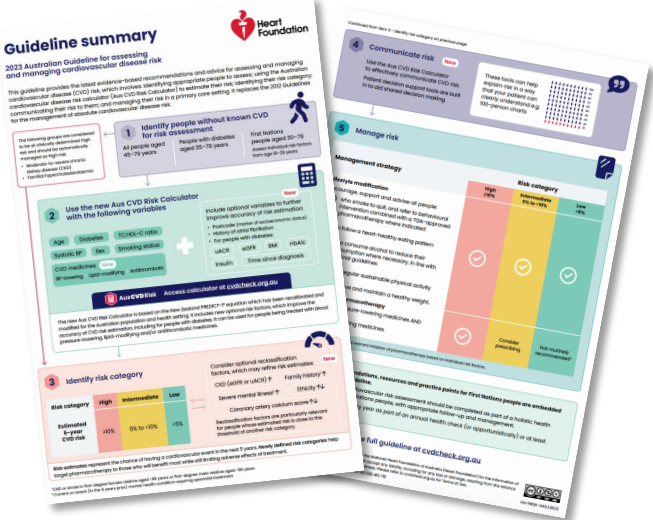
Supporting resources



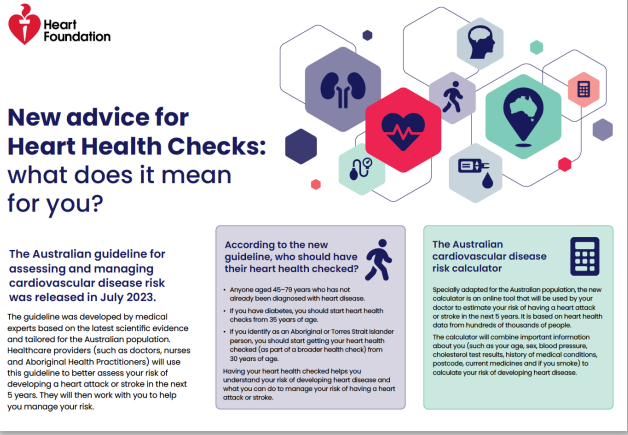
www.cvdcheck.org.au



Copy of the full guideline



Consumer factsheet



What is a Heart Health Check? brochure

Order online at Heart Shop
<https://shop.heartfoundation.org.au/collections/resources/products/brochure-heart-health-check>





cvdcheck.org.au



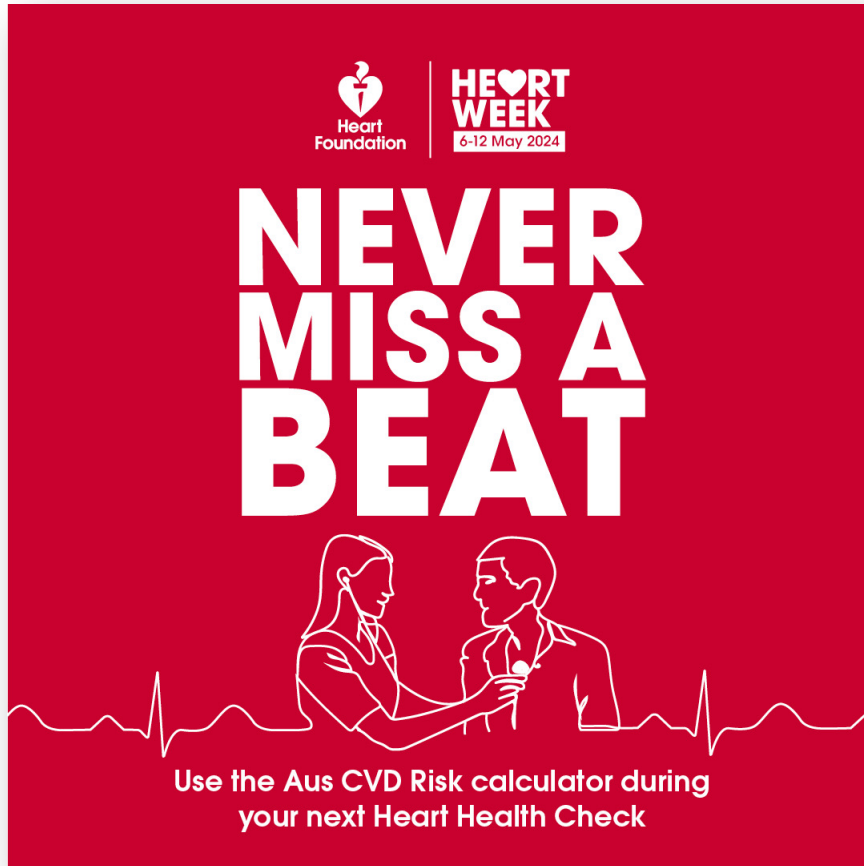


**Heart
Foundation**

**HE  RT
WEEK**

6-12 May 2024

Mark your calendar for this year's national
heart health awareness week




Calls to action for health professionals

- Use the Aus CVD Risk calculator during your next Heart Health Check
- Download or order your Heart Week resource pack
- Register for cardiovascular-kidney-metabolic syndrome clinical webinar on Thursday, 9 May

Calls to action for everyday Australians

- Book a Heart Health Check with your GP
- Take 3 minutes to find out your heart age
- Start a conversation about heart health with your loved ones





Heart Foundation

HEART WEEK
6-12 May 2024

Health professional webinar series


Metabolic matrix

Introducing the cardiovascular-kidney-metabolic syndrome

Thursday 9 May 2024,
7-8.30pm AEST

[Register now](#)

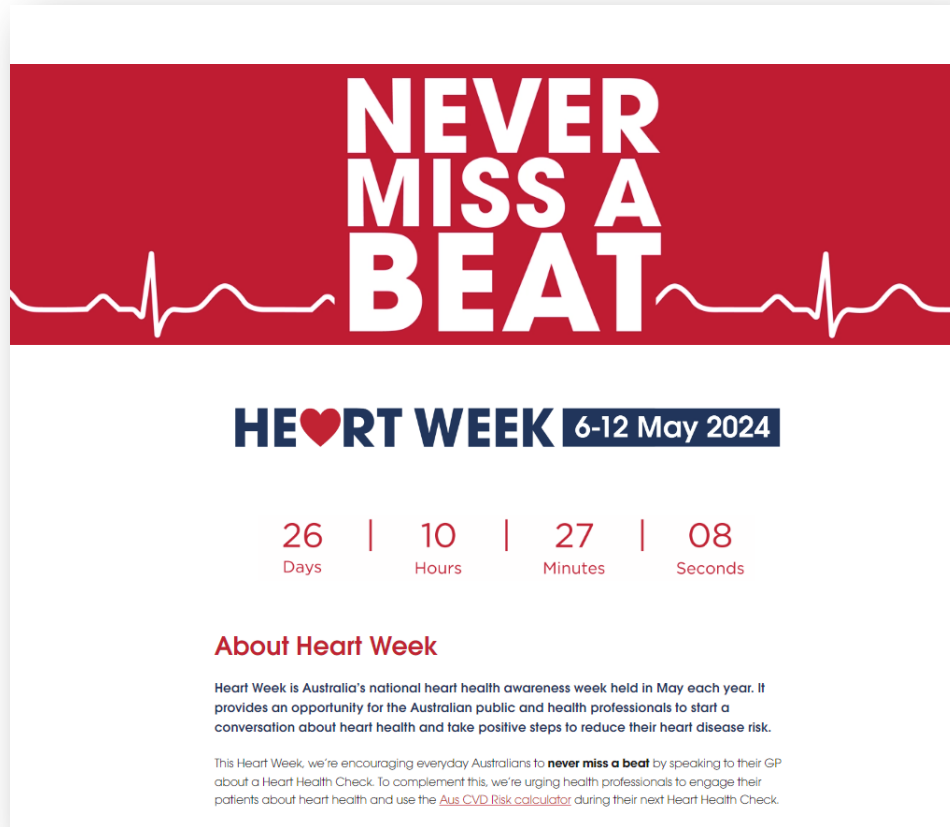
RACGP CPD 1.5 hour



Heart Week clinical webinar

- **Title:** Metabolic matrix: Introducing the cardiovascular-kidney-metabolic syndrome
- **When:** Thursday, 9 May, 7-8.30 pm AEST
- **Registration:** https://heartfoundation-au.zoom.us/webinar/register/5617109736876/WN_ehS9s4dIS_SOKPnSgKYIg_Q
- An expert panel of international and Australian speakers will explore the profound interconnections between chronic kidney disease, cardiovascular disease and metabolic disorders that characterise CKM syndrome.
- Live presentations will be followed by an interactive panel discussion that explores the practical application in primary care.
- This webinar has been accredited with the RACGP for 1.5 hours.
(Activity number: 813797)

Heart Week webpage



<https://www.heartfoundation.org.au/heart-week>

One stop shop for all Heart Week activity

- Order or download a Heart Week resource pack
- Access the Aus CVD Risk calculator
- Register for clinical webinar
- Enter creative display competition
- Download Heart Week supporter pack
- Access updated practice templates



Creative display competition

- Use Heart Foundation resources and decorations to get creative and start conversations about heart health at your workplace.
- Enter our Heart Week display competition to win one of two \$500 vouchers!
- To enter, share photos on social media with **#HeartWeek2024** and tag The Heart Foundation, or submit them via our Heart Week webpage.



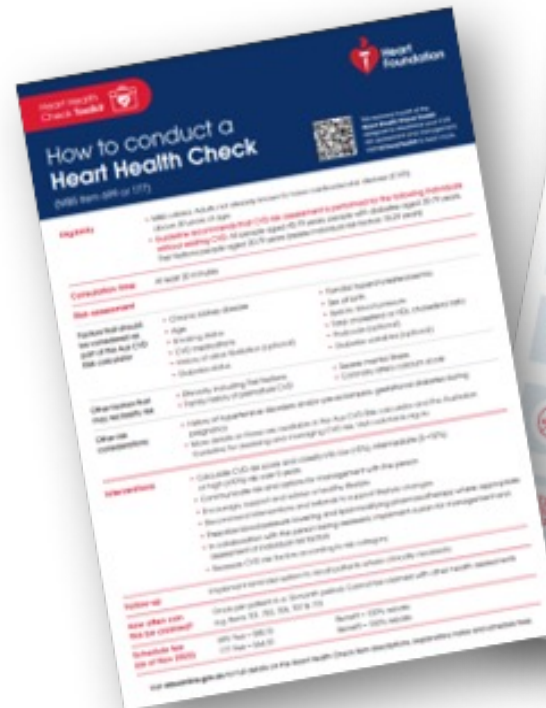
Resources to streamline Heart Health Checks

Updated Heart Health Check templates aligned to the 2023 Australian CVD risk guideline



This template, titled "My healthy heart management plan", is designed for patients to track their health. It includes a section for "My risk of having a heart attack or stroke" with a color-coded scale from low (green) to high (red). Below this, there are checkboxes for various risk factors such as smoking, high blood pressure, high cholesterol, and family history. A table at the bottom allows patients to record their medical history, including blood pressure readings, cholesterol levels, and other relevant information.

"My healthy heart management plan" template



This template, titled "How to conduct a Heart Health Check", provides a structured approach for healthcare providers. It outlines the steps for conducting a check, including taking a patient's history, performing a physical examination, and calculating their CVD risk. The template includes a table for recording patient information and a section for "Next steps" based on the patient's risk level. It also features a QR code linking to the Heart Foundation website.

"How to conduct a Heart Health Check" template



This template, titled "How to implement Heart Health Checks in your practice", offers guidance for healthcare providers on how to integrate heart health checks into their practice. It covers topics such as "Search & recruit", "Collect CVD risk factor information", "Complete risk assessment", "Encourage, support and advise a healthy lifestyle", and "Recall and follow-up". The template includes a QR code linking to the Heart Foundation website.



This template, titled "Heart Health Check risk assessment", is used to assess a patient's risk of heart disease. It includes sections for "1. Practice details", "2. Patient details", and "3. Patient medical history". The template includes checkboxes for various risk factors such as smoking, high blood pressure, high cholesterol, and family history. It also includes a section for "Family history" and a "Next steps" section.

"Heart Health Check risk assessment" template



**Keep up to date with Heart
Foundation latest news, guidelines
and practical resources, by joining
the Heart Health Network**



Book a demo with Cubiko

