

Vascular checks – a vascular risk assessment and management

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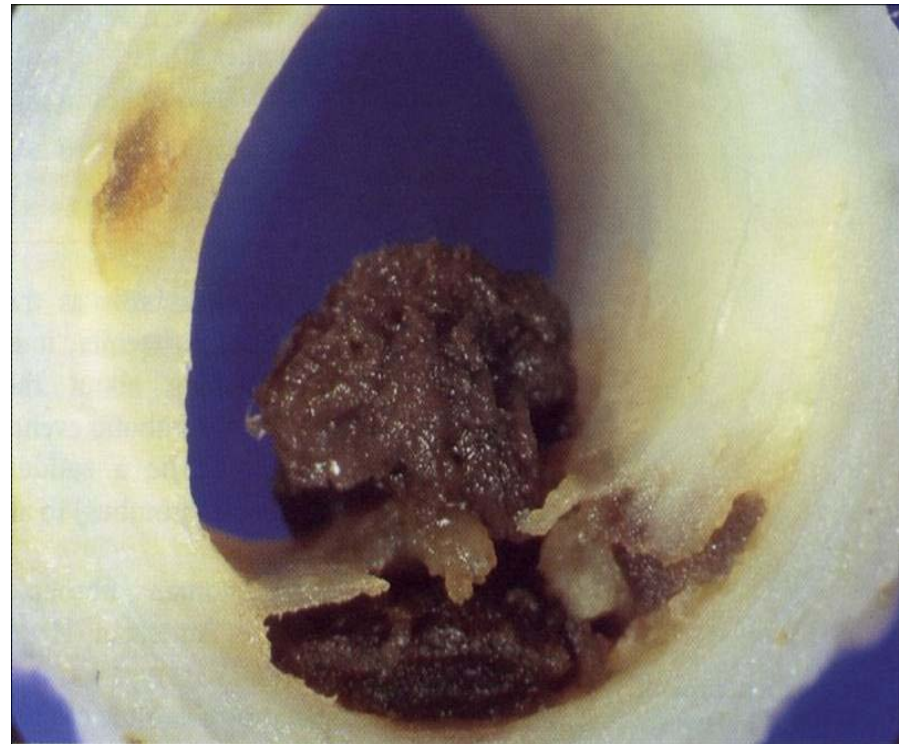
Three Questions

- (1) What is the starting point?
- (2) Where are we now?
- (3) What happens next?

Development through wide participation

(1) What is the starting point?

- Vascular disease (Diabetes, CHD, Stroke, CKD):
 - significant public health threat
 - 170,000 deaths annually, 4m ill/disabled
 - leading cause of health inequalities
- Linked modifiable risk factors:
 - Smoking, lipids, physical activity, hypertension
- Growing consensus on individual prevention
 - NICE, National Screening Committee



Vascular Checks

A single, universal, integrated check for all aged 40 - 74

- Measure individual vascular risk based on known factors
- Set out how to reduce modifiable risk (or keep at low level)
- Offer tailored package of specific preventive measures where indicated

Evidence confirms clinical and cost effectiveness

To achieve this the programme should:

- Offer 3m vascular checks a year
- Cost an additional £330m before savings
- Each year, could prevent at least:
 - 1,600 heart attacks and strokes
 - 650 deaths
 - 4,000 people developing diabetes
 - detect at least 20,000 cases of diabetes or kidney earlier
- At a cost/QALY of about £3,500

(2) Where are we now?

Putting prevention first

Vascular Checks: risk assessment and management

- PM announcement Jan 08
- Alan Johnson announcement April 08
- Included in the Next Stage Review as part of the focus on preventing ill health
- NSR also announced *Reduce your risk* campaign
- From 2009/10, all PCTs are being asked to implement vascular checks programme
- Full roll out expected 2012/13

Progress so far



Economic modelling

- Technical consultation July – November 2008
- Confirms clinical and cost effectiveness

Guidance for PCTs

- Nov 08: 'Next Steps' Guidance for PCTs
- Nov 08: Primary Care Service Framework
- Mar 09: Minimum data set and SOPs

Stakeholder engagement

- Learning Network - to capture 'what works' in delivery
- Stakeholder events and workshops
- Qualitative research project: high risk and hard to reach
- Planning events in each SHA during late Feb/ March

Kidney Disease

- Kidney disease is included the vascular check
- but won't test everyone between ages 40 – 74
- Vascular check will include
 - initial filter (blood pressure)
 - Serum creatinine (not sufficient evidence to support ACR)
 - further investigation where eGFR is low
- More details available in SOP

Vascular Checks Programme

Key:
DM: Diabetes Mellitus
eGFR: estimated Glomerular Filtration Rate
IFG/IGT: Impaired Fasting Glucose / Impaired Glucose Tolerance

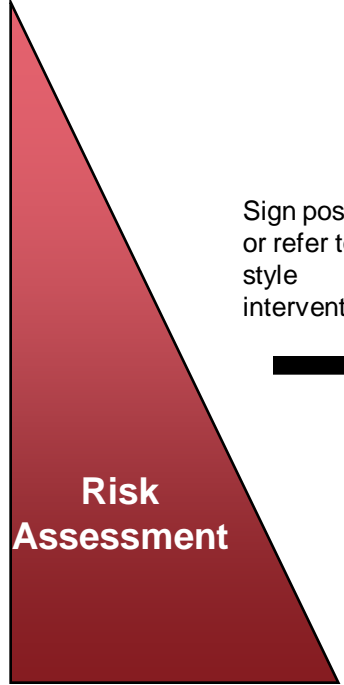
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Initially, PCTs decide which people to call first and where the checks can be accessed (e.g. General Practice, pharmacy etc) bearing in mind the need to tackle health inequalities.

Risk assessment

- Age
- Gender
- Smoking status
- Physical activity
- Family history
- Ethnicity
- Body Mass Index
- Cholesterol test
- BP Measure
- Diabetes filter
 - BMI
 - BP measure

Communication of risk



Risk Management

- Behaviour change tool e.g. Mid Life LifeCheck
- NHS stop smoking services referral
- Exercise on prescription or other physical activity intervention
- Weight management on referral
- IFG/IGT lifestyle management advice

RECALL

Raised blood pressure

Sign post or refer to life style interventions

If at risk

FPG/HbA1c

If blood sugar high

Oral Glucose Tolerance test[^]

DM

If CVD risk assessed as >20%

Assessment for hypertension[^]

High

Serum Creatinine[^]

eGFR Low

CKD assessment

Statins prescription offered*

Anti-hypertensives prescription *

EXIT	Diabetes register
EXIT	High Risk annual reviews
EXIT	Hypertension register
EXIT	CKD register

All to be undertaken by GP Practice Team

*or professionals with suitable patient information and prescribing rights

[^]People recalled to separate appointments for diagnosis

(3) What happens next?

National programme, locally delivered

PCTs commission services to suit local needs

Checks suitable for a variety of settings

Potential positive impact on **health inequalities**

Initial Steps

Test bed sites test out some approaches to delivering the checks

- 18 sites across England (incl. Doncaster PCT)
 - near patient testing v laboratory analysis
 - pharmacy settings
 - information transfer from community settings
 - faith groups

Workforce

- Training and diploma in vascular risk assessment
- Professionals of all types and volunteers, particularly in deprived areas

All PCTs should be planning some implementation in 2009/10

Full rollout to 3m invitations annually by 2012/13

Many PCTs already running similar programmes

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The best things in life are FREE

Feel good, stay fit and enjoy the precious moments



DROP-IN CENTRES

MONDAY AM
Carnegie ES 9.00am
David Lloyd Leisure Centre 9.30am
Northwood Community Centre 10.00am

MONDAY PM
Kilby Fire Station 3.00pm

TUESDAY AM
Widmore Community Centre 9.30am
St Peter & Paul School 9.30am

TUESDAY PM
Stourvale Community Centre 1.00pm
Kilby Health Suite 1-2-1 5.00pm (appointments only)

WEDNESDAY AM
Tower Hill Resource Centre 9.30am
St Martin's Church 9.30am

Call in for your **FREE** 20 minute health check. It's a quick once-over for things like blood pressure and cholesterol. The whole thing is very friendly, informal, and close to home. We'll explain your results clearly, and we can give you some easy-to-follow advice on healthy living that will keep you in the swing of things for years to come.



Community health checks
For you. For life.

FREE HEALTH CHECKS
CALL 0800 073 0578 TO FIND YOUR NEAREST VENUE



Ask for your FREE Heart MOT

Helping men live longer



- ✓ Cholesterol Test
- ✓ Blood Pressure
- ✓ Blood Sugar
- ✓ Instant Results

But note almost all are cardiovascular checks, excluding diabetes and kidney disease

Additional resources

Learning Network

- events – next event 18 March, London
- e-bulletin
- website

Case studies

PCT Toolkit

- to help PCTs estimate how many additional interventions will need to be commissioned

Standard Operating Procedures

National identity, information leaflet and invitation letter template

'Reduce your Risk' campaign

Launch later 2009 alongside vascular checks

Aims to:

- strengthen knowledge of risk factors
- identify how people can reduce risk
- set out when to seek help

Challenges

- Call and recall system
- Risk engine
- Quality assurance
- Health inequalities
- Communications
- Implementation and monitoring
- Evaluation
- Research

Further information

www.improvement.nhs.uk/vascularchecks

www.dh.gov.uk/vascularchecks

E-mail: vascular.checks@dh.gsi.gov.uk

Vascular Checks Programme

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