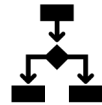




Diagnosis

Use calculator to assess CVD risk

- 66.00% had blood tests
- 4.00% recalled having a biomarker test
- 43.18% had Lipoprotein a test



Decision making

Use a relevant decision aid to support effective risk communication and enable informed decisions about reducing CVD risk

- 31.91% given multiple treatment options at diagnosis
- 27.66% given one treatment option at diagnosis
- 19.15% described taking part in decision making

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.

- 8.51% had no treatment goals
- 31.91% supported by hospital or clinical setting



Treatment and management

Prescribe pharmacotherapy

- 40.00% lipid-modifying medicines.
- 44.00% blood pressure-lowering medicines
- 29.00% had both blood pressure-lowering medicines AND lipid-modifying medicines

Manage CVD risk

Following lipoprotein a testing

- 45.83% changed treatment or management
- 41.67% medication changes
- 25.00% diet and life style changes
- 20.83% additional monitoring

Lifestyle modification

Allied health

- 26.00% had an exercise physiologist
- 28.00% had a dietician



Allied health



Lifestyle modifications

Lifestyle modification

Lifestyle changes

- 58.00% made diet changes
- 58.00% exercised
- 38.00% quit or cut back on alcohol
- 20.00% quit or cut back on smoking

Effective risk communication and enable informed decisions about reducing CVD risk.

Information given by healthcare professionals

- 61.70% had little or no knowledge of condition at diagnosis
- 19.05% no information at diagnosis
- 45.24% some information but not enough
- 36.00% given information about disease management
- 36.00% given information about diet
- 36.00% given information about physical activity
- 42.55% information through their doctor

Information in a variety of formats

- Information preferences:
 - 36.17% Talking to someone
 - 27.66% Talking to someone plus online
 - 17.02% written
 - 14.89% online
 - 10.64% all forms
 - 2.13% apps
- 17.02% wanted future information in a variety of formats
- 8.51% wanted future information for it to be easier to talk to a healthcare professional
- 10.64% wanted future information to be more accessible



Information



Communication

Effective risk communication

- 86.00% had no discussions about biomarkers
- 12.00% were not shown respect by health care professionals
- 34.04% described positive communication with healthcare professionals
- 34.04% described positive, with the exception of one or two occasions
- 27.66% described overall negative communication with healthcare professionals
- Care coordination communication score: On average had moderate communication with healthcare professionals



Care coordination

CVD risk reassessment intervals using the Aus CVD risk calculator

- Care coordination Navigation score: On average had good navigation of the healthcare system
- 17.02% wanted future care to include multidisciplinary and coordinated approach

Australian Guideline for assessing and managing cardiovascular disease risk

CCDR would like to thank each and every participant in this study



HEART AND BLOOD VESSEL CONDITIONS AUSTRALIAN STUDY 2023



CENTRE FOR COMMUNITY DRIVEN RESEARCH

PEEK Heart and Blood Vessel Conditions 2023




HEART AND BLOOD VESSEL CONDITIONS AUSTRALIAN STUDY 2023




Australian Guideline for assessing and managing cardiovascular disease risk


Commonwealth of Australia as represented by the Department of Health and Aged Care. Australian Guideline for assessing and managing cardiovascular disease risk. 2023.



Australian Guideline for
assessing and managing
cardiovascular disease risk



Identify people for
CVD risk assessment



Use calculator to
assess CVD risk



Identify CVD risk
category



Communicate
CVD risk




Manage
CVD risk



Australian Guideline for assessing and managing cardiovascular disease risk

Overview


1. Identify people for CVD risk assessment
2. Use calculator to assess CVD risk
3. Identify CVD risk calculator
4. Communicate CVD risk
5. Manage CVD risk



Australian Guideline for
assessing and managing
cardiovascular disease risk



Identify people for
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Use calculator to
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Identify CVD risk
category



Communicate
CVD risk



Manage
CVD risk



Australian Guideline for assessing and managing cardiovascular disease risk

How aligned to the Australian Guideline for assessing and managing cardiovascular disease risk were the participants in the PEEK Heart and Blood Vessel Conditions 2023?



HEART AND BLOOD VESSEL CONDITIONS
AUSTRALIAN STUDY 2023

Diagnostic tests

They did ask me a few questions and did the heart like heart conditions do, running my family through my pop. He has heart problems. Well, he did, and then he. Yeah. So I mentioned that to them and they did talk to me about it much, but I don't think we went any further with it just yet. They were very shocked by my age because I'm only 21. They were just very more shocked on what happened and where the like how did this come so early? Obviously like with no clogged arteries or anything like that, they just said it was very odd. So that they yeah, they just wanted me to come back for recent like for checkups every now and then to just. Keep on top of it, and obviously the more tests will be there.

Participant 029_2023AUHBV



HEART AND BLOOD VESSEL CONDITIONS
AUSTRALIAN STUDY 2023



Australian Guideline for assessing and managing cardiovascular disease risk

2. Use calculator to assess CVD risk

2 Use the new Aus CVD Risk Calculator with the following variables

Age Diabetes TC:HDL-C ratio
Systolic BP Sex Smoking status
CVD medicines **New**
BP-lowering | Lipid-modifying | Antithrombotic



New

Include optional variables to further improve accuracy of risk estimation:

- Postcode (marker of socioeconomic status)
- History of atrial fibrillation
- For people with diabetes:

uACR eGFR BMI HbA1c
Insulin Time since diagnosis



AusCVDRisk Access calculator at cvccheck.org.au

Australian Guideline for
assessing and managing
cardiovascular disease risk



Diagnostic tests: PEEK Heart and Blood Vessel Conditions 2023

Use calculator to assess CVD risk

PEEK Heart and Blood Vessel Conditions 2023

- 66.00% blood tests
- 4.00% recalled having a biomarker test
- 43.18% had Lipoprotein a test



HEART AND BLOOD VESSEL CONDITIONS
AUSTRALIAN STUDY 2023



Care coordination

I'd just like them 'to' communicate. I'd just like them to just give someone some information when they leave the hospital, or somewhere to go, or someone they can call, or something. Just nothing. Again, I have to say, I'm extremely lucky. I'm smart, well-educated, successful career, family support, all of that, and it was bloody hard, and not everyone has that.

Participant 046_2023AUHBV



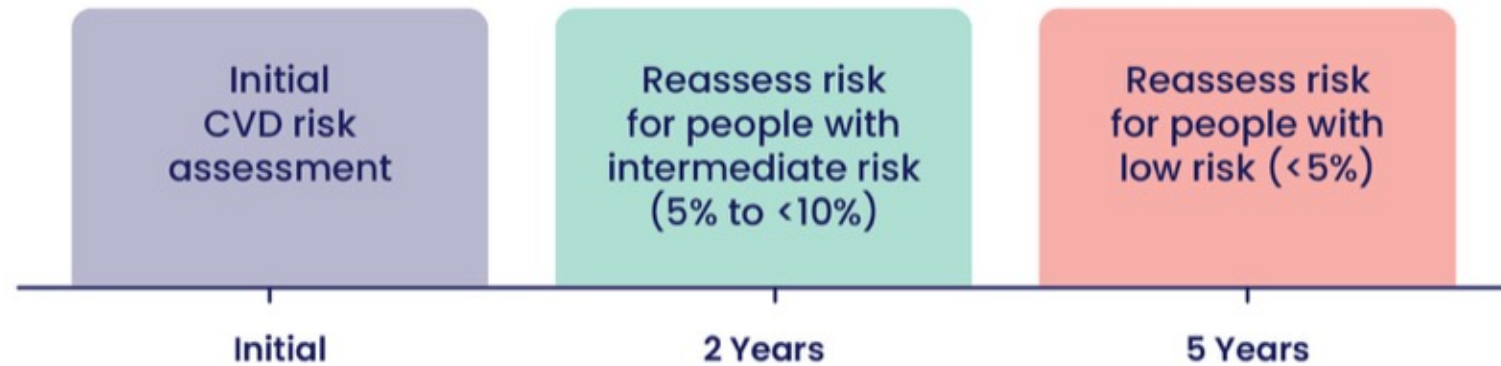
HEART AND BLOOD VESSEL CONDITIONS
AUSTRALIAN STUDY 2023



Australian Guideline for assessing and managing cardiovascular disease risk

2. Use calculator to assess CVD risk

CVD risk reassessment intervals using the Aus CVD risk calculator



Formal risk reassessment generally not recommended for people with high risk ($\geq 10\%$) or receiving pharmacological treatment

Australian Guideline for
assessing and managing
cardiovascular disease risk



Care coordination: PEEK Heart and Blood Vessel Conditions 2023

CVD risk reassessment intervals using the Aus CVD risk calculator

PEEK Heart and Blood Vessel Conditions 2023

- Care coordination Navigation score: On average had good navigation of the healthcare system
- 17.02% wanted future care to include multidisciplinary and coordinated approach



HEART AND BLOOD VESSEL CONDITIONS
AUSTRALIAN STUDY 2023



Decision making

When you're first diagnosed the only treatment option was that was discussed, discussed was a starting on a high dose statin and I was commenced on 20 milligrams of rosuvastatin which is a just straight up really high dose and there were no actual other treatments mentioned. It was just basically start the statin, you know we need to get onto this and and I basically then become proactive looking at other ways as well that I could help myself. So you know, with regards to stress management, eating well, exercising and all that sort of thing, just to try and decrease my risk for future events.

Participant 011_2023AUHBV



HEART AND BLOOD VESSEL CONDITIONS
AUSTRALIAN STUDY 2023



Australian Guideline for assessing and managing cardiovascular disease risk

4. Communicate CVD risk

- Use a relevant decision aid to support effective risk communication and **enable informed decisions** about reducing CVD risk.
- 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.
- **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.



Decision making: PEEK Heart and Blood Vessel Conditions 2023

Use a relevant decision aid to support effective risk communication and enable informed decisions about reducing CVD risk

PEEK Heart and Blood Vessel Conditions 2023

- 31.91% given multiple treatment options at diagnosis
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HEART AND BLOOD VESSEL CONDITIONS
AUSTRALIAN STUDY 2023



Treatment goals

My goal is not to die before I'm 60, which is pretty much my mother's side. They've all died before they're 60. So, you know, my, my goal is to and I lead by example because I want to be able to eat healthy, exercise and you know, and do all that sort of stuff. And you know, if at the end of the day that doesn't help me, well, you can't beat genes. But you know, that is my main goal. You know, I was told that if I didn't make all these dietary changes, I was going to be dead by 40. I'm 44 on Sunday, so I am still here. So, yeah, I don't have any long term goals, you know, beyond that sort of, you know, take it a year by year at this stage.

Participant 028_2023AUHBV



HEART AND BLOOD VESSEL CONDITIONS
AUSTRALIAN STUDY 2023



Goal setting: PEEK Heart and Blood Vessel Conditions 2023

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.

PEEK Heart and Blood Vessel Conditions 2023

- 8.51% had no treatment goals
- 31.91% supported by hospital or clinical setting



HEART AND BLOOD VESSEL CONDITIONS
AUSTRALIAN STUDY 2023



Information

Yeah, I as soon as I got the letter from the cardiologist, I basically copy and pasted it straight into Google just so I could understand what it was. Cuz when you're looking at a specialist's writing and diagnosis that it's all gobbledygook to me, I don't understand any of it. So I'm jumping onto the Heart Foundation website trying to understand, you know, what exactly this is and what it can cause for me. You know, like when they talk about blood pressure and all this other stuff like I have no idea what that means. Yeah, so yeah, I just start Googling everything that I know It's silly, but I mean that that's. Yeah, I just jumped straight to Google for it to start with.

Participant 028_2023AUHBV



HEART AND BLOOD VESSEL CONDITIONS
AUSTRALIAN STUDY 2023



Information: PEEK Heart and Blood Vessel Conditions 2023

Effective risk communication and enable informed decisions about reducing CVD risk.

PEEK Heart and Blood Vessel Conditions 2023

Information given by healthcare professionals

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HEART AND BLOOD VESSEL CONDITIONS
AUSTRALIAN STUDY 2023



Information: PEEK Heart and Blood Vessel Conditions 2023

Information in a variety of formats

PEEK Heart and Blood Vessel Conditions 2023

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HEART AND BLOOD VESSEL CONDITIONS
AUSTRALIAN STUDY 2023



Communication

Well like I say it's just been this is the information you've got high cholesterol and that's it that that's the start and finish. There's been no no broader discussions or conversations other than that.

Participant 017_2023AUHBV

Well probably they didn't give me very much information. They just probably gave me a script and said, "Come back and see me in so many months. We'll send a letter to NAME DOCTOR." I mean to be perfectly honest, I never discussed anything really

Participant 037_2023AUHBV



HEART AND BLOOD VESSEL CONDITIONS
AUSTRALIAN STUDY 2023



Communication: PEEK Heart and Blood Vessel Conditions 2023

Effective risk communication

PEEK Heart and Blood Vessel Conditions 2023

- 86.00% had no discussions about biomarkers
- 12.00% were not shown respect by health care professionals
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HEART AND BLOOD VESSEL CONDITIONS
AUSTRALIAN STUDY 2023



Australian Guideline for assessing and managing cardiovascular disease risk



5. Manage CVD risk

Lifestyle modification

Encourage, support and advise all people:

- who **smoke to quit**, and refer to behavioural intervention combined with a TGA-approved pharmacotherapy where indicated
- to follow a **heart-healthy eating** pattern
- who consume **alcohol to reduce their consumption** where necessary, in line with national guidelines
- to do regular sustainable **physical activity** to achieve and maintain a healthy weight.

Prescribe pharmacotherapy

- blood pressure-lowering medicines AND
- lipid-modifying medicines.



Lifestyle changes

First of all, I need to make sure that I am diligent with my medication. I need to make sure that I keep active and that I exercise, that I walk or keep myself fit. I also need to maintain a proper diet. Last year, since all the issues, I've put on a couple of kilos. I know that I need to lose it because it just impacts on a whole lot of things, sugar level, the way my heart works, and feeling tired, all of that, so all those things.
Participant 034_2023AUHBV



HEART AND BLOOD VESSEL CONDITIONS
AUSTRALIAN STUDY 2023



Lifestyle changes: PEEK Heart and Blood Vessel Conditions 2023

Lifestyle modification

PEEK Heart and Blood Vessel Conditions 2023

Allied health

- 26.00% had an exercise physiologist
- 28.00% had a dietician

Lifestyle changes

- 58.00% made diet changes
- 58.00% exercised
- 38.00% quit or cut back on alcohol
- 20.00% quit or cut back on smoking



HEART AND BLOOD VESSEL CONDITIONS
AUSTRALIAN STUDY 2023



Treatment

*Well, with all of the medications that I've been prescribed, I've just stuck with it. I've just stuck with it until the doctor's. Basically, you know, I decided to change the dose and luckily I've had no trouble with side effects. I haven't actually had to stop anything due to that, but I'm sure that if I did get a side effect, I'd probably stop it and go back to the doctor and and say hang on and you please look at this for me.
Participant 011_2023AUHBV*



HEART AND BLOOD VESSEL CONDITIONS
AUSTRALIAN STUDY 2023



Treatment: PEEK Heart and Blood Vessel Conditions 2023

Prescribe pharmacotherapy

PEEK Heart and Blood Vessel Conditions 2023

- 40.00% lipid-modifying medicines.
- 44.00% blood pressure-lowering medicines
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HEART AND BLOOD VESSEL CONDITIONS
AUSTRALIAN STUDY 2023



Treatment: PEEK Heart and Blood Vessel Conditions 2023

5. Manage CVD risk

PEEK Heart and Blood Vessel Conditions 2023

Following lipoprotein a testing

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- 25.00% diet and life style changes
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HEART AND BLOOD VESSEL CONDITIONS
AUSTRALIAN STUDY 2023

