UCLPartners-Primrose Flow Chart: Cardiovascular Health Goals

Lower blood pressure
1. Improve diet and increase physical activity. Provide brief behavioural advice
2. If BP is > 140/90, refer to clinician
3. Check taking antihypertensive if already prescribed
4. Encourage regular monitoring of BP via appropriate services (home BP or clinic BP monitoring)

Lower cholesterol
1. Improve diet and increase physical activity. Provide brief behavioural advice
2. Increase physical activity and provide brief behavioural advice
3. If established CVD - check taking high dose statin. If no CVD but QRisk score is >10%, refer to GP for consideration of statin
4. Check taking statin if already prescribed

Stop smoking
1. Refer to SMI Stop Smoking Service
2. Referral to NHS Stop Smoking Service
3. Provide brief behavioural advice

Manage diabetes
1. Improve diet and increase physical activity. Provide brief behavioural advice
2. Increase physical activity and provide brief behavioural advice
3. Check taking medication as prescribed.
4. Encourage engagement with screening – eye and kidney screening

Manage prediabetes
1. Improve diet and provide brief behavioural advice
2. Refer to SMI Weight Management Service if available
3. Referral to generic Weight Management Service if meets criteria

Lose weight
1. Improve diet and increase physical activity. Provide brief behavioural advice
2. Increase physical activity and provide brief behavioural advice
3. Refer to and support engagement with Diabetes Prevention Programme
4. Confirm they have engaged with diabetes self management course

Reduce alcohol intake
1. Calculate weekly alcohol intake in units
2. Perform AUDIT-C tool if drinking above 14 units/week or binge drinking
3. If AUDIT-C score > 20, refer to specialist alcohol service if available
4. Give advice on practical tips to reduce alcohol intake

Monitor attendance at support services
Monitor progress using ‘My Health Plan’
Involve supportive others