

UCLPartners-Primrose Flow Chart: Cardiovascular Health Goals

These are suggested behavioural goals to be covered in the Intensive Behaviour Change appointments. Choose one initial behavioural goal with each patient. **Encourage prioritisation of the outcome on the left** – this will have an earlier/larger impact on CVD risk. Move to the right if the outcomes are not relevant to the patient and their health. In some instances, the patient might choose a goal that is less of a priority according to this flow chart. Note that some behavioural goals will impact on more than one outcome – e.g., taking medication regularly, improving diet and physical activity.

