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.

Lower blood pressure



Improve diet and increase physical activity. Provide brief behavioural advice



if BP is > 140/90 Refer to clinician



Check taking antihypertensive if already prescribed



Encourage regular monitoring of BP via appropriate services (Home BP or clinic BP monitoring)

Lower cholseterol



Improve diet and increase physical activity. Provide brief behavioural advice



Increase physical activity and provide brief behavioural advice



If established CVD
- check taking high
dose statin. If no CVD
but Qrisk score is
>10% refer to GP for
consideration of statin



Check taking statin if already prescribed

Stop smoking



Refer to SMI Stop Smoking Service



Referral to NHS Stop Smoking Service



Provide brief behavioural advice

Manage diabetes



Improve diet and increase physical activity. Provide brief behavioural advice

2

Check taking medication as prescribed.

3

Encourage engagement with screening – eye and kidney screening

Manage prediabetes



Improve diet and provide brief behavioural advice



Increase physical activity and provide brief behavioural advice



Refer to and support engagement with Diabetes Prevention Programme



Confirm they have engaged with diabetes self management course

Lose weight



Improve diet and increase physical activity. Provide brief behavioural advice

Refer to SMI Weight Management Service if available

3

Referral to generic Weight Management Service if meets criteria.

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 > 20Refer to specialist alcohol service if available



Give advice on practical tips to reduce alcohol intake Monitor attendance at support services

Monitor progress using 'My Health Plan'

Involve supportive others