



Heart Health Checks: Workflows for your practice



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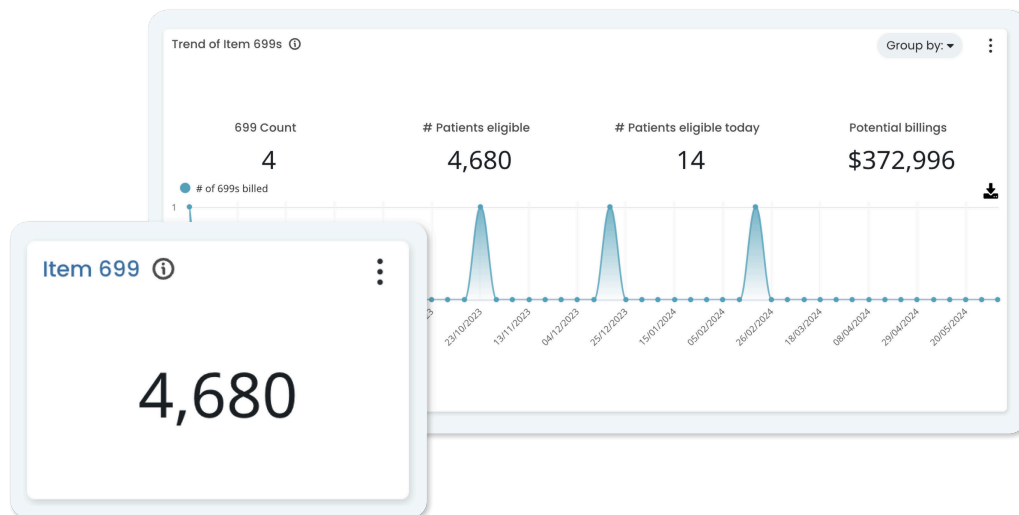
Heart Health Checks in General Practice are important for early detection and prevention of cardiovascular diseases, which remain a leading cause of death. Regular checks help identify risk factors such as high blood pressure and cholesterol, enabling timely interventions and promoting healthier lifestyles to reduce the burden on the healthcare system.

We've teamed up with the Heart Foundation to create a data-driven workflow that you can implement in your workflow in your practice in conjunction with the Heart Foundation's [Heart Health Check Toolkit](#).

The [Heart Health Check Toolkit](#) has a selection of resources and information on integrating the Heart Health Check into your practice.

Incorporating data into your Heart Health Check workflow

Data plays an important role in the Heart Health Check workflow by enabling the identification of patients who may be at risk. This targeted approach ensures that patients who may be eligible are promptly flagged for necessary assessments, improving preventive care and outcomes.



Search and recall

You can identify eligible patients within Cubiko via our **Item 699** metrics located in **Item Optimisation**.

This metric shows the number of patients eligible for item 699 who have not had any other health assessments billed in the past 12 months at your practice.

A quality improvement activity is a great way to increase the number of Heart Health Checks performed in your practice. You can utilise Cubiko's **Quality Improvement: Item 699** metrics to help identify the use of Heart Health Checks in your practice and track progress.

Please refer to our Knowledge Base for more information on how to use Cubiko's [Item 699](#) and [Quality Improvement: Item 699](#) metrics.

The image displays two overlapping screenshots of the 'Heart Health Check risk assessment' form. The top screenshot shows the '1. Practice details' section, which includes fields for Practice name, Practice address, State, Postcode, GP name, GP prescriber No, and Assessment date. The bottom screenshot shows the '2. Patient details' section, which includes fields for Name, DOB, Age, Sex of birth, Ethnically/cultural Identity, and Verbal consent. The '3. Patient medical history' section includes checkboxes for CVD, Diabetes, History of atrial fibrillation, and Hypertension, along with a field for Other relevant history.

Collection of CVD risk factor information

Get your clinical team (nurse) to collect CVD risk factor information and complete a risk assessment.

Download the Heart Foundation's [Heart Health Check risk assessment template](#). Fillable PDF and RTF versions available for Best Practice Software and MedicalDirector.

Clinical consultation and review of information

Clinical consultation with GP to review the information collected by your nursing team. GP to provide lifestyle advice, medication (if required) and management plan to the patient.

Recall and follow-up

Clinical team (GP and nurse) to set clinical reminders every 12 months or as clinically necessary to monitor your patients' risk factors and adherence to medications and other interventions.

Team workflows

Engaging both nurses and practitioners in Heart Health Checks ensures a comprehensive approach to patient care. A collaborative effort maximises efficiency and enhances the quality of care for patients who may be at risk of cardiovascular diseases.

Nurse workflow

A suggested workflow of the tasks your nursing team can perform to assist your practitioners perform Heart Health Checks. Please refer to the [Heart Foundation - Team roles and responsibilities](#) for tips on how your practice team can work together to implement Heart Health Checks.

1. Perform an ECG to check your patient's heart rhythm and electrical activity
An ECG is not required to conduct a Heart Health Check. However, conducting an ECG as part of the clinical assessment of risk can be applied if clinically relevant.
2. Fill out the [Heart Health Check risk assessment](#) sheet with the patient, which includes:
 - Medical history
 - Blood pressure
 - Lipids
Blood lipids can be up to 5 years old to enable the risk assessment. [This is included in the RACGP Redbook](#)
 - Diabetes status
 - ECG (if applicable)
 - Medications
 - Lifestyle factors
Smoking status, diet, alcohol intake, physical activity
 - CVD risk score
CVD risk must be calculated and recorded using the Aus CVD Risk calculator at cvdcheck.org.au
 - Risk reclassification factors
Reclassification factors are of most value when the person's risk lies close to a risk threshold, as a small shift in risk estimate may result in their risk being categorised in a different risk category
3. Attach the completed risk assessment sheet along with the patient's last blood results for the GP to review. If updated bloods are required, the patient will have their Heart Health Check once results are received.

GP workflow

A suggested workflow of the tasks your practitioners can perform during a Heart Health Check.

Standard Consultation

USE SHORTCODE: HHC

1. Review complete risk assessment and enter data
2. Request blood tests if required
3. Perform physical examination
4. Review patient's past and current history
5. Intervention and referrals
6. Discuss management plans and treatment
7. Provide preventative health and information sheets

You can use [Heart Foundation - My healthy heart plan](#) with the patient to develop a management plan.