

NHS Health Check



North East London

Explain the reasons for the NHS Health Check: Prevention of heart attacks, stroke and diabetes.

1 Conduct risk assessment

- Age
- Sex
- Ethnicity
- Family history of ischemic heart disease (IHD) - mother, father, brother or sister
- Physical activity GP practice questionnaire (eg GPPAQ)
- Alcohol screening AUDIT C
- Smoking status
- Body Mass Index (BMI)
- Blood pressure above 140/90mmHg. Repeat 3 times and record last result. If above 180/110, seek immediate advice from Practice Nurse or GP.
- **Over 65s, include:**
 - Pulse check, record regular/irregular
 - Dementia awareness: Inform about dementia services.

2 Calculate risk score

The score relates to a person's risk of having a cardiovascular event during the 10 years following the health check. Provide clear written and verbal information about risk score and what it means.

3 Discuss risk score

Discuss CVD risk and healthy lifestyles. Signpost/refer to lifestyle programmes - record on template and provide written information.

- NHS Stop Smoking Service referral
- Alcohol brief advice and/or referral
- Physical Activity advice and /or referral
- Weight Management advice and/or referral

In City & Hackney there is a local scheme to identify people with QRisk 2 or 3 $\geq 20\%$ as "High risk of CVD", as indicated in the local NHS Health Check template.

Cardiovascular Disease (CVD) risk:

Below 10%

With no other risk factors – no blood tests required.



To be seen again in 5 years

10-19%



Blood tests

- All: Total and HDL cholesterol
- Those with BMI ≥ 30 (27.5 South Asian): also include HbA1c, eGFR

Results checked by Practice Nurse or GP



Blood test confirms CVD risk is $< 10\%$: Advice by HCA, record written information for the individual.



Review as necessary



Blood test confirms CVD risk is 10-19%: Advice by GP or Practice Nurse, record written information for the individual.



Above 20%



Blood tests

- Total and HDL cholesterol
- HbA1c, eGFR
- ALT-Alanine aminotransferase, NOT full LFT array

Results checked by Practice Nurse or GP



Blood test confirms CVD risk is $\geq 20\%$, or abnormal BP/eGFR/HbA1c: Advice by GP or Practice Nurse on management options.



Annual review