

# The Healthy Heart Check




THE UNIVERSITY OF  
NEWCASTLE  
AUSTRALIA

**DEPARTMENT OF  
RURAL HEALTH**

Jenny May 2022

# MBS Descriptor

- Item (177) for professional attendance for a heart health assessment by a medical practitioner (other than a specialist or consultant physician) at consulting rooms lasting at least 20 minutes.

699 	<b>Group</b>	A14 - Health Assessments
	<b>Subheading</b>	1 - Health Assessments

Professional attendance on a patient who is 30 years of age or over for a heart health assessment by a general practitioner at consulting rooms lasting at least 20 minutes and including:

- a. collection of relevant information, including taking a patient history; and
- b. a basic physical examination, which must include recording blood pressure and cholesterol; and
- c. initiating interventions and referrals as indicated; and
- d. implementing a management plan; and
- e. providing the patient with preventative health care advice and information.

**Fee:** \$76.95 **Benefit:** 100% = \$76.95

- The items can be claimed once per patient in a 12-month period. And cannot be claimed in conjunction with a health assessment (701-715)

The patient's usual medical practitioner should do the Health assessment.

You are the patient's usual medical practitioner if you:

- or a medical practitioner in the same practice have provided the majority of health care to the patient over the last 12 months
- will provide the majority of health care to the patient over the next 12 months.

# Planning and developing a system that works

Order bloods prior to the consultation

ELFTs ,HBA1C, Random BSL, Fasting Lipid profile including HDL/LDL/Triglycerides/Total Chol, microalbumin

At consult BP/Weight /height /BMI /pulse and waist circumference

Write down key lab results as they do not autoload

### Cardiovascular risk

Systolic BP:

Total Cholesterol:

HDL Cholesterol:

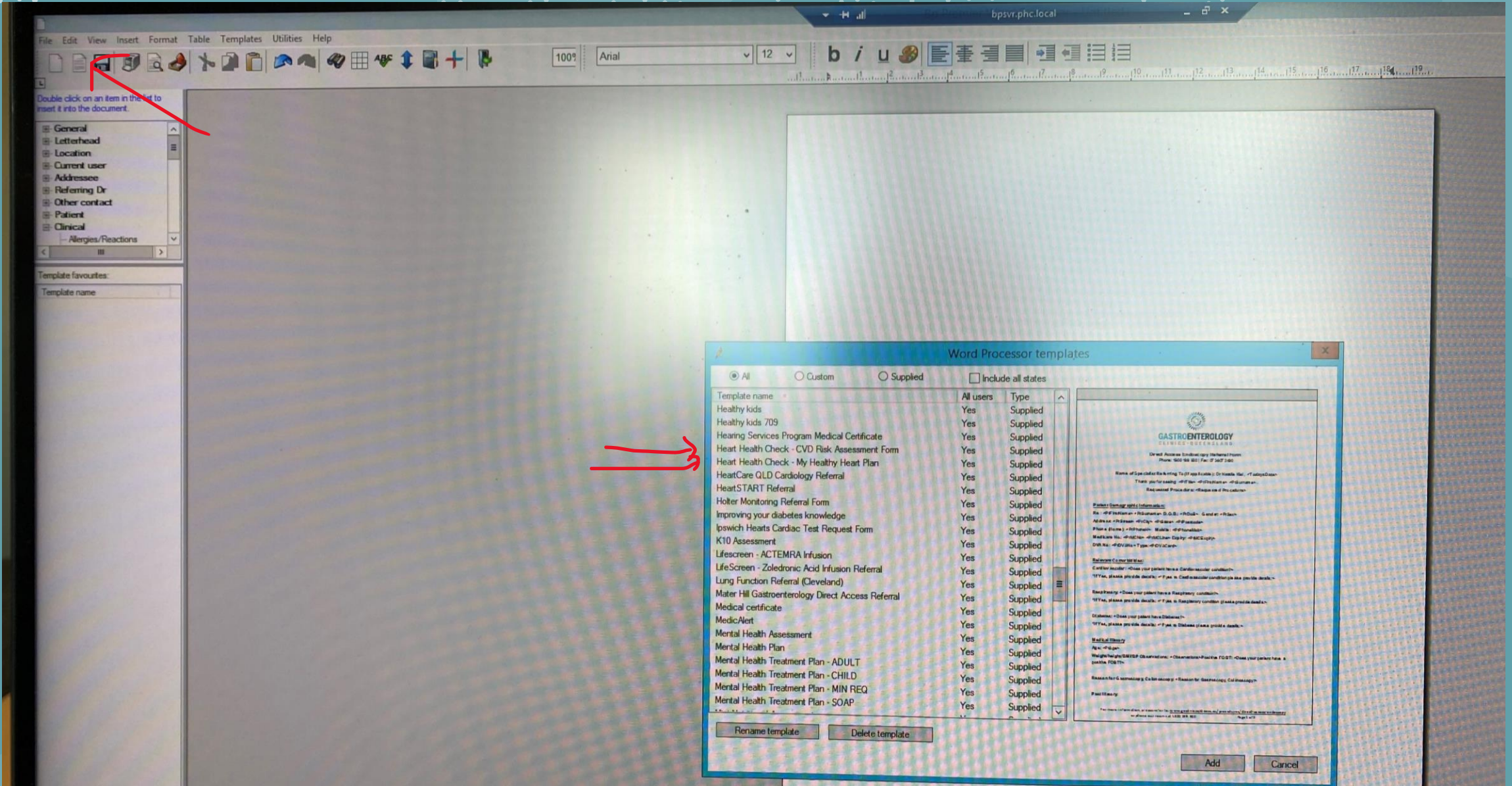
LVH on ECG

Diabetes

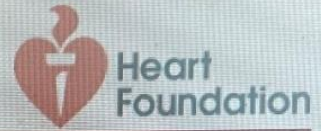
Smoked within last 12 months

**10%** probability of developing cardiovascular disease in the next five years.

<https://www.cvdcheck.org.au/calculator>







## Heart Health Check risk assessment

Practice name:	<Practice>					
Practice address:	Street:	<DrStreet>				
	City:	<DrCity>	State:	<DrState>	Postcode:	<DrPostcode>
	Phone:	<UsrPhone>				
GP name:	<UsrName>					
GP prescriber No.:	<DrPrescriberNo>	GP provider No.:	<DrProviderNo>			
Assessment date:	<FormattedDate>					

<b>1. Patient</b>	
Name:	<PtDoB>
Sex:	<PtAge>
Ethnicity/culture:	
Verbal consent:	
<b>2. Patient history</b>	
Medical history:	Recorded between: 13/09/2021 and 13/09/2022
Diabetes:	
Hypertension:	<Hypertension> During pregnancy <Hypertension during pregnancy>
Familial:	

**Insert Observations**

<input checked="" type="checkbox"/> Blood Pressure	<input checked="" type="checkbox"/> Height
<input checked="" type="checkbox"/> Pulse	<input checked="" type="checkbox"/> Weight
<input checked="" type="checkbox"/> Temperature	<input checked="" type="checkbox"/> Head Circumference
<input checked="" type="checkbox"/> Respiratory rate	<input checked="" type="checkbox"/> BMI
<input checked="" type="checkbox"/> BSL	<input checked="" type="checkbox"/> Waist
<input checked="" type="checkbox"/> Hip	<input checked="" type="checkbox"/> Waist/Hip ratio

Recorded between: 13/09/2021 and 13/09/2022

Insert Cancel

bpvvr.phc.local

100% Arial

Verbal consent given?

Diabetes Type 1

Diabetes type 2

Gestational diabetes

Hypertension

Hypertension during pregnancy

Familial hypercholesterolaemia

Moderate or severe chronic kidney disease

Albuminuria mcg/min

Urine protein: g/24h

Urinary albumin creatinine ratio: mg/mmol

eGFR: (mL/min/1.73m<sup>2</sup>)

Atrial Fibrillation

Left ventricular hypertrophy (LVH)

Mental illness

Other relevant history

Family History - CVD

Family History - Diabetes

Family History - Familial hypercholesterolaemia

Other relevant family history

Current smoker

Former smoker

Year started

Year ended

No. packs per year

Describe your diet

No. portions of fruit and vegetables per day?

Describe your alcohol intake

How many standard alcoholic drinks do you have per week?

How often do you exercise

What kind of exercise do you do?

Date of most recent lipid results

Total cholesterol (mmol/L)

LDL cholesterol (mmol/L)

HDL cholesterol (mmol/L)

Non-HDL cholesterol (mmol/L)

Triglycerides (mmol/L)

Blood glucose (mmol/L)

Blood glucose date

HbA1c (mmol/L)

NUM

< Back Next > Cancel

- This is why you have all these labs printed out or written down in case they don't load!



This is an  
educative tool to  
be used with the  
patient

I often encourage  
patients to  
consider their  
capacity to self  
manage-get a BP  
machine, monitor  
their exercise via  
app or similar

It is not my usual  
practice to print  
the risk document  
for patients

My risk of having a heart attack or stroke (%)	10
Low Risk <10%	<input type="checkbox"/>
Moderate risk 10-15%	<input checked="" type="checkbox"/>
High risk >15%	<input type="checkbox"/>
Tick the factors below that increase the risk of having a heart attack or stroke:	<input type="checkbox"/>
Age	<input type="checkbox"/>
High blood pressure	<input checked="" type="checkbox"/>
High cholesterol	<input checked="" type="checkbox"/>
Smoking	<input checked="" type="checkbox"/>
Unhealthy diet	<input checked="" type="checkbox"/>
Being inactive	<input type="checkbox"/>
Alcohol intake	<input checked="" type="checkbox"/>
Waist circumference or BMI	<input type="checkbox"/>
Diabetes	<input checked="" type="checkbox"/>
Kidney disease	<input type="checkbox"/>
Family history of heart disease	<input checked="" type="checkbox"/>
Cultural background	<input type="checkbox"/>
Depression or social isolation	<input type="checkbox"/>
Blood pressure (mmHg)	150/82
My blood pressure goal (mmHg)	130/80
Total cholesterol (mmol/L)	8.2
HDL cholesterol (mmol/L)	2.0
LDL cholesterol (mmol/L)	4
Triglycerides (mmol/L)	2.3
Next appointment	<input type="checkbox"/> 13/09/2022
Person preparing the plan (e.g. nurse, health worker)	



## Heart Health Check risk assessment

Practice name:	Peel Health Care				
Practice address:	Street:	Peel Health Care 103 Peel Street			
	City:	Tamworth	State:	NSW	Postcode:
	Phone:	02 6766 8288			
GP name:	Dr Jenny May				
GP prescriber No.:	687045	GP provider No.:	036344WF		
Assessment date:	16th September 2022				

### 1. Patient details

Name:	Mrs Jennifer May	DOB:	[REDACTED]
Sex:	Female	Age:	[REDACTED]
Ethnicity/cultural identity:	Non Aboriginal/Torres Strait Islander		
Verbal consent?	<input type="checkbox"/>		

### 2. Patient history

#### Medical history

Diabetes:	Type 1 <input type="checkbox"/>	Type 2 <input type="checkbox"/>	Gestational <input type="checkbox"/>
Hypertension:	<input type="checkbox"/>	During pregnancy <input type="checkbox"/>	
Familial hypercholesterolaemia:	<input type="checkbox"/>		
Moderate or severe chronic kidney disease:	<input type="checkbox"/>		
Albuminuria: (mcg/min)	Urine protein: (g/24h)	Urinary albumin:creatinine ratio: (mg/mmol)	eGFR: (mL/min/1.73 m <sup>2</sup> )
Atrial fibrillation:	<input type="checkbox"/>		

Other relevant history:

**Current medicines (including prescription, over the counter and PRN medicines)**  
No regular medications.

**Family history**

CVD:   
Details:

Diabetes:   
Details:

Familial hypercholesterolaemia:   
Details:

Other relevant history:

**3. Lifestyle**  
You may like to refer to the [RACGP SNAP guidelines](#) when assessing lifestyle factors.

**Smoking status**

Current smoker?

Former smoker?  If yes to either:  
Year started:  
Year ended:  
No. packs per year:

**Diet**  
Describe your diet:  
No. portions of fruit and vegetables per day?

**Alcohol intake**  
Describe your alcohol intake:  
How many standard alcoholic drinks do you

have per week?

**Physical activity**  
How often do you exercise?  
What kind of exercise?

**4. Physical examination**  
Consider pre-treatment results for patients already on blood pressure lowering medicines.  
None recorded.

Notes:

**5. Investigations**  
Consider pre-treatment results for patients already on cholesterol lowering medicines.

**Lipids**

Date of investigation:	
Total cholesterol:	mmol/L
LDL cholesterol:	mmol/L
HDL cholesterol:	mmol/L
Non-HDL cholesterol:	mmol/L
Triglycerides:	mmol/L
<b>Blood glucose:</b>	mmol/L
<b>HbA1c:</b>	mmol/mol or %
Notes:	

**6. ECG (if applicable)**  
Most recent ECG date:  
Details:

**7. Absolute CVD risk calculation**  
Patient is clinically determined high risk of CVD if they have:

- Diabetes and age >60 years
- Diabetes with microalbuminuria (>20 mcg/min or urinary albumin:creatinine ratio >2.5 mg/mmol for males, >3.5 mg/mmol for females)
- Moderate or severe chronic kidney disease (persistent proteinuria or estimated glomerular filtration rate (eGFR) <45 mL/min/1.73m<sup>2</sup>)



CVD risk-other categories-clinically high risk if ....  
Diabetes+ Age >60  
CKD  
Systolic BP > 180/110  
Familial Hypercholesterolemia  
Total Cholesterol > 7.5

- iv. A previous diagnosis of familial hypercholesterolaemia
- v. Systolic blood pressure  $\geq 180$  mmHg or diastolic blood pressure  $\geq 110$  mmHg
- vi. Serum total cholesterol  $> 7.5$  mmol/L

If the patient does not already fit the above high-risk criteria, calculate their absolute CVD risk score using the absolute CVD risk calculator embedded in your clinical software or at [cvdcheck.org.au](https://www.cvdcheck.org.au).

Risk score:	%
Risk of CVD event within the next 5 years	Low (<10%)
	Moderate (10–15%)
	High (>15%) (Includes clinically determined high risk)

### 8. Management and follow-up

Does the patient require a Healthy Heart Plan?

No

Date of next consultation:

Recall added into clinic software:

Notes:

<https://www.cvdcheck.org.au/calculat>  
or

## My healthy heart plan

Date: 13/09/2022  
 Name: Mrs. Maree Aleisha Ackermann      DOB: 06/08/1981

**My risk of having a heart attack or stroke: 10**

<input type="checkbox"/> Low risk <10%	<input checked="" type="checkbox"/> Moderate risk 10–15%	<input type="checkbox"/> High risk >15%
Less than 1 in 10 chance of having a heart attack or stroke in the next 5 years	At least 1 in 10 chance of having a heart attack or stroke in the next 5 years if left unmanaged	At least 1 in 7 chance of having a heart attack or stroke in the next 5 years if left unmanaged

**My risk of having a heart attack or stroke is increased because of:**

<input type="checkbox"/> Age	<input type="checkbox"/> Being inactive	<input type="checkbox"/> Kidney disease
<input checked="" type="checkbox"/> High blood pressure	<input checked="" type="checkbox"/> Alcohol intake	<input checked="" type="checkbox"/> Family history of heart disease
<input checked="" type="checkbox"/> High cholesterol	<input type="checkbox"/> Waist circumference or body mass index (BMI)	<input type="checkbox"/> Cultural background
<input checked="" type="checkbox"/> Smoking	<input checked="" type="checkbox"/> Diabetes	<input type="checkbox"/> Depression or social isolation
<input checked="" type="checkbox"/> Unhealthy diet		

Other:

**My goals to reduce my risk of a heart attack or stroke:**

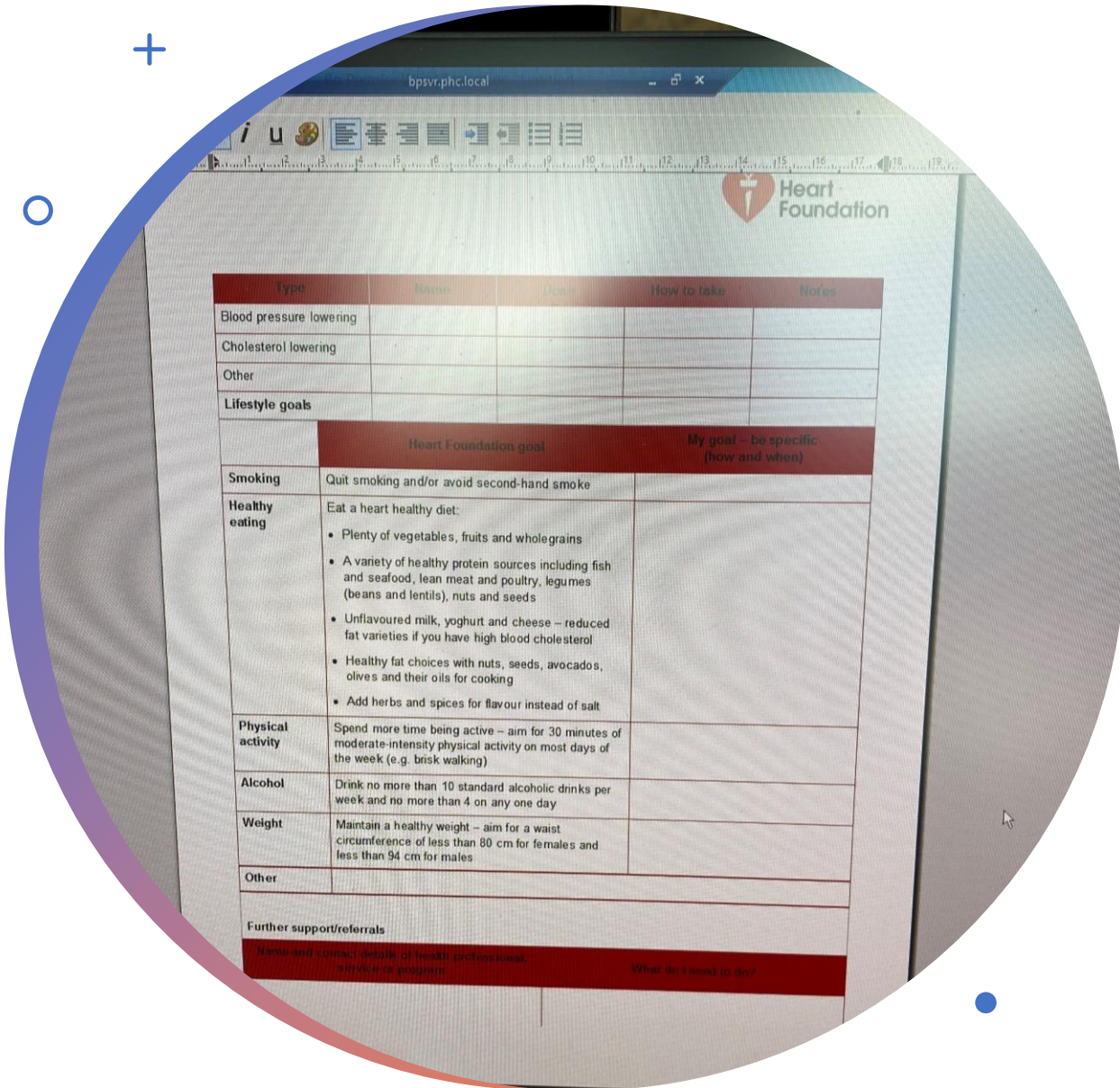
Medical goals

	My current level	My goal
Blood pressure (mmHg)	150/82	130/80
Blood pressure & triglycerides	Total cholesterol (mmol/L)	8.2
	HDL cholesterol (mmol/L)	2.0
	LDL cholesterol (mmol/L)	4
	Triglycerides (mmol/L)	2.3

\*General targets for patients who are taking cholesterol lowering medication

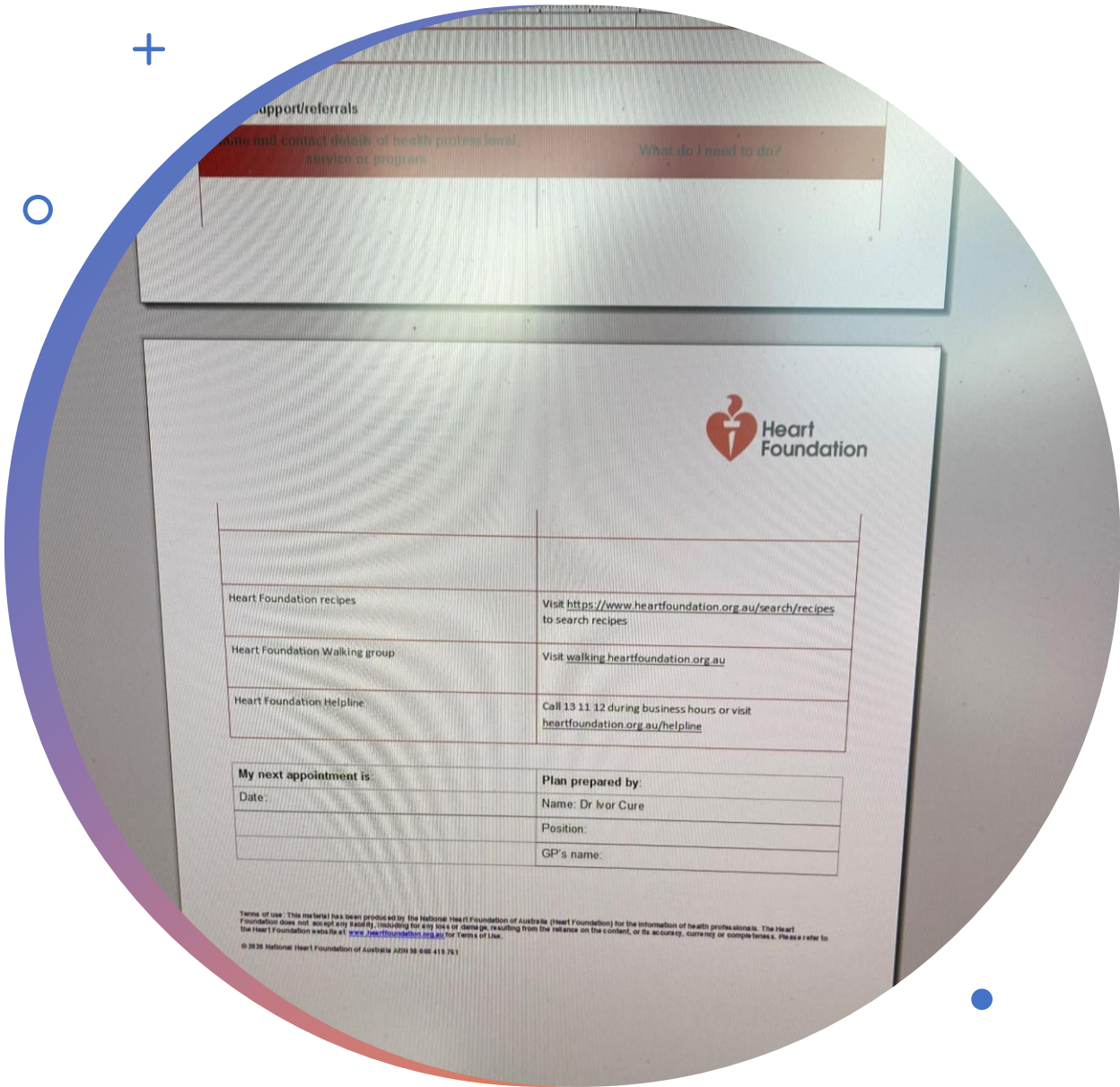
New medication (if any)

- The take home plan
- Working through the plan marries the current with the aspiration
- The plan if given to the patient can be a reference point increasing their understanding of cardiac risk



## Tailored advice consistent with risk and your knowledge of the patient

- Aspiration on left-Goals on the right
- If overweight consider portion size ,salt restriction ,goal weight
- Set realistic alcohol goals-non alcohol free days,limits
- Other tailored advice around stress or monitoring (ie gestational diabetes)



## Tailor your local options

- Often you know what activities are available that are not heart foundation related-easy fit or gentle exercise or other
- Practice nurses ,allied health colleagues have great knowledge about community based programmes