

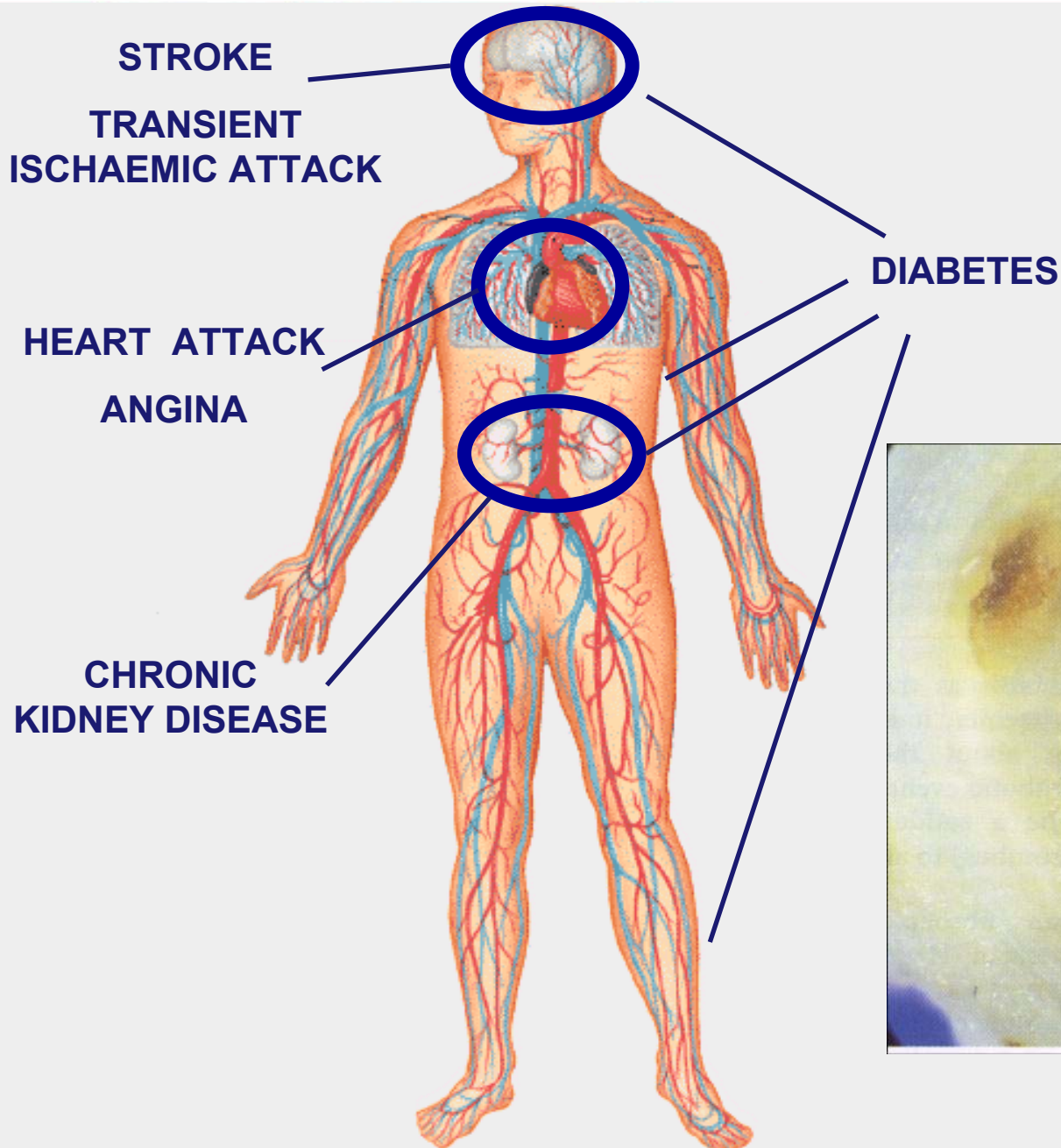
A horizontal band at the top of the slide showing a microscopic view of numerous blue, rounded cells, possibly red blood cells, against a dark background.

PUTTING PREVENTION FIRST

Vascular Health Checks

Dr Bill Kirkup
Associate NHS Medical Director

VASCULAR DISEASE



VASCULAR DISEASE CAUSES:

- **Acute illness and death: 170,000 deaths yearly**
- **Long-term illness and disability: 4m people**



Vascular disease is also the major contributor to health inequalities

VASCULAR DAMAGE: THE COMMON THREAD

- **‘Fixed factors’:**
 - age
 - gender
 - ethnicity
- **‘Modifiable factors’:**
 - smoking
 - physical inactivity
 - obesity
 - blood pressure
 - blood fats



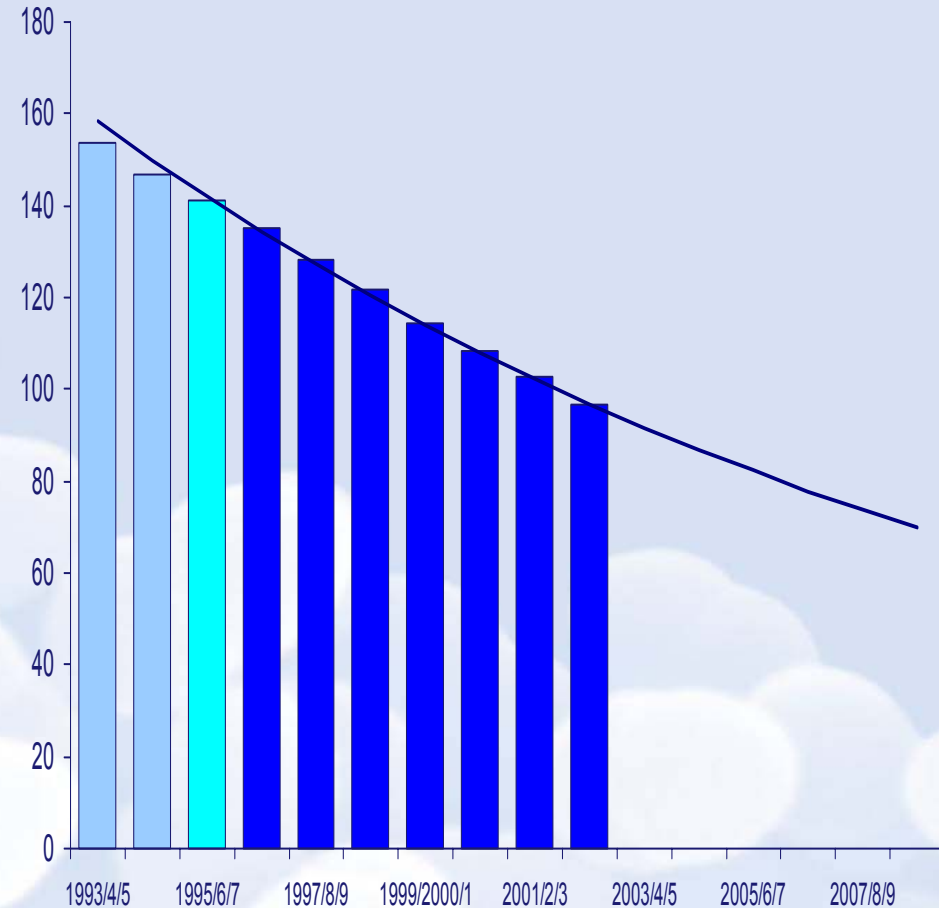
EXCELLENT PROGRESS SO FAR

- **National Service Frameworks**
 - **Coronary Heart Disease**
 - **Diabetes**
 - **Kidney Disease**
- **Stroke Strategy**

**All highlight need for prevention,
but separate approaches**

Previous gains under threat:

- **aging population**
- **rising tide of obesity**
- **sedentary lifestyles**



WHY A NATIONAL PROGRAMME?

The Diabetes, Heart Disease and Stroke Prevention Project:

identification of people with diabetes in the general population is best achieved through targeted screening along with other vascular disease

The National Screening Committee (NSC)¹ recommended:

“the introduction of a vascular risk management programme in which the whole population would be offered a risk assessment that could include, among other risk factors, measurement of blood pressure, cholesterol and glucose”

¹ UK NSC Policy Position Chart, November, 2007

VASCULAR CHECKS

A single, universal, integrated check for all aged 40 - 74

- **Measure risk of cardiovascular disease, diabetes and chronic kidney disease**
- **Set out how to reduce risk/maintain low risk**
- **Offer tailored package of prevention**

Evidence confirms that this is both clinically and cost effective

WHAT IS A VASCULAR CHECK?

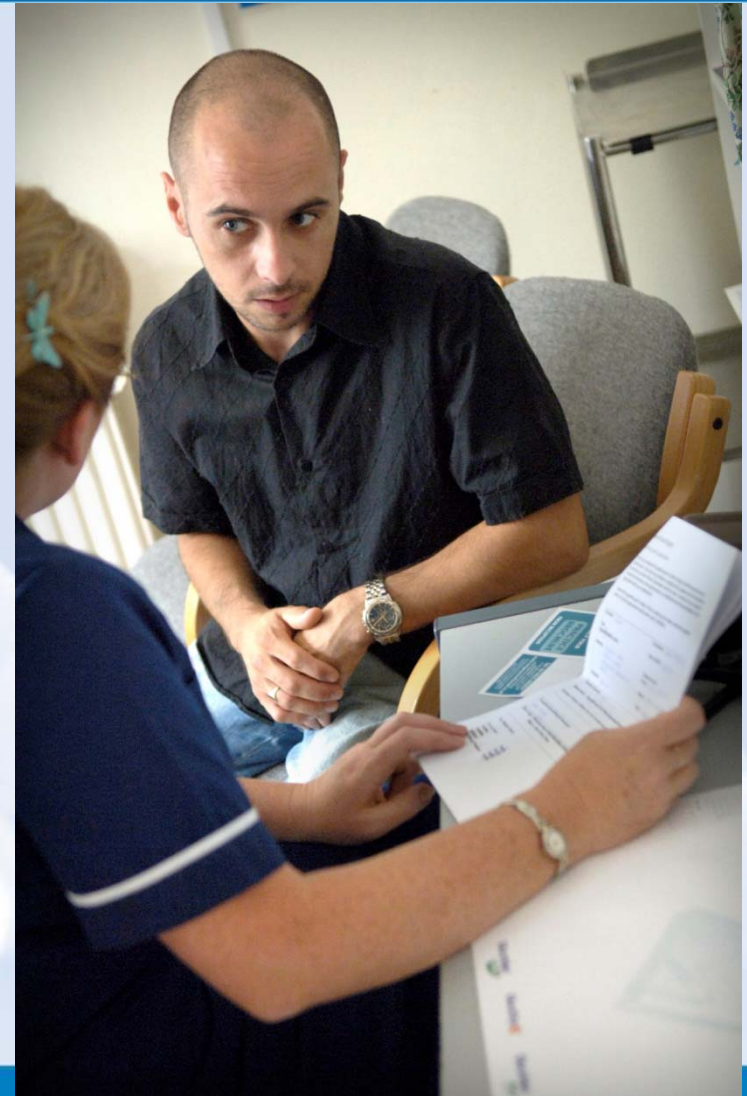
- **Standard questions**
 - age, gender, smoking
 - family history, ethnicity
 - medication
- **Measurements**
 - height, weight
 - blood pressure
- **Simple blood test**
 - Cholesterol
 - ± glucose ± creatinine



Suitable for variety of settings e.g. pharmacies and community facilities

OUTPUT: INDIVIDUAL ASSESSMENT

- **Personal risk measurement**
- **Individual risk reduction plan**
- **At low risk levels:**
 - general advice on staying healthy
 - repeat check 5 years



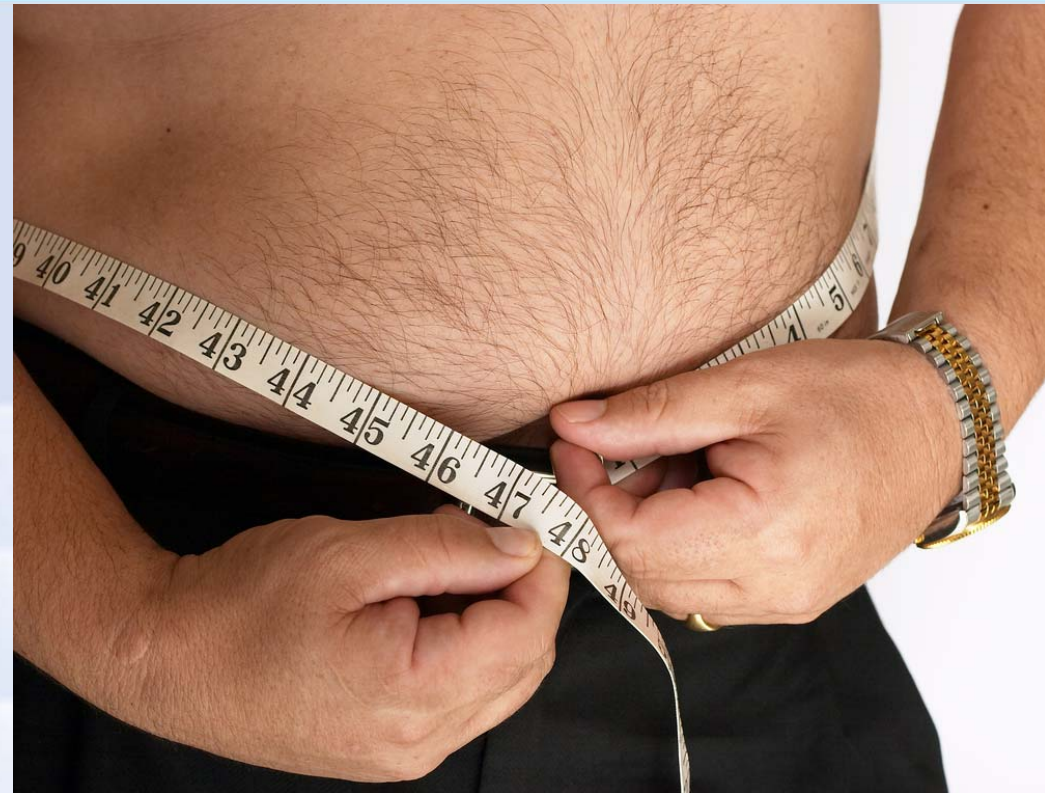
AT HIGHER LEVELS OF RISK...

- **Advice and assistance**
- **Specific interventions:**
 - weight reduction class
 - exercise referral
 - smoking cessation clinic



AT HIGHEST LEVELS OF RISK...

All of the above plus
preventive statin medication
± blood pressure control
± intensive diabetes prevention



WE ESTIMATE THAT THIS PROGRAMME WILL:

- **Offer 3m vascular checks a year**
- **Cost about £250m before savings**
- **And each year will prevent at least:**
 - **1,600 heart attacks and strokes**
 - **650 cardiovascular deaths**
 - **4000 people developing diabetes**

Prevention figures are cautious estimates based only on known effective management applied to those at high risk

PREVENTIVE MEASURES

PREVENTION	PERCENT	/GP/YR
Physical activity	27%	29
Weight management	8%	8
Smoking cessation	2%	2
IGR intervention	7%	7
Preventive medication	19%	20

Maximum figures based on 106 invitations annually per GP



POTENTIAL GAINS

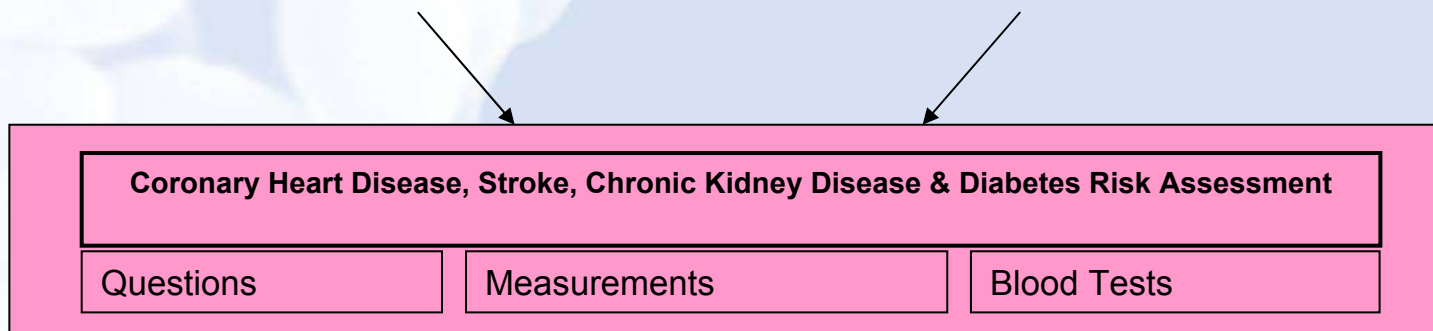
- 1) Sustain gains in life expectancy otherwise at risk
- 2) Prevent significant illness and premature death
- 3) Avoid additional NHS acute service use and cost
- 4) Real opportunity to address inequalities at source

VASCULAR PROGRAMME

Population 40-74 (with no recorded disease)

In General Practice
Called in

Outside General Practice
Pharmacy/Local projects



Risk Management Spectrum

Low Risk	Moderate Risk	High Risk	Disease Identified
(Advice) Appropriate feedback and maintenance plan	(Advice and assistance) Appropriate personal plan, e.g. referral to: •Obesity management •Physical activity •Smoking cessation	(Advice and intervention) As Moderate Risk plus pharmacological interventions	Existing clinical pathways

A NATIONAL PROGRAMME



Putting
prevention
first

Vascular Checks:
risk assessment and
management



- PM announcement Jan 08
- DH announcement April 08
- Included in Next Stage Review (prevention)
- *Reduce your risk* campaign also announced in NSR
- Technical consultation on modelling published July 08

LOCAL DELIVERY

PCTs decide how to deliver within national framework

Primary Care Service Framework (PCSF)

- **National template for a service specification (including information on pharmacy based service)**

***Next Steps* document published November 2008**

- **definition of the vascular check**
- **fit with other national initiatives**
- **models of delivery**
- **workforce and training**

REDUCE YOUR RISK CAMPAIGN

“As we roll out the new national programme of vascular risk assessment for people aged between 40 and 74, we will raise awareness through a nationwide ‘Reduce Your Risk’ campaign – helping people to stay healthy and to know when they need to get help”.

High Quality Care For All: NHS Next Stage Review

- **Campaign launched 2009 alongside vascular health checks**
- **Will explain clearly what people can do to reduce their risks: stop smoking, maintain a healthy weight, increase physical activity**
- **Will also signpost need for further help for some at highest risk**
- **We will also work with third sector groups to reach those less likely to access services.**

PHARMACY ROLE

Improving access and reducing health inequalities

- Location and opening hours of services
- People reluctant to access other NHS services

Role in health promotion campaign

- *Reduce your risk* potential PCT-specified campaign for pharmacies

Healthy lifestyle advice

- Prescription linked and opportunistic
- Under community pharmacy contractual framework

Brief interventions

- Eg weight management services, stop smoking services

NHS MidLife Life Check

- Promoted in pharmacies
- May be available to use there

A microscopic view of numerous red blood cells, appearing as bright blue, biconcave discs against a dark background.

Further information:

www.improvement.nhs.uk/vascularchecks

www.dh.gov.uk/vascularchecks