

## **SAND abstract No. 103 from the BEACH program 2006–07**

### **Subject: Cardiovascular risk in patients attending general practice**

**Organisations supporting this study:** The Australian General Practice Statistics & Classification Centre on behalf of The George Institute.

**Issues:** Smoking status of patients attending general practice aged 18 years or older; proportion who have an existing cardiovascular disease (CVD)/risk factors for CVD; medications taken for management of existing CVD/risk factors for CVD (statins, antiplatelet therapy, ACE inhibitors, angiotensin receptor blockers, beta blockers, other antihypertensives); blood pressure (BP), serum creatinine, and cholesterol levels, and the proportion of these that are unknown.

**Sample:** 2,618 adult respondents (18 years and over) from 99 GPs; data collection period: 19/09/2006–23/10/2006.

**Method:** Detailed in the paper entitled 'SAND Method 2006–07' on this website: <[www.fmrc.org.au/publications/SAND\\_abstracts.htm](http://www.fmrc.org.au/publications/SAND_abstracts.htm)>. Heart Foundation guidelines were used to classify blood pressure (available from: <[www.heartfoundation/downloads/hypertension\\_management\\_guide\\_2004](http://www.heartfoundation/downloads/hypertension_management_guide_2004)>).

#### **Summary of results**

The age and sex distributions were similar to all adult BEACH encounters for the 2005–06 data collection period, with 60.3% of patients being female.

**Smoking status:** Data on patient smoking status was available for 2,583 patients. About one in six (16.8%) patients were current smokers, 4.0% had quit within the last 12 months, and 22.6% had quit >12 months ago. Smoking was defined as a cardiovascular risk factor for current smokers and smokers who quit less than 12 months ago. Therefore, 20.8% of patients had a cardiovascular risk factor related to their smoking status.

**Existing CVD/risk factors:** Of 2,615 adult patients whom CVD/risk factor status could be determined, 1,614 (61.7%, 95% CI: 58.6–64.8) had at least one of eight risk factors. Prevalence of at least one CVD/risk factor was similar for males and females (65.9% c.f. 59.0%), but significantly different by age, increasing from 42.7% for ages 18–24 to 75.0% for 75+.

**Prescribed medications for CVD/risk factors:** Of 2,553 respondents, 1,006 (39.4%) were currently taking at least one of six listed medications (statins 20.4%, antiplatelet therapy 18.1%, ACE inhibitors 17.6%, angiotensin receptor blockers 11.6%, beta blockers 10.8%, other antihypertensives 14.4%). Males were significantly more likely to be taking a medication (45.0%) than females (35.8%). Likelihood increased significantly from 1.3% of those aged 18–24 to 80.5% of those aged 75+.

**Measured BP & serum creatinine:** BP was not known for 11.0% of adult patients. Of the 2,282 patients for whom BP was known, 514 (22.5%) had normal BP, 1,142 (50.0%) had high-normal BP, and 10.0% had high BP.

**Measured total and HDL cholesterol & triglycerides:** Of 2,552 respondents to the total cholesterol question, 2,457 to HDL question and 2,534 to the triglycerides question, levels were not known/never tested for 38.6%, 53.2% and 41.8% respectively. For those with test results supplied, mean total cholesterol level (n=1,568) was 5.07 mmol/L (95% CI: 5.00–5.13), mean HDL cholesterol (n=1,151) was 1.53 mmol/L (95% CI: 1.49–1.57) and the mean triglycerides (n=2,534) was 1.56 mmol/L (95% CI: 1.50–1.63).

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# PLEASE READ CAREFULLY

The shaded section of the following forms asks questions about **CARDIOVASCULAR RISK FOR PATIENTS**.

You may tear out this page as a guide to completing the following section of forms.

## INSTRUCTIONS

These questions investigate the **whole cardiovascular risk** for **patients aged 18 years or more**. For the **next 30 PATIENTS**, ask every adult (18+) the following questions. If the patient is less than 18 years of age leave the questions blank. Please **DO NOT select patients** according to their age or to suit the topic being investigated.

### ASK THE PATIENT

If this patient is 18 years of age or older please ask which category best describes their **smoking status**.

### Current therapy

Please indicate whether, this patient is currently taking **statins, antiplatelet therapy, ACE inhibitors, Angiotensin receptor blockers, Beta blockers or other antihypertensives**.

### Cholesterol levels

Please advise, **at the time of most recent testing**, the patient's levels of -

- **Total Cholesterol (TC)**,
- **High Density Lipoprotein Cholesterol (HDL/C)**,
- **Triglycerides (TG)**

If you do not know the patient's cholesterol levels or this patient has never been tested tick '**don't know**'.

Please indicate **when the most recent tests were performed** (i.e. <12 months ago or >12 months ago) for each of the TC, HDLC and TG levels.

### Existing cardiovascular disease and risk factors

Please use the tick boxes to indicate whether this patient has any of the listed diseases or risk factors (**overweight** = BMI>25; **obesity** = BMI>30; **family history of premature heart disease** = a mother or sister younger than 55 years, or a father or brother younger than 65 years when diagnosed with heart disease; **proteinuria** includes microalbuminuria, albuminuria and proteinuria).

### Blood pressure / Serum creatinine

Please advise the patients **most recent blood pressure (BP) reading**.

If you do not know the patients blood pressure please tick '**don't know**'.

Please also indicate this patient's **most recent serum creatinine level**. If never tested or unknown please tick '**don't know**'.  
(Please use micromole/L -  $\mu\text{mol/L}$ )

<b>For patients aged 18+ years:</b> <b>Which best describes your smoking status?</b> Current smoker..... <input type="checkbox"/> Quit <12 months ago..... <input type="checkbox"/> Quit >12 months ago..... <input type="checkbox"/> Never smoked..... <input type="checkbox"/>	<b>Does the patient have:</b> <i>(tick all that apply)</i> Coronary heart disease..... <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> Cerebrovascular disease..... <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> Peripheral vascular disease.. <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> Overweight/obesity ..... <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> Family History of heart disease.. <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> Proteinuria ..... <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> Diabetes ..... <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<b>Yes/No</b> Yes/No Yes/No Yes/No Yes/No Yes/No Yes/No	<b>Don't know</b> Don't know Don't know Don't know Don't know Don't know	<b>Is this patient currently taking:</b> Yes/No Statins ..... <input type="checkbox"/> <input type="checkbox"/> Antiplatelet therapy ..... <input type="checkbox"/> <input type="checkbox"/> ACE Inhibitors ..... <input type="checkbox"/> <input type="checkbox"/> Angiotensin receptor blockers..... <input type="checkbox"/> <input type="checkbox"/> Beta blockers ..... <input type="checkbox"/> <input type="checkbox"/> Other antihypertensives ..... <input type="checkbox"/> <input type="checkbox"/>	<b>What was this patient's most recent BP reading?</b> _____ / _____ mmHg <input type="checkbox"/> Don't know <b>What was the most recent serum creatinine level?</b> _____ $\mu\text{mol/L}$ <input type="checkbox"/> Don't know	<b>What were the most recent levels of:</b> Total Cholesterol _____ mmol/L <input type="checkbox"/> HDL Cholesterol _____ mmol/L <input type="checkbox"/> Triglycerides _____ mmol/L <input type="checkbox"/> <b>Most recent tests were:</b> <12 mths ago for - <input type="checkbox"/> TC <input type="checkbox"/> HDLC <input type="checkbox"/> TG <input type="checkbox"/> >12 mths ago for - <input type="checkbox"/> TC <input type="checkbox"/> HDLC <input type="checkbox"/> TG <input type="checkbox"/>	<b>Don't know</b> Don't know Don't know Don't know
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