

SAND abstract No. 151 from the BEACH program 2009–10

Subject: Lipid medication use and cardiovascular risk in patients seen in general practice

Organisations supporting this study: Pfizer Australia Pty Ltd

Issues: Prevalence of overweight and obesity, smoking, high blood pressure, high total cholesterol, ischaemic heart disease, erectile dysfunction, angina, previous myocardial infarction, previous stroke, other cardiovascular disease risk factor, Type 2 diabetes (and most recent HbA1C result). Current use of lipid lowering agents, and for users: recent results of total cholesterol, HDL, LDL, and triglycerides and past results (prior to start of lipid therapy).

Sample: 2,312 adult respondents (18 years and over) from 94 GPs; data collection period: 14/07/09 – 17/08/09.

Method: Detailed in the paper entitled *SAND method 2009–10* at: <www.fmrc.org.au/publications/SAND_abstracts.htm>.

Summary of results

Patient age was provided for 2,303 respondents whose age distribution (7.4% 18–24 years, 31.5% 25–44 years, 31.2% 45–64 years and 29.9% 65 years and over) did not significantly differ from that of all adults at BEACH encounters 2008–09. Females were significantly over-represented in this sample ($n=2,300$), 66.4%, compared with 61.1% of adults at all BEACH encounters 2007–08.

Of the 2,211 patients for whom BMI could be calculated, 34.1% (95% CI: 31.8–36.3) were overweight and 25.5% (95% CI: 22.7–28.2) were obese. Of the 2,087 patients for whom risk factor information was provided 41.8% had none of those listed, 28.4% had one, 15.5% two and 14.3% three or more: 34.0% had high blood pressure, 27.9% high total cholesterol; 12.8% were current smokers; 8.0% had ischaemic heart disease, 5.1% previous myocardial infarction, 3.6% angina, 2.9% erectile dysfunction, 2.7% previous stroke, 5.9% had ‘other’ cardiovascular risk factors, and 10.5% had Type 2 diabetes ($n=218$). Current HbA1c, known for 85.8% of Type 2 diabetes patients ($n=187$), averaged 7.14.

Of 2,312 surveyed patients, 23.8% ($n=551$) were currently on lipid medication, 55.1% were not, and for 21.1%, lipid status was not known. There were 570 lipid medications recorded, 88.4% being statins, 4.7% statin combinations, 1.8% fibrates and 5.1% other lipid medications.

Of 548 respondents on current lipid medication, 539 (98.4%) had at least one cardiovascular risk factor: 78.1% had high total cholesterol, 67.2% had high blood pressure, 28.8% had Type 2 diabetes, 24.6% had ischaemic heart disease, 16.2% had previous myocardial infarction, 11.3% had angina, 7.9% were current smokers, 5.8% had erectile dysfunction, 6.4% had previous stroke and 12.6% had ‘other’ cardiovascular risk factors.

Recent test results were recorded for a varying number of respondents on lipid medication. Mean recent total cholesterol level ($n=515$) was 4.5, mean LDL cholesterol level ($n=477$) was 2.4, mean HDL ($n=483$) was 1.4, and mean triglyceride level ($n=497$) was 1.7. Women on lipid lowering medication had a significantly higher mean total cholesterol and HDL than males.

Measures recorded prior to commencement of lipid medication, showed the mean total cholesterol level ($n=276$) was 6.3, average LDL level ($n=228$) was 3.8, mean HDL level ($n=242$) was 1.4, and the mean triglyceride level ($n=253$) was 2.3.

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AIHW Australian GP Statistics and Classification Centre, 2010. SAND abstract No. 151 from the BEACH program: Lipid medication use and cardiovascular risk in patients seen in general practice. Sydney: AGPSCC University of Sydney. ISSN 1444-9072

PLEASE READ CAREFULLY

The shaded section of the following forms asks questions about **LIPID MEDICATION USE** in PATIENTS AT CARDIOVASCULAR RISK. You may tear out this page as a guide to completing the following section of forms.

INSTRUCTIONS

The following 30 forms relate to the **next 30 PATIENTS** in the order in which the patients are seen.

For any patients aged less than 18 years, please leave the questions in the bottom section blank.

Cardiovascular risks and conditions

Please use the tick boxes to advise whether this patient has any of the listed **cardiovascular risk** factors, behaviours, conditions or history

Please tick all that apply.

If the patient has **none** of these risk factors, please tick the box labelled '**none of the above**'.

Test levels

Please advise the patient's **levels** at the **most recent testing**, of **HbA1c; Total cholesterol; HDL cholesterol; LDL cholesterol; and Triglycerides**.

Where possible, please also advise what these levels were **before** the patient **began taking** lipid lowering medication.

If you **do not know** one of these levels, or if the patient has **never had** one or more of these **levels measured**, please tick the box labelled '**don't know / never tested**'.

Lipid lowering medication

Please write the **name** and **form** of the **current lipid lowering medication/s** taken by the patient, including the regimen (i.e. **strength, dose and frequency**) of the medication.

If **no** lipid medication is currently taken, please tick the box labelled '**no current lipid med'n**'

If the patient was **previously** medicated with a **lipid lowering medication** different to the current one/s, please write the name, form and regimen of the lipid medication **no longer** being taken.

If the patient has **not changed** lipid medications, please tick the box labelled '**no previous lipid med'n**'.

Other medications

Please use the tick boxes to advise whether the patient is (also) taking any of the **listed medications**.

Please tick as many as apply.

If the patient is **not** currently taking **any** of the listed medications, please tick the box labelled '**none of the above**'.

NB: A2RB = Angiotensin II receptor blocker
CCB = Calcium channel blocker

For patients 18+ years ...

Height/weight

Ask the patient:

What is their height (without shoes)?

What is their weight (unclothed)?

Conversion tables from stone/pounds to kilograms and feet/inches to centimetres are provided.

You are NOT REQUIRED to weigh or measure the patient, but if the patient is unsure, you may either do so or take information from the medical records.

| | | | | | | |
|---|--|--|--|---|---|--|
| Patient reported (if 18+ years) Height: (in cm) <input type="text"/> Weight: (in kg) <input type="text"/> | Does the patient have, or are they being managed for, any of the following?: (tick all that apply) <input type="checkbox"/> Current smoker <input type="checkbox"/> Angina <input type="checkbox"/> High blood pressure <input type="checkbox"/> Previous MI <input type="checkbox"/> High total cholesterol <input type="checkbox"/> Previous stroke <input type="checkbox"/> Type II diabetes <input type="checkbox"/> Other CVD risk <input type="checkbox"/> Ischaemic heart disease <input type="checkbox"/> Erectile dysfunction <input type="checkbox"/> None of the above | What are the patient's most recent levels of... .. and levels prior to starting lipid med'n? | | Don't know/never tested <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> | The patient's current lipid med'n is: Name & Form Strength Dose Freq <input type="checkbox"/> No current lipid med'n _____ Their previous lipid med'n was: Name & Form Strength Dose Freq <input type="checkbox"/> No previous lipid med'n _____ | Is the patient also taking: (tick all that apply) <input type="checkbox"/> an A2RB <input type="checkbox"/> a CCB <input type="checkbox"/> an ACE inhibitor <input type="checkbox"/> Aspirin <input type="checkbox"/> Clopidogrel <input type="checkbox"/> Omega-3 <input type="checkbox"/> None of the above? |
| | | HbA1c _____ % _____ % Total chol _____ mmol/L _____ mmol/L LDL-C _____ mmol/L _____ mmol/L HDL-C _____ mmol/L _____ mmol/L Triglycerides _____ mmol/L _____ mmol/L | | | | |