

NHS Health Check

Explain the reasons for the NHS Health Check – prevention of heart attacks strokes and diabetes



Conduct risk assessment



- + age
- + gender
- + ethnicity
- + family history IHD (mother, father, brother or sister)
- + physical activity
GP practice questionnaire (eg GPPAQ)
- + alcohol screening AUDIT C
- + smoking status
- + BMI – Body Mass Index
- + Blood pressure above 140/90mmHg
Repeat 3 times – record last result
If above 180/110 seek immediate advice from Practice Nurse or GP
- + Over 65
Pulse check record regular or irregular
Dementia awareness – inform about dementia services

Assess risk score



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

Discuss risk score



Discuss CVD risk and healthy lifestyles. Signpost or refer to lifestyle programmes (record on template and written information for the person)

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

Cardiovascular Disease (CVD) Risk:

Below 10%

with no other risk factors – no blood test required.

10-19%

Above 20%

Blood tests



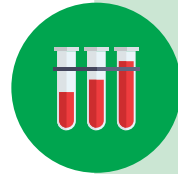
ALL: Total and HDL Cholesterol
Those with obesity levels BMI ≥ 30 (27.5 South Asian) to include: HbA1c, eGFR
Results to be checked by PN or GP

Blood tests



+ Total and HDL cholesterol
+ HbA1c, eGFR
+ ALT-Alanine aminotransferase NOT full LFT array
Results to be checked by PN or GP

Results



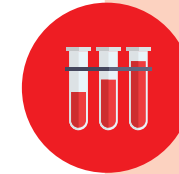
Blood test confirms CVD risk is < 10%:
Advice by HCA
Record written information for the individual

Results



Blood test confirms CVD risk is 10-19%:
Advice by GP/PN
Record written information for the individual

Results



Blood test confirms CVD risk is ≥20%
Or abnormal BP/eGFR/HbA1c
Advice by GP/PN
On management options

To be seen again in 5 years

Annual Review

Annual Review