

# HEART HEALTH



The most common chronic diseases in the Murray PHN region include arthritis, cancer, respiratory diseases, such as asthma, and diabetes.

Principal risk factors for these are overweight and obesity, smoking, alcohol and sugar consumption, lack of exercise or an adequate and varied diet that includes getting enough fruit and vegetables.

Congestive heart failure is higher than average in Shepparton, Bendigo and Towong, and combined with circulatory diseases, causes more premature death than average in Buloke, Mildura, Moira and Campaspe You can read more in [Murray Health Report: health in our region \(October 2021\)](#)

<p><b>Heart health check toolkit</b></p>	<p>The Heart Foundation’s Heart Health Check Toolkit is a one-stop shop designed to assist general practice staff to easily assess and manage cardiovascular risk in line with the latest guidance. It offers a range of tools and resources including assessment and management templates, quality improvement tools, patient engagement resources.</p>	<ul style="list-style-type: none"> <li>• <a href="#">Heart Health Check Toolkit – Heart Foundation</a></li> <li>• *Additional Heart Health toolkits and resources are under development and will be released shortly.</li> </ul>
<p><b>Change Idea templates</b></p>	<p>Change Idea templates help to identify focus areas for quality improvement activities using practice data. Your Quality Improvement Consultant can assist in identifying change ideas for your practice.</p>	<ul style="list-style-type: none"> <li>• <a href="#">Cardiovascular Disease</a></li> </ul>
<p><b>PDSAs - Quality Improvement</b></p>	<p>Plan-Do-Study-Act (PDSA) cycles provide a framework to help develop, manage, and test quality improvement activities identified in change idea templates. Your Quality Improvement Consultant can assist in developing your PDSA templates.</p>	
<p><b>Murray HealthPathways</b></p>	<p>Murray HealthPathways aims to guide best-practice assessment and management of common medical conditions, including when and where to refer patients, with guidance on what information is needed.</p>	<ul style="list-style-type: none"> <li>• <a href="#">Cardiology</a></li> </ul>
<p><b>Additional resources</b></p>	<p><b>Heart health:</b></p> <ul style="list-style-type: none"> <li>• <a href="#">Heart Foundation</a></li> <li>• <a href="#">Heart Kids</a></li> <li>• <a href="#">Heart Research</a></li> </ul> <p><b>Aboriginal and Torres Strait Islander:</b></p> <ul style="list-style-type: none"> <li>• <a href="#">Aboriginal Heart Health</a></li> <li>• <a href="#">RHD Australia</a></li> <li>• <a href="#">Her Heart</a></li> </ul>	
<p><b>MBS Items</b></p>	<ul style="list-style-type: none"> <li>• <a href="#">MBS Items for Heart Health Check</a></li> </ul>	

<p><b>PHN Exchange Reports</b></p>	<p>PHN Exchange provides a visual analysis for general practice specific data analytics. These are benchmarked against all Murray PHN data sharing practices. See how your practice is tracking:</p> <p><b>PIP QI</b></p> <ul style="list-style-type: none"> <li>• QIM08 CVD Patients with the necessary risk factors to enable CVD assessment</li> </ul> <p><b>Health Assessments Trend</b></p> <ul style="list-style-type: none"> <li>• Active patients with Heart Health Assessment</li> </ul> <p><b>Coronary Heart Disease Trend</b></p> <ul style="list-style-type: none"> <li>• Active CHD patients with blood pressure recorded</li> <li>• Active CHD patients with cholesterol recorded</li> <li>• Active CHD patients with smoking recorded</li> <li>• Active CHD patients given lipid-modifying medications</li> </ul> <p><b>Disease Prevalence</b></p> <ul style="list-style-type: none"> <li>• CHD</li> <li>• Heart Failure</li> </ul>	<ul style="list-style-type: none"> <li>• <a href="#">PHN Exchange</a></li> </ul>
<p><b>Pen CS – CAT4 Recipes</b></p>	<p>CAT4 recipes are designed to give new and experienced users a simple step-by-step guide to a particular problem or question.</p>	<ul style="list-style-type: none"> <li>• <a href="#">CAT4 Recipes - PenCS Help</a></li> </ul>
<p><b>APNA online course for primary health care nurses</b></p>	<p>Cardiovascular Disease Risk Assessment &amp; Management</p>	<ul style="list-style-type: none"> <li>• <a href="#">APNA – Cardiovascular Disease Risk Assessment &amp; Management</a></li> </ul>
<p><b>Health Promotion Events</b></p>	<ul style="list-style-type: none"> <li>• <a href="#">Congenital Heart Defect Awareness Day (Sweetheart Day) – February 14</a></li> <li>• <a href="#">Heart Research Month (RedFeb) - February</a></li> <li>• <a href="#">Heart Week - May</a></li> </ul>	

For further information or support please contact your local [Quality Improvement Consultant](#), email: [gpsupport@murrayphn.org.au](mailto:gpsupport@murrayphn.org.au) or visit the general practice support page on our [website](#)