FOCUS ON

HEART HEALTH

Cardiovascular disease is one of three top three chronic conditions considered as 'rising risk' in the Murray PHN catchment (PHIDU, 2021). Heart disease is also one of the chronic conditions with rates higher than the national comparison (4.03 vs 3.93 per 100) (by LGA; PHIDU, 2021).

While the highest number of potentially preventable hospitalisations (PPHs) in the catchment were related to ageing, other chronic conditions include congestive cardiac failure, angina and hypertension (by catchment; Victorian Department of Health, 2022-2023). Preventable hospital admissions related to chronic angina were 49.3 per cent higher in the Murray PHN catchment compared to the national rate.

The local government areas (LGAs) that had higher than national rates across these and other chronic conditions were Campaspe, Greater Shepparton and Swan Hill (by LGA; PHIDU 2019-20).

Heart health check toolkit	This toolkit is designed to be a one-stop shop to assist general practice staff to assess and manage cardiovascular risk in line with the latest guidance. Offering tools and resources including assessment and management templates, quality improvement tools and patient engagement resources.	• Heart Health Check Toolkit – Heart Foundation
Change Idea templates	These 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.	• Cardiovascular disease (Word)
PDSAs – quality improvement	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.	• PDSA on a page template (Word)
Murray HealthPathways	An online resource that 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	• Cardiology
Additional resources	**Heart health:** • Heart Foundation • Heart Kids • Heart Research **Aboriginal and Torres Strait Islander:** • Aboriginal Heart Health • RHD Australia • Her Heart	

MBS Items	• MBS billing for Heart Health Checks
PHN Exchange Reports	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: **PIP QI** • QIM08 CVD Patients with the necessary risk factors to enable CVD assessment **Health Assessments Trend** • Active patients with Heart Heath Assessment Coronary Heart Disease Trend • Active CHD patients with blood pressure recorded • Active CHD patients with cholesterol recorded • Active CHD patients with smoking recorded • Active CHD patients given lipid-modifying medications **Disease Prevalence** • CHD • Heart Failure
Pen CS – CAT4 Recipes	CAT4 recipes are designed to give new and experienced users a simple step-by-step guide to a particular problem or question. • CVD Patients with no BP recorded • Identify elevated CV risk - Part A • Identify elevated CV risk - Part B • Identify patients with a stroke or TIA not on BP lowering medication • Identify patients with a stroke or TIA not on antiplatelet therapy • Identify patients with a stroke or TIA not on cholesterol lowering medication • Identifying Coronary Heart Disease (CHD) patients not on ACE or ARB medication • Identifying Coronary Heart Disease patients with high BP recorded in the last 12 months • Identifying patients eligible for the Heart Health Check
APNA online course for primary healthcare nurses	• Cardiovascular Disease - Risk assessment & Management
Health Promotion Events	• Shane Warne Legacy Health Check • Congenital Heart Defect Awareness Day (Sweetheart Day) – February 14 • Heart Research Month (RedFeb) - February • Heart Week - May • World Heart Day – 29 September

For further information or support please contact your local Quality Improvement Consultant,

email: gpsupport@murrayphn.org.au or visit the general practice support page on our website.