



NHS Health Check content review form

Please read the guidance notes before completing this form. Please only complete the contact details and section 1 and return the form to the ESCAP secretariat at nhshealthchecks.mailbox@phe.gov.uk by **31 March 2017**.

Contact details

Name	John Robson	Telephone	07775 904 257
Job Title	Reader/GP	Email	j.robsoin@qmul.ac.uk
Organisation	Queen Mary University of London	Date	21/3/2017

Section 1

1. Please tick the categories that apply to your proposal.

- It involves amending the eligible population.
 It involves amending an existing component of the risk assessment.
 It involves introducing a new component to the risk assessment.

2. Please provide a short summary describing your proposed change [max 200 words]

At present the national NHS Health Check appears to recommend that serum total and HDL cholesterol are measured in all people at the Check. This has little or no utility for around half of those measured because their results do not contribute to the management of their CVD risk. For most people under age 50 years without other risk factors their risk is less than 5- 7.5% 10 yr risk. Whatever their TC/HDL ratio it will not increase their risk to above the 10% threshold because lipids are a relatively weak contributing factor. Furthermore the NSC have advised against whole population lipid testing to detect FH. There is therefore substantial and unnecessary financial cost in testing people at low CVD risk and anxiety for patients about so called 'abnormal' results. Patients should not be treated on the results of lipids tests alone. Testing would be better confined to those 10% CVD risk or more in whom treatment might be contemplated.

[Please be sure to clearly state what your change or addition is e.g. to introduce a lung function test]

Limit lipid testing to people with CVD risk 10% or more in whom treatment may be contemplated

3. Please state which strategic health priority in the NHS outcome framework or the public health outcome framework the proposed change supports

This supports prudent use of resources, reduction of unnecessary testing and reduces patient anxiety and may improve wellbeing.

[max 200 words]

[Please identify up to three priorities]

4. Please identify which of the programmes objectives the proposed change supports [please tick]

- To promote and improve the early identification and management of the individual behavioural and physiological risk factors for vascular disease and the other conditions associated with those risk factors.
- To support individuals to effectively manage and reduce behavioural risks and associated conditions through information, behavioural and evidence based clinical interventions.
- To help reduce inequalities in the distribution and burden of behavioural risks, related conditions and multiple morbidities.
- To promote and support appropriate operational research and evaluation to optimise programme delivery and impact, nationally and locally.

5. How will the proposed change support the(se) objective(s)? I have explained this above.

6. What is the evidence for the clinical effectiveness of the proposed change?

Ditto

Please return this completed form to:
ESCAP secretariat
Email: nhshealthcheck.mailbox@phe.gov.uk

7. What is the evidence of cost effectiveness of the proposed change?
There is no evidence of cost-effectiveness to support the current practice of universal testing
8. Please provide an outline of how this would change current practice i.e. what would frontline professionals delivering the NHS Health Check need to do that isn't already a part of the programme?
Less work! This would reduce workload and avoid blood testing in about half the current NHS Health Checks
9. If you are proposing a new component to the programme, please describe the effective treatment and management systems that are exist and are available.
N/A
This is partly discontinuing an existing component.
10. Please state whether you feel the change will have a negative, neutral or positive impact on health inequalities and on the nine protected characteristic groups and why. [please tick, <i>max 200 words</i>]
<input type="checkbox"/> Negative <input type="checkbox"/> Neutral <input checked="" type="checkbox"/> Positive
[Why...] It will reduce inappropriate testing of people at low CVD risk including many women.
11. Please name a local authority that has already adopted this proposed change to their delivery of the NHS Health Check programme. Tower Hamlets does not recommend lipid testing in all individuals only those at increased CVD risk >10% in whom treatment may be contemplated.
12. Please list any relevant references
The NICE guidance on both FH and lipids does not recommend universal population testing and the current practice recommended by the NHS Check programme is contrary to national recommendations.

For completion by the ESCAP secretariat

13. Proposal to be shared with ESCAP?
Yes.
14. ESCAP feedback

Please return this completed form to:
 ESCAP secretariat
 Email: nhshealthcheck.mailbox@phe.gov.uk

It was felt that there would be value to considering the cost and clinical effectiveness, as well as how this aligns to the overall purpose of the NHS Health Check in more detail. It was recommended that this proposal progress to stage 2.

Please return this completed form to:
ESCAP secretariat
Email: nhshealthcheck.mailbox@phe.gov.uk