

Introducing the NHS Health Checks 'Risk Report'

The Risk Report is a simple and easy way to improve communication in NHS Health Checks

- Auto-fills with results from the clinical template, saving you time
- Helps you interpret and explain risk and tests with infographics
- Acts as a take home record of results for each patient
- Is easily edited and adapted to include personal and local info
- Is cheaply printed in black and white as well as colour

We trialled the Risk Report in Newham Borough of London:

Patients thought the Risk Report was clear, understandable and **user friendly** without jargon, good for non-English speakers and useful to **prompt memory** and **aid communication**



Patients made small lifestyle changes and some had made significant changes
They talked about **involving their family** members in their new lifestyle
Patients **recommended the programme** to friends and family

The Risk Report prompted risk score recall and **supported risk discussions**
Language barriers were found to affect risk communication
Heart age was readily recalled, especially amongst non English speakers



HCA's who used the Risk Report found it **simple to use** and thought patients **responded positively**, and said it helped them to discuss CVD risk in more detail.

Watch the video for more project information: <https://www.youtube.com/watch?v=RxFYNIimgb8w>

**NHS
HEALTH
CHECK**

Helping you prevent
diabetes
heart disease
kidney disease
stroke & dementia

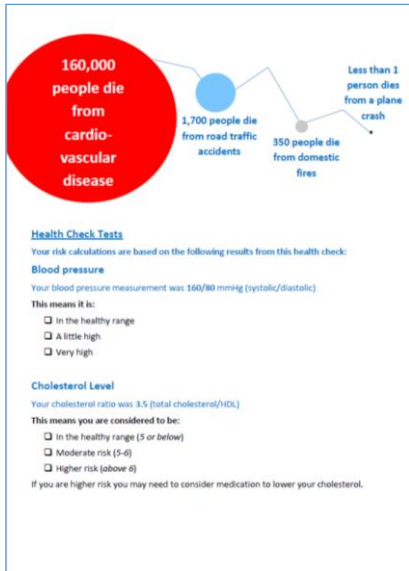
 Queen Mary
University of London

 UCLPartners
Academic Health Science Partnership

The NHS Health Check 'Risk Report' was devised by the Clinical Effectiveness Group QMUL in collaboration with the East London CVD Prevention ELoPE team at Bart's Heart Centre, and in association with UCLPartners and Newham CCG.

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Using the Risk Report during the NHS Health Check



1. Patient details
A personalised record of the health check

2. CVD Risk Results
Tick the box and use the infographics to help explain what the risk calculations mean

Use to explain that CVD affects more people than patients might expect

3. Test results
Tick the box to interpret what each result means

4. Action Planning
Discuss and record lifestyle goals

NHS Health Check Results Card

Patient Name: BOOP, Betty (Miss)
Date of NHS Health Check: 13 October 2017
NHS Number: 9000 0000 0000 0000

Cardiovascular Risk Report
What's your heart age?

Your age is: **56y** Your current heart age is about: **62y**

What's your risk of having a heart attack or stroke in the next 10 years?
Your risk score is 20%. This means:

Low Risk
Between 1 and 2 of every 20 people like you will have a stroke or heart attack in the next 10 years

Medium Risk
Between 2 and 4 of every 20 people like you will have a stroke or heart attack in the next 10 years

High Risk
More than 4 out of every 20 people like you will have a stroke or heart attack in the next 10 years

NHS HEALTH CHECK | **Queen Mary** | **UCLPartners** | **NIHES** | **Newham London**

Diabetes Check

Your glycosylated haemoglobin (HbA1c) result was 54%

This means that you:

- Do not have diabetes (less than 42)
- Are at risk of developing diabetes (42-47)
- May have diabetes and will need to have further testing (48 or over)

Body Mass Index
Your BMI was 18.7

This means that you are:

White, Black African/Caribbean or other ethnic groups:	South Asian or other Asian:
<input type="checkbox"/> Healthy weight (18.5 to less than 25)	<input type="checkbox"/> Healthy weight (18.5 to less than 23)
<input type="checkbox"/> Overweight (25 to less than 30)	<input type="checkbox"/> Overweight (23 to less than 27.5)
<input type="checkbox"/> Obesity 1 (30 to less than 35)	<input type="checkbox"/> Obesity 1 (27.5 to less than 32.5)
<input type="checkbox"/> Obesity 2 (35 to less than 40)	<input type="checkbox"/> Obesity 2 (32.5 to less than 37.5)
<input type="checkbox"/> Obesity 3 (40 or more)	<input type="checkbox"/> Obesity 3 (37.5 or more)

You said you smoke 10 cigarettes a day
66% of smokers would like to give up the habit. Giving up 20 premium brand cigarettes a day would save approximately £3,000 a year. You are up to four times more likely to quit if you use NHS support than if you go it alone.

You said you drink 6 units of alcohol per week
Cutting out a couple of large glasses of wine or beer each week could save you more than £800 a year, as well as helping you to lose weight and get better quality sleep.

Your Personal Action Plan

Now that you know your cardiovascular risk and heart age, what can you do to improve it?

- Lose some weight
Sign up to a weight loss programme, cut out foods and drinks with high levels of sugar and fats
- Eat more healthily
Eat your 5 a day, swap out sugary drinks for diet or sugar-free versions, choose wholegrain foods such as wholemeal bread and pasta and brown rice, cook using fresh ingredients at home
- Do more exercise
Sign up to a sports group or gym, take the stairs instead of lifts, walk and cycle to work
- Reduce your blood pressure and cholesterol
Grill, bake, steam and poach meat instead of frying or roasting, eat more fibre (wholegrains such as wholemeal bread and pasta and vegetables), eat less fatty meats, dairy foods, ghee and cakes and biscuits
- Reduce your salt intake
Add less salt to your cooking or plate, check labels on ready-made foods
- Stop smoking
Order your Smokefree quit kit today, save your cigarette money in a pot to see how it builds up
- Reduce the amount of alcohol you drink
Use smaller glasses or measures when pouring wine and spirits at home, have a few drink-free days each week, alternate alcoholic drinks with glasses of water, drink with a meal

What goal(s) would you like to set yourself?

What small changes would help you achieve your goal(s)?

When will you achieve this?

Who can help you achieve this goal?

NHS

For more information and support about how to achieve these goals, visit or call:

- NHS Health Check: www.nhs.uk/Conditions/nhs-health-check
- NHS free weight loss plan: www.nhs.uk/1/weight-loss-weigh-it
- Change for life: www.nhs.uk/change4life t: 0300 123 4567
- Smokefree NHS: www.nhs.uk/smokefree t: 0300 123 1044
- NHS Alcohol Information: www.nhs.uk/1/weight-loss-weigh-it
- Action on Salt: www.actiononsalt.org.uk t: 020 7882 5941
- Diabetes: www.diabetes.co.uk
- Dementia: www.alzheimers.org.uk t: 0300 222 1122

What's good for the heart is good for the head

Treatment:
After this health check, you may need a follow up appointment, and your doctor may prescribe you some medication to manage your risk of cardiovascular disease. You will be told by the clinic staff if you need to make another appointment.

For every 20 potential strokes or heart attacks, treatment will prevent 7:

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Remember to take any prescribed treatment according to your doctor's instructions
Set the alarm on your phone to remind you or put the pills next to your toothbrush

Extra information/ Local Support Groups:

Your next appointment will be due in _____

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5. Information and support section
Patients can access these resources to help achieve their healthy lifestyle goals

More information about medicines to manage their CVD risk, if required

Provide additional information or signpost to local support groups

Support discussions

Record follow up appointments

Save for future reference