

5-Year Evaluation of the NHS Health Checks Programme in Wiltshire – Determining health outcomes of those who do not attend an NHS Health Check when invited.

Aim: To review notes of patients who were invited for an NHS Health Check but did not attend to determine if they subsequently developed a cardiovascular disease.

Background: In Wiltshire, the NHS Health Check programme began in 2011. This evaluation builds on an outcome evaluation previously completed for those who did attend their NHS Health Check.

Methodology: Searches were undertaken across three general practices clinical systems to identify patients who had been invited for their NHS Health Check but did not attend and had subsequently developed a cardiovascular disease. Eight case studies were created based on their demonstration of significant adverse clinical outcomes.

Results: In the three general practices that participated, 6,989 patients were clinically coded as having been invited for an NHS Health Check between 2012 to 2017. 55.8% of these patients were coded as having had their NHS health check completed.

44.2% of patients invited for an NHS Health Check did not have a completed NHS Health Check clinically coded in their medical records. 6.3% of these patients were subsequently clinically coded as having later developed a cardiovascular disease.

The case studies found demonstrated a variety of different cardiovascular diseases, all of which are preventable. In all cases risk factors, such as high blood pressure, would have been likely to have been present at the time of an NHS Health Check. Lifestyle advice and preventative medicines could have been initiated, and in turn decreased the risk of cardiovascular events and their long-term morbidity occurring.

Case Study Overview

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| 1. Diagnosis: Heart Attack – 50YO Female, did not attend NHS HC July 2016. Presented in hospital October 2016 | 2. Diagnosis: Brain Haemorrhage – 73YO Male, did not attend NHS HC NHHSC March 2015. Presented in hospital December 2017 |
| 3. Diagnosis: Stroke and Irregular Heart Beat - 69YO Male, did not attend NHS HC May 2013. Presented in hospital November 2015 | 4. Diagnosis: Heart Failure, Kidney Failure and High Blood Pressure – 70YO Male, did not attend NHS HC Sept 2013. Presented at GP January 2016 |
| 5. Diagnosis: Diabetes – 40YO Male, did not attend NHS HC September 2015. Presented at GP March 2017 | 6. Diagnosis: Blockage of Blood Vessels in Legs – 73YO Male, did not attend NHS HC July 2015. Presented at GP July 2016 |
| 7. Diagnosis: High Blood Pressure – 67YO Female, did not attend NHS HC May 2015. Presented at GP May 2017. | 8. Diagnosis Blockage of Blood Vessels in Heart – 63YO female, did not attend NHS HC July 2015. Presented at GP July 2017 |

Conclusion: It is likely that people who are invited for an NHS Health Check and do not attend may subsequently develop cardiovascular disease in the long term. The understanding of the reasons for non-attendance should be used to inform promotion activities. This study demonstrates that early stages of cardiovascular diseases and their risk factors were not identified, potentially because the patients did not attend for their NHS Health Checks when invited.

For further information regarding this project please contact

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