CVD: high risk conditions

High risk conditions like high blood pressure, atrial fibrillation and high cholesterol are major causes of heart attack and stroke (CVD events). In the high risk conditions preventive treatment is very effective, but late diagnosis and under-treatment is common.

What the evidence tells us

- Reducing blood pressure in all adults with diagnosed and undiagnosed hypertension by 5 mmHg: reduces risk of CVD events by 10%
- Statin therapy to reduce cholesterol by 1 mmol in people with a 10 year risk of CVD risk greater than 10%: reduces risk of CVD events by 20-24%
- Anti-coagulation of high risk AF patients: averts one stroke in every 25 treated

Improving outcomes in CVD: case study

In Bradford Districts Clinical Commissioning Group: Over 24 months, more than 21,000 people had an intervention in lipid management, anti-coagulation or antihypertensive treatment to improve their health. Resulting in 137 fewer heart attacks and 74 fewer strokes compared to baseline.

References:
Hypertension and AF populations and treatment estimates: QOF 2015/16. CVD high risk estimate numbers: http://www.bmj.com/content/344/bmj.e4181. CVD high risk statin treatment: http://journals.plos.org/plosmedicine/article?id=10.1371/journal.pmed.1002169

Footnotes:
Potential events calculated with NNT (theNNT.com). For blood pressure, anti-hypertensive medicines for five years to prevent death, heart attacks, and strokes: 1 in 100 for heart attack, 1 in 67 for stroke. For AF, warfarin over 1.5 years: 1 in 25 for stroke. Numbers may be lower, as some patients may be on prior treatment.
The graphic overleaf shows the size of the prize for CVD prevention in Cheshire and Merseyside.

The estimates of impact are indicative but they show the scale of the opportunity to prevent heart attacks and strokes by improving the detection and management of high risk conditions like atrial fibrillation, high blood pressure and high cholesterol. Achieving this at scale would deliver substantial savings in health and social care spend.

The NHS RightCare programme is now rolling out the CVD Prevention Pathway with a series of high impact interventions that will support your CCGs to deliver this improvement. And increasing uptake of the NHS Health Check offers a systematic approach to detecting people with undiagnosed high risk conditions.

### Cardiovascular Disease Prevention: Risk Detection and Management in Primary Care

#### The Interventions
- High BP detection and treatment
- AF detection and anticoagulation
- Detection, CVD risk assessment, treatment
- Type 2 Diabetes preventive intervention
- Diabetes detection and treatment
- CKD detection and management

#### The Opportunities
- 5 million undiagnosed – 40% poorly controlled
- 30% undiagnosed. Over half untreated or poorly controlled
- 85% of FH undiagnosed & most people at high CVD risk do not receive statins
- 5 million undiagnosed. Most do not receive intervention
- 940k undiagnosed. 40% do not receive all 8 care processes
- 1.2m undiagnosed. Many have poor BP & proteinuria control

#### The Evidence
- BP lowering prevents strokes and heart attacks
- Anticoagulation prevents 2/3 of strokes in AF
- Behaviour change and statins reduce life time risk of CVD
- Intensive behaviour change (e.g. NHS DPP) reduces T2DM risk 30-60%
- Control of BP, HbA1c and lipids improves CVD outcomes
- Control of BP, CVD risk and proteinuria improves outcomes

#### The Risk Condition
- Blood Pressure
- Atrial Fibrillation
- High CVD risk & Familial H/cholesterol
- NDH (‘pre-diabetes’) 
- Type 1 and 2 Diabetes
- Chronic Kidney Disease

#### Detection and 2°/3° Prevention
- 50% of all strokes & heart attacks, plus CKD & dementia
- 5-fold increase in strokes, often of greater severity
- Marked increase in premature death and disability from CVD
- Marked increase in Type 2 DM and CVD at an earlier age
- Marked increase heart attack, stroke, kidney, eye, nerve damage
- Increase in CVD, acute kidney injury & renal replacement