** NHS Health Checks West Berkshire**

**Information for Practitioners**

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|  | How | Actions | Resources & Referral Links |
| SMOKING | Calculate pack years <http://www.smokingpackyears.com/>  Ask about other forms of smoking such as e- cigarettes, replacement therapy as some consider they have stopped smoking when using these products. | Advise all people who smoke to stop, in line with smoking cessation services  (NICE guideline PH10). [2008]  Offer to book appointment with smoking cessation service  Offer patient information leaflets  Give advice on nicotine use if using replacement therapy as these especially e-cigarettes can be used for long periods of time with nicotine liquids. Some use only scented liquids and nicotine free. | [NHS choices smoking cessation advice, support and apps](http://www.nhs.uk/livewell/smoking/Pages/stopsmokingnewhome.aspx)  [SmokeFreeLife Local Support](https://www.smokefreelifeberkshire.com/Locations.aspx) |
| DEMENTIA SCREEN | For Patients aged 65 or over ask about memory concerns.  (consider younger patients also) | If patient reports concerns will need memory bloods screen and refer to G.P for assessment. The G.P will undertake a memory assessment test and refer to services if concerns for further assessment.  Refer to local memory services available with local council. [West Berkshire Dementia Directory](https://search3.openobjects.com/mediamanager/westberks/enterprise/files/dementia_directory_of_services_nov_16.pdf) | [NHS choices](http://www.nhs.uk/Conditions/dementia-guide/Pages/about-dementia.aspx)  [Local memory services and classes](http://www.nhs.uk/Conditions/dementia-guide/Pages/about-dementia.aspx)  [Advice on lifestyle advice.](https://www.alzheimers.org.uk/)  [Alzheimer’s society.](https://www.alzheimers.org.uk/) |
| BMI | Healthy BMI is 18-25  Need to measure Weight and Height  If high BMI and the patient claims that they exercise consider waist measurements.  Black, Asian and other minority ethnic groups (BMEs) have a higher risk of developing some chronic conditions, such as [type 2 diabetes](http://www.nhs.uk/conditions/Diabetes-type2/Pages/Introduction.aspx).  Adults with a:   * BMI of 23 or more are at increased risk * BMI of 27.5 or more are at high risk   Waist measurements: take measurement midway between lower rib and top of hip bone if no natural waist. Ask the patient to breathe out naturally and take measurement.  Regardless of your height or BMI, a patient should try to lose weight if their waist is:   * 94cm (37ins) or more for men * 80cm (31.5ins) or more for women   Patients are at a very high risk and you should contact your GP if their waist is:   * 102cm (40ins) or more for men * 88cm (34ins) or more for women | If BMI over 30 request HBA1C and fasting glucose offer healthy eating advice  Ask patient what support they need with achieving weight loss goals, offer advice on options available for increasing exercise and healthy eating courses.  Offer Exercise advice and refer to local initiatives  Discuss risk of type II diabetes  Advise people at high risk of or with CVD to eat a diet in which total fat intake is  30% or less of total energy intake, saturated fats are 7% or less of total energy  intake, intake of dietary cholesterol is less than 300 mg/day and where possible  saturated fats are replaced by mono-unsaturated and polyunsaturated fats.  Further information and advice can be found at NHS Choices. [new 2014] | [Eat4health](https://www.eat-4-health.co.uk/)  [Change4Life](https://www.nhs.uk/change4life-beta/food-facts)  Activity for Health GP Referral contact [Nick Wade](mailto:Nick%20Wade%20[nick.wade@legacyleisure.org.uk])  [Lifestyle Interventions West Berkshire](http://info.westberks.gov.uk/CHttpHandler.ashx?id=39913&p=0) |
| DIABETES | People at high risk of diabetes, and so eligible for a blood glucose test, include:   * an individual from black, Asian and other ethnic groups with BMI greater than 27.5   or   * an individual with BMI greater than 30   or   * those with blood pressure at or above 140/90mmHg, or where the SBP or DBP exceeds 140mmHG or 90mmHg, respectively | Diabetes Risk Filter.jpg | Online Referral to NDPP  <http://reedmomenta.co.uk/healthieryou/your-local-area/berkshire/>  Healthy Lifestyle Advice  One You <https://www.nhs.uk/oneyou>  [www.westberks.gov.uk/publichealth](http://www.westberks.gov.uk/publichealth) |
| BLOOD PRESSURE | Healthy 120/80  High normal 140/90  Take three readings  Consider practice resources such as home loaning bp monitor/24hour BP readings.  If above 160/100 – considered second stage hypertension  Some patients may be known to have lower blood pressure. They may have previous base line blood pressures – check with the patient. | If above 140/90 offer further screening and refer to G.P if remains high.  If above 160/100 on two or more readings –organise for bloods to be checked and refer to G.P.  Give information leaflet.  If high ensure lipid profile, U&E’s and HBA1C is requested.  Good opportunity to check pulse rate especially in older patients. Check for signs of AF or irregularities. If abnormality refer to for ECG and G.P review. | [Healthy eating](http://www.nhs.uk/livewell/healthy-eating/Pages/Healthyeating.aspx)  [Physical Activity](http://www.westberks.gov.uk/physicalactivity)  [Eat4health](https://www.eat-4-health.co.uk/)  [SmokeFreeLife Local Support](https://www.smokefreelifeberkshire.com/Locations.aspx)  Low salt |
| EXERCISE | Ask about exercise, walking, housework, job and hobbies | Advise that at least 150 minutes of moderate intensity aerobic activity is recommended or  75 minutes of vigorous intensity aerobic activity or a mix of moderate and vigorous aerobic activity and muscle strengthening exercise on 2 or more days per week [(see Physical activity guidelines for adults at NHS Choices).](http://www.nhs.uk/Livewell/fitness/Pages/physical-activity-guidelines-for-adults.aspx)  Something is better than nothing, encourage people who are unable to perform moderate-intensity physical activity because of comorbidity, medical conditions or personal circumstances to exercise at their maximum safe capacity. [One You Active 10](https://www.nhs.uk/oneyou/active10/home#jvPQWAFT4MDDmrLa.97) offers ideas for 10 minute bursts of activity.  Advice about physical activity should take into account the person's needs,  preferences and circumstances. Agree goals and provide the person with  written information about the benefits of activity and local opportunities to be  active, in line with four commonly used methods to increase physical activity  (NICE guideline PH2). [2008] | [Walking groups](http://www.westberks.gov.uk/wfh)  [One You Active 10](https://www.nhs.uk/oneyou/active10/home#jvPQWAFT4MDDmrLa.97)  Activity for Health GP Referral contact [Nick Wade](mailto:Nick%20Wade%20[nick.wade@legacyleisure.org.uk])  [Lifestyle Interventions West Berkshire](http://info.westberks.gov.uk/CHttpHandler.ashx?id=39913&p=0)  [Run Together West Berkshire](https://groups.runtogether.co.uk/runtogetherwestberks)  [West Berkshire Activity Programmes](http://www.westberks.gov.uk/physicalactivity) |
| ALCOHOL | Audit c – full audit  Recommendation - avoid binge drinking  Men- 3-4 units per night  Women – 2-3 units per night | Lifestyle advice  If high refer to G.P  [NICE Guidance](https://www.nice.org.uk/guidance/CG115) | [Alcohol Misuse](http://www.nhs.uk/conditions/alcohol-misuse/Pages/Introduction.aspx)  [Drug and alcohol services referral](http://www.swanswell.org/services/?s=103&area=rg14+5ld)  [NHS choices – advice and apps](http://www.nhs.uk/Livewell/alcohol/Pages/Alcoholhome.aspx) |
| CVS disease risk score  QRISK2 | Assesses risk of having a CVD event in the next 10 years  There is a ‘not for list’, nor for those with EGFR< 60%  <https://www.qrisk.org/2017/>  20% high risk  10-20% medium risk  10% low risk | Need referral to G.P for discussion regards statin therapy if risk greater than 10-20%. Consider modifiable and non-modifiable risks. Advise that some factors are fixed such as gender/ethnicity and age. Modifiable factors are weight, fitness, smoking, diet.  Give lifestyle advice | [Lifestyle Interventions West Berkshire](http://info.westberks.gov.uk/CHttpHandler.ashx?id=39913&p=0) |
| DIET | Ask about diet and ratio of fats/protein/fibre and carbohydrate | Discuss healthy eating  Ask patient what support they think they need to achieve goals.  Offer support.  Give patient information leaflet Ann defer to NHS choices apps to support food content awareness I.e food smart. | [Sugar smart](https://www.nhs.uk/change4life-beta/food-facts/sugar#9jtTX5RoT95OXf2e.97)  [Food smart app](https://play.google.com/store/apps/details?id=com.phe.c4lfoodsmart&hl=en_GB)  [Change4Life Recipes](https://www.nhs.uk/change4life-beta/recipes)  [One You Easy Meals](https://www.nhs.uk/oneyou/eating#iKER9Q5QrGLwFUxZ.97) |
| ETHNICITY  MENOPAUSE | Ethnic minorities - see above for BMI  .  People who live in UK whose family came from India, Bangladesh or Sri Lanka have an increased risk of CVS.  Women who are postmenopausal have an increased risk of CVS due to reduced oestrogen | These are non-modifiable factors – advise your patients to keep an extra focus on keeping healthy and monitor modifiable factors. |  |
| FAMILY MEDICAL HISTORY | For QRISK2 – Heart disease or stroke in first degree relative under age of 60 years For risk of diabetes -type 2 diabetes and genetics - average risks  * If either mother of father has diabetes increases risk of diabetes by 15% * If both mother and father have diabetes increases risk by 75% * If non-identical twin has diabetes increases risk by 10% * If identical twin has diabetes increases risk by 90%   http://www.diabetes.co.uk/diabetes-and-genetics.html | These are non-modifiable factors – advise your patients to keep an extra focus on keeping healthy and monitor modifiable factors. |  |
| CHOLESTEROL LEVELS | Three types –  triglycerides,  high density lipoprotein (protective)  low density lipoproteins.  Nice suggest a fasting test is not required initially and that Non-HDL and total cholesterol is a good measurement.  Total cholesterol is important however the ratio is important as a patient may have a high HDL. Keep a watch on the LDL and triglyceride values.  Total cholesterol - 5.0 mmol/l or less  Total cholesterol/HDL Ratio 4.5 mmol/l or less  Total non HDL 3.37 mmol/l or less  HDL 1.2 mmol/l or more  LDL - 3 mmol/l or less  Triglycerides 1.7 mmol/l or less.  Labs on line have more detailed information on this and breakdown values further into high/med and low risk. | If above normal value but not greater than 7.5 give lifestyle advice.  Refer to G.P if total cholesterol greater than 7.5, may indicate familial hypocholesteraemia  Refer to G.P to arrange for specialist assessment of people with a total cholesterol  concentration of more than 9.0 mmol/litre or a non-HDL cholesterol  concentration of more than 7.5 mmol/litre even in the absence of a first-degree  family history of premature coronary heart disease. [new 2014]  In people with a triglyceride concentration between 10 and 20 mmol/litre:  repeat the triglyceride measurement with a fasting test (after an interval of 5 days, but within 2 weeks) refer to G.P  Offer patients healthy eating advice, give patient information leaflet and dietary advice leaflet. | Healthy eating resources (see above)  Leaflets  Bitish heart foundation leaflets  [Healthcheck results leaflet](http://www.westberks.gov.uk/publichealth) |

**References and other useful links:**

Cardiovascular disease: risk assessment and reduction, including lipid modification <https://www.nice.org.uk/guidance/cg181/resources>

Clinical guideline [CG181] Published date: July 2014 Last updated: September 2016

NHS Health Check Best practice guidance

February 2017 <http://www.healthcheck.nhs.uk/commissioners_and_providers/guidance/national_guidance1/>

NHS Choices

Labs on line <https://labtestsonline.org/understanding/analytes/lipid/tab/test/>

Qrisk - <https://www.qrisk.org/2017/>

<http://www.diabetes.co.uk/diabetes-and-genetics.html>

<https://patient.info/health/cholesterol>