

A list of shortened versions of items from the Epa Cardio instrument

1. Abstraction tool for high risk patients

Patient's gender

Patient's year of birth

Record of smoking status within the past 15 months

Record of motivation to stop smoking in the past 15 months

Record of follow-up motivated patients in next 3 months

Record of offered advice to stop smoking in the last 15 months

Record of physical activity capacity in the last 15 months

Record of advice about physical activity in the last 15 months

Record of BMI in the last 15 months

Record of body weight in the last 15 months

Record of diet advice in the last 15 months

Record of Blood pressure in the last 15 months

Record of individual target BP level

Record of Cholesterol in the last 15 months

Record of Plasma glucose in the last 15 months

2. A questionnaire for the high risk patients

Patient's gender

Patient's year of birth

Years of education

Employment status

Marital status

Presence of clinical conditions:

- High Bloodpressure
- High Cholesterol

Depression

Self-assessment of health (5 point scale from excellent to poor)

Duration of practice involvement

GP-visit frequency per year

Questionnaire on adherence to treatment (Morisky questionnaire)

EuroQol instrument (EQ-5D)

Nationality

Social class

3. Practice questionnaire

Internet access

e-mail access

Anti-virus protection

Practice pc's protected by user-name and password

Computer-supported Patient file system

Computer used for creating medication prescriptions

Procedure for the management of patient information

Procedure for the management of examination results

Procedure for the management of review of examination results
Direct access to medical guidelines
Direct access to medical journals
Direct access to literature data banks
Use of case findings methods to find CVD patients
Staff allowed to contact patients
System for recalling patients with CVD
Specify if yes (CHD, TIA, CVA, PVD)
System for recalling patients with Diabetes
System for recalling patients with Asthma/COPD
System for recalling patients with Hypertension
System for recalling patients at risk for CVD
System for recalling patients at risk of influenza
System for recalling patients for cervix screening
System for recalling patients for breast cancer screening
System for reviewing prescribed medication
Attendance rate for cervix screening
Attendance rate for influenza vaccination
Attendance rate for breast cancer screening
Procedure for prevention of pressure sores
Procedure for prevention of osteoporosis
Procedure for using folium acid
Procedure for smoking cessation
Participation of the practice in life style programmes
Annual report
Quality report
Clinical audit undertaken in last 12 months
Standards set regarding clinical audit
Practice collect data regarding clinical audit
Evaluated results of clinical audit
Improved quality regarding clinical audit
Existence of critical incident register
All nurses attend training on CVD in last 5 years
At least one nurse attend training on CVD in last 15 months
Nurses take part in education about CVD risk factors in schools
GP take part in campaigns on CVD risk prevention
Nurses take part in campaigns on CVD risk prevention
Patient list size
Practice located in town > 30.000 inhabitants
FTE GP's
practice size
doctors-age
doctors-gender

4. Practice interview

The medical record contains:

Details on current medication

Intolerances and contraindications

Smoking status

Diagnosis of hypertension

Diagnosis of diabetes

Diagnosis of CVD

The practice uses Electronic disease classification system

CVD risk assessment implemented for:

Systematic for age groups

Opportunistic for following patients/circumstances:

- diabetes
- clear overweight
- smokers
- cardiovascular risk
- specific ethnic groups
- socioeconomic status
- if ask for risk assessment

Risk assesement includes age

Risk assesement includes gender

Risk assesement includes smoking status

Risk assesement includes blood pressure

Risk assesement includes personal history diabetes

Risk assesement includes diabetes status

Risk assesement includes family history of CVD disease

Risk assesement includes past history of CVD

Risk assesement includes alcohol consumption

Risk assesement includes weight or BMI

Risk assesement includes fasting lipid profile

Risk assesement includes diabetes or impaired glucose regulation

Use of CVD standardized risk assessment tool

- FRAMINGHAM
- SCORE
- PROCAM
- Other CVD assessment tool

CVD risk tool is integrated in medical record system

Record that CVD risk tool has been offered

CVD risk advice is integrated in medical record system

Regular advice to the patients is given about

- Smoking
- Weight
- Physical exercise/activity
- Blood pressure
- Cholesterol
- Lifestyle children

Consultations/advice is offered regularly on

- lifestyle
- written information lifestyle
- websites
- sports club

Team meeting about quality improvement in last 15 months

GPs attend ≥ 1 training about CVD in last 5 years

One GP per practice attended ≥ 1 training about CVD in last 15 months

Information leaflets about CVD available at the practice for patients

Directory of local prevention activities available locally

Practice participated in Cardiovascular quality improvement projects

Practice participated in project concerning cardiovascular risk management last 2 years

A public health project on CV risk in the practice area in last 2 years