

National CVD Prevention Coordinators Training

EuroPrevent Dublin 5 May 2012

Implementation: practicalities
and role of National CVD
Prevention Coordinators

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PIC

&



Outline

- **General background**
- **Guidelines**
- **The prevention cycle**
- **Barriers to implementation**
- **Strategies to improve implementation**
- **Prevention implementation: role of National CVD Prevention Coordinators**

General Background

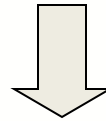


Guidelines on Prevention



Research

SCORE, HeartScore
Evidence based reviews



Guidelines

94,98,03,07,12

EuroAspire
SURF

Audit

Implementation

PIC

Nat. Co-ord

EuroAction

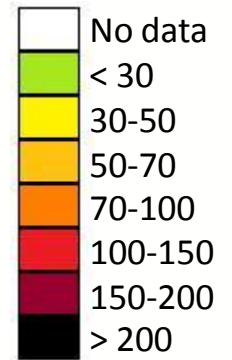
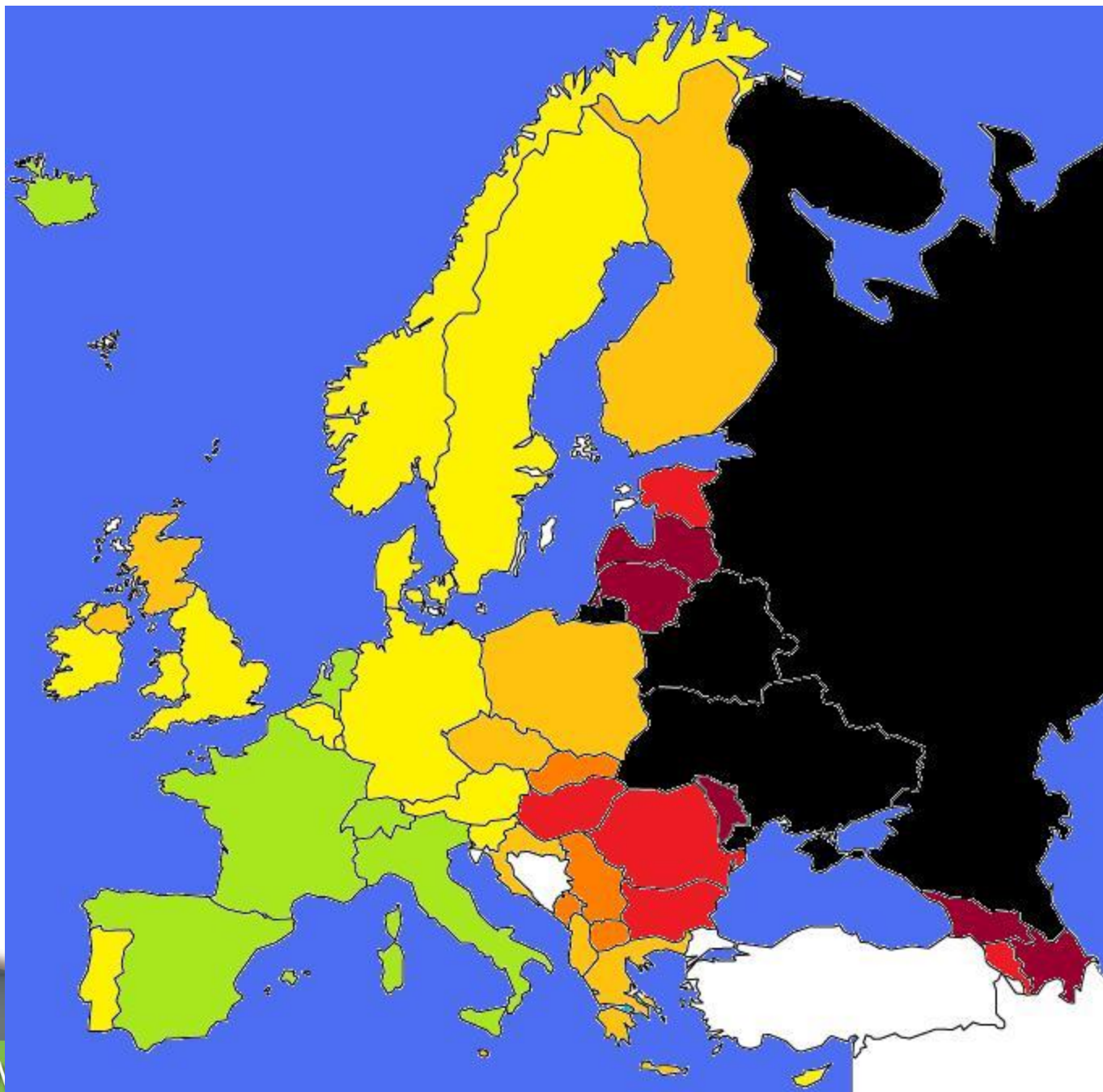
Political actions



European Prevention implementation is complex- many players are involved

1. **The EU- vital but no legislative framework**
2. **Individual Departments of Health- like their independence**
3. **ESC/EACPR**
4. **PIC partner European Specialist groups**
5. **National Cardiac and other specialist and GP societies**
6. **Nurses and allied health professional, European and National**
7. **Educators- 1st 2nd & 3rd level**
8. **Industry- Pharma, Food, Exercise, Neutral**

It's like herding cats!



Age standardised
CHD mortality
rates (under 65)
in men &
women



The European Heart Health Charter and the Guidelines on cardiovascular disease prevention

- **The European Heart Health Charter advocates the development **and implementation** of comprehensive health strategies, measures and policies at European, national, regional, and local level that promote cardiovascular health and prevent CVD**
- **The Joint CVD prevention guidelines aim to assist physicians and other health professionals to fulfil their role in this endeavour, particularly with regard to achieving effective preventive measures in day-to-day clinical practice**
- **They reflect the consensus arising from a multi-disciplinary partnership between the major European professional bodies represented**

Implementation of CVD guidelines

1. Knowledge of JTF5 guidelines
2. The gap between recommendations and clinical practice
3. Barriers to implementation
4. Strategies to improve implementation
5. Practicalities

European Guidelines on CVD Prevention

Fifth Joint European Societies' Task Force on cardiovascular disease prevention in clinical practice

Available on-line from 3 May 2012



European Society of Cardiology (ESC)

European Association for Cardiovascular Prevention & Rehabilitation (EACPR)



European Society of Hypertension (ESH)

International Society of Behavioural Medicine (ISBM)



European Heart Network (EHN)

European Association for the Study of Diabetes (EASD)



European Atherosclerosis Society (EAS)

International Diabetes Federation Europe (IDF-Europe)



European Society of General Practice/Family Medicine (ESGP/FM)/Wonca

European Stroke Initiative (EUSI)



Utility of Guidelines

- Guidelines alone are good for the vanity of the authors and bad for rain forests; they are a waste of time without a defined implementation strategy
- Hence the **Prevention Implementation Committee** and other implementation efforts

“Said is not heard,
heard is not understood,
understood is not agreed upon,
agreed is not applied,
applied is not at all maintained.”

Konrad Lorenz, 1903-1969

[Thank you, Ulrich Keil]



Use of BP meds

Total Chol

P<0.0001



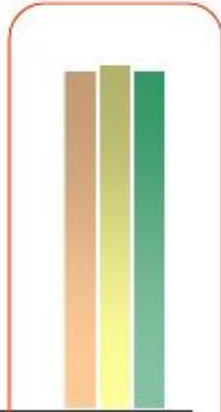
ALL

6.19
5.45
4.56

S2 vs. S1 : *P*<0.0001
S3 vs. S2 : *P*<0.0001
S3 vs. S1 : *P*<0.0001

BP control

P=0.83



ALL

44.7%
45.5%
44.6%

S2 vs. S1 : *P*=0.83
S3 vs. S2 : *P*=0.57
S3 vs. S1 : *P*=0.72

P<0.0001



ALL

84.5%
90.6%
96.8%

S2 vs. S1 : *P*=0.001
S3 vs. S2 : *P*=0.002
S3 vs. S1 : *P*<0.0001

Diabetes

P=0.004



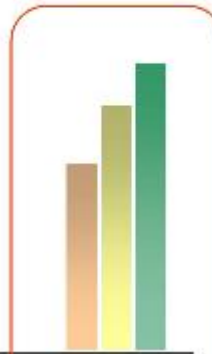
ALL

17.4%
20.1%
28.0%

S2 vs. S1 : *P*=0.21
S3 vs. S2 : *P*=0.02
S3 vs. S1 : *P*=0.001

Obesity

P=0.0006



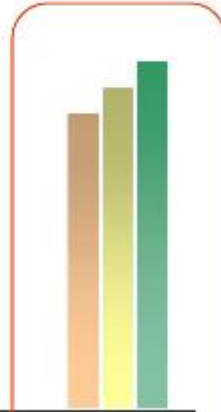
ALL

25.0%
32.6%
38.0%

S2 vs. S1 : *P*=0.009
S3 vs. S2 : *P*=0.051
S3 vs. S1 : *P*=0.0002

BMI

P=0.001



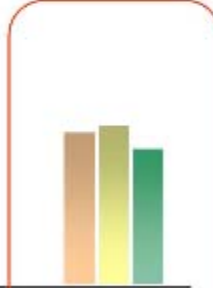
ALL

27.8
28.5
29.2

S2 vs. S1 : *P*=0.02
S3 vs. S2 : *P*=0.04
S3 vs. S1 : *P*=0.0001

Smoking

P=0.64



ALL

20.3%
21.2%
18.2%

S2 vs. S1 : *P*=0.83
S3 vs. S2 : *P*=0.37
S3 vs. S1 : *P*=0.48

Factors Impeding the Practical Implementation of Cardiovascular Prevention

**An international market research project in 6 countries:
Germany, France, Italy, Spain, the United Kingdom and Poland**



- PRESENTATION CHARTS -

Psyma International Medical
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This study was commissioned by
***European Society of Cardiology (ESC)
Cardiovascular Round Table (CRT)
Task Force 4***

Technical staff at Psyma International:

Alexander Rummel
Monica Bach
Dr. Britta Meyer-Lutz

Barriers to implementation

REACT study, Hobbs FDR, Erhardt L, Family Practice 2002
ESC CRT Market research survey, Graham I, EJCPR 2006
Benchmarking Study, M McGee 2011

- **Lack of patient compliance**
- **Lack of time**
- **Lack of budget**
- **Guidelines too complicated, confusing, too much information)**
- **Guidelines too general (do not fit my patient)**
- **Unhelpful government health policies (assistance, remuneration, patient education)**
- **Can be difficult to find who is responsible in Government**

Barriers to implementation

Pearson 1996; European Guidelines 4th Joint
Task Force 2007

- Patient (Person)
- Physician
- Health Care Settings
- Community/Society

SUMMARY:

Key factors to increase usage of guidelines

- **Simple, clear, credible national guidelines**
- **Sufficient time**
- **Facilitatory government policy:**
 - Who is in charge?
 - Defined prevention strategy
 - Reimbursement for health professionals
 - public awareness and education from school on
- **Multidisciplinary implementation strategy- with teeth**

Strategies to improve implementation

Sophie Squarta
Camille Pfaff
Ian Graham

Implementation strategies: European level

1. **Publication of Guidelines** in relevant journals
2. **The Prevention Toolkit**, comprising the Guidelines (paper and electronic), risk chart, summary page, link to GLT etc
3. A defined **dissemination strategy**
4. **Implementation Committees/Groups:** Prevention Implementation Committee
5. **Presentations at international conferences** of the participating societies
6. **Directly influencing EU health policy-** for example through the Luxembourg Declaration and the European Health Charter- the product of a partnership between the EU, WHO, ESC and EHN

Implementation strategies:

National level

1. Adapt the European Guidelines to suit the local culture
2. Formation of a **multidisciplinary implementation group**: might include
 - professional and voluntary bodies
 - medical and other health professionals with appropriate skills
 - educators
 - business people
 - politicians.

Needs to be more than merely advisory: should inform and shape health policy. Some have used "Prevention Summit" conferences

3. Multi-faceted communications using all available media to doctors, medical and para-medical students, and ultimately all adults and children, including schools

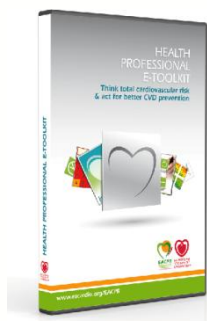
2012 National CVD Prevention Coordinators

- ✓ **57** National CVD Prevention coordinators in 48 countries
(32 confirmations; 15 replacements and 9 new countries)

Congratulations on your renewal/appointment!

New Health Professional e-Toolkit

- ✓ 1500 free copies available at EuroPREvent 2012 (EACPR/ESC stand)
- ✓ 8500 free copies (updated) at ESC Congress 2012
- ✓ Templates can be provided to National Cardiac Societies for translation!



HEALTH PROFESSIONAL E-TOOLKIT
Think total cardiovascular risk & act for better CVD prevention

SCORE
Systematic Coronary Risk Evaluation

- European SCORE Risk Charts - High Risk
- European SCORE Risk Charts - Low Risk

HeartScore
CVD Risk Prediction and Management Program

- Access HeartScore[®] web-based version
- Install HeartScore[®] on your PC

How Happy is My Heart?

- Tips for your patients: print the poster for your waiting room!

Quizzed Learning Tool

- Test your knowledge with the interactive Quizzed learning tool.

European Association for Cardiovascular Prevention & Rehabilitation (EACPR)

- Learn more about our Congress
- Subscribe to our Journal
- Become a member
- Contact your National CVD Prevention Coordinator

European Guidelines for CVD Prevention in Clinical Practice (update 2012)

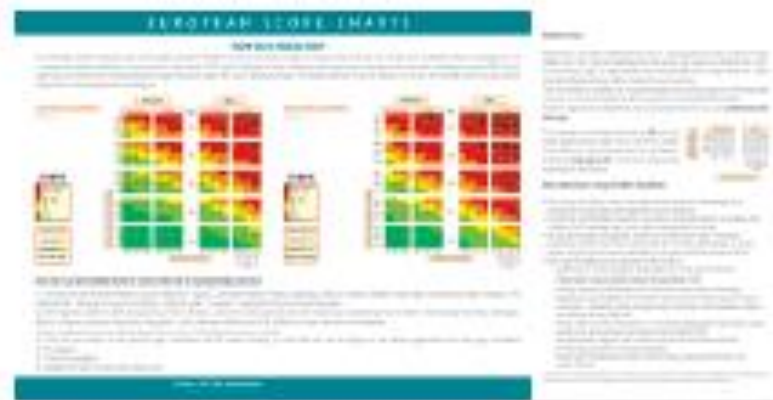
- Read the Guidelines
- Download the Guidelines and mobile Guidelines for PDA, Pocket PC/Windows Mobile, SmartPHONE (available in December 2012)

Risk Assessment Assessment

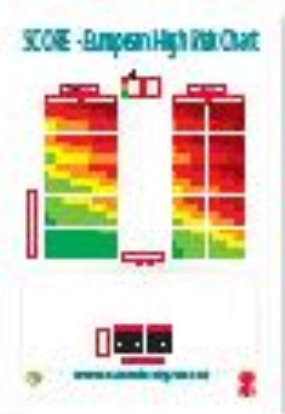
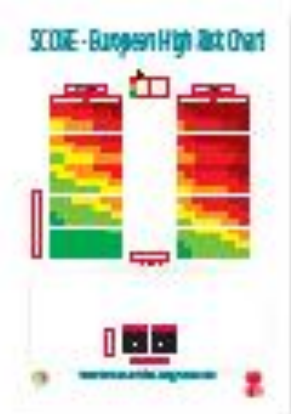
- Key recommendations for CVD risk assessment & management.

www.escardio.org/EACPR

A printed copy of the European SCORE Risk Charts (High & Low risk)



A CD-Rom with:



The European SCORE Risk Charts (High & Low Risk)

A Patient info Poster to print

A Risk Assessment Memocard

HeartScore®

National CVD Prevention Coordinators « survival kit »

Prevention Implementation Package

- Your Role & Responsibilities
- A Contact List
- Guidelines - What is new ?
- Strategies for Implementation
- Available Tools
- Useful Information



Forming a multidisciplinary implementation group

Process-

- The ESC asks National Cardiac Societies to nominate a **National Co-ordinator(s)** to develop and lead the **multidisciplinary implementation group** which will develop-National guidelines if needed
- Partnerships between politicians, health professionals, educators and business
- A defined communication strategy
- An evaluation and audit (EuroAspire,SURF) strategy
- **BUT it must have teeth. This requires high level political representation if it is not to be a talking-shop. Indeed...**
- This process has been variably successful. It is now proposed that there may be two national co-ordinators- one a cardiologist and one from the Department of Health/ Health Service Executive

PIC & National Co-ordinators- Likely most effective actions?

- 1. Driving National alliances**
- 2. Simpler Guideline materials**
- 3. How-to manual**
- 4. Benchmarking and audit**
- 5. Lobbying EU policy**

Thank you

Next Steps

Give us your feedback!

- Short survey to be sent after the meeting

Make yourself heard!

- Interviews will be conducted for the EACPR e-newsletter. EACPR Team will contact you shortly

Meet with your peers!

- European forum on CVD Prevention (ESC Congress Munich)