

Hypertension Community of Practice Session

House Keeping

We appreciate that this event is being held over the lunch period so if you want to temporarily switch off your camera whilst listening to the presentations, then please feel free to do so.

Please ask any questions either at the end of the presentation or through the chat facility. If we don't manage to answer all questions in the session, we will follow these up after the event and circulate information to the group.

We want this to be an interactive session so we welcome comments, observations etc either in the chat or after the presentation.

To encourage open discussion, we will not be recording this event.

If you cannot see the chat or if you have any issues with the session, please email karen.verrill@ahsn-nenc.org.uk

Tackling Hypertension for better CVD outcomes

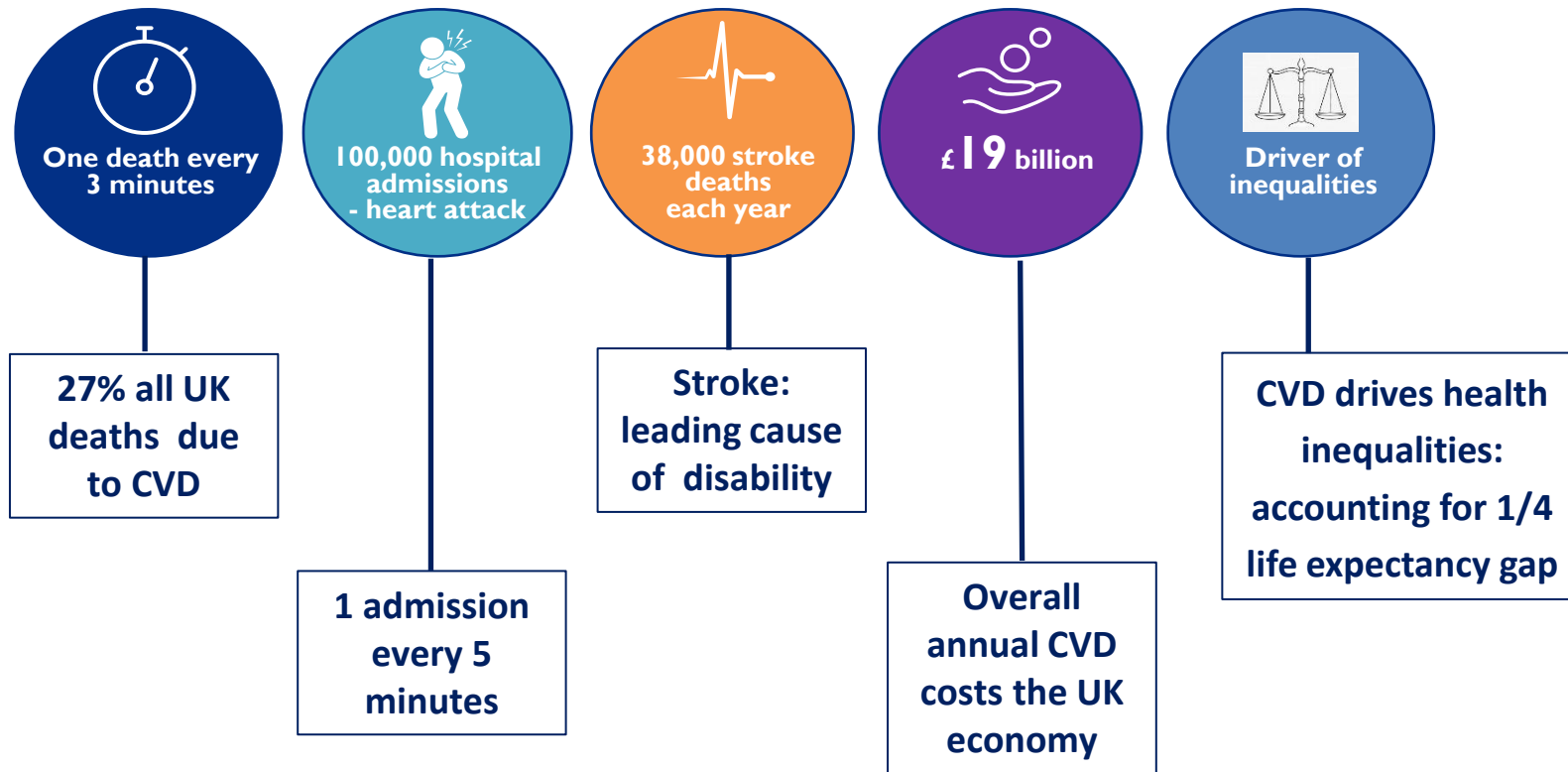
Dr Raj Bethapudi

GP Partner, trainer, appraiser
Co-chair, NENC ICS CVD Network
Clinical champion, AHSN NENC

NHS England and NHS Improvement



Cardiovascular Disease Prevention – A National and Local Priority



But CVD is highly preventable...

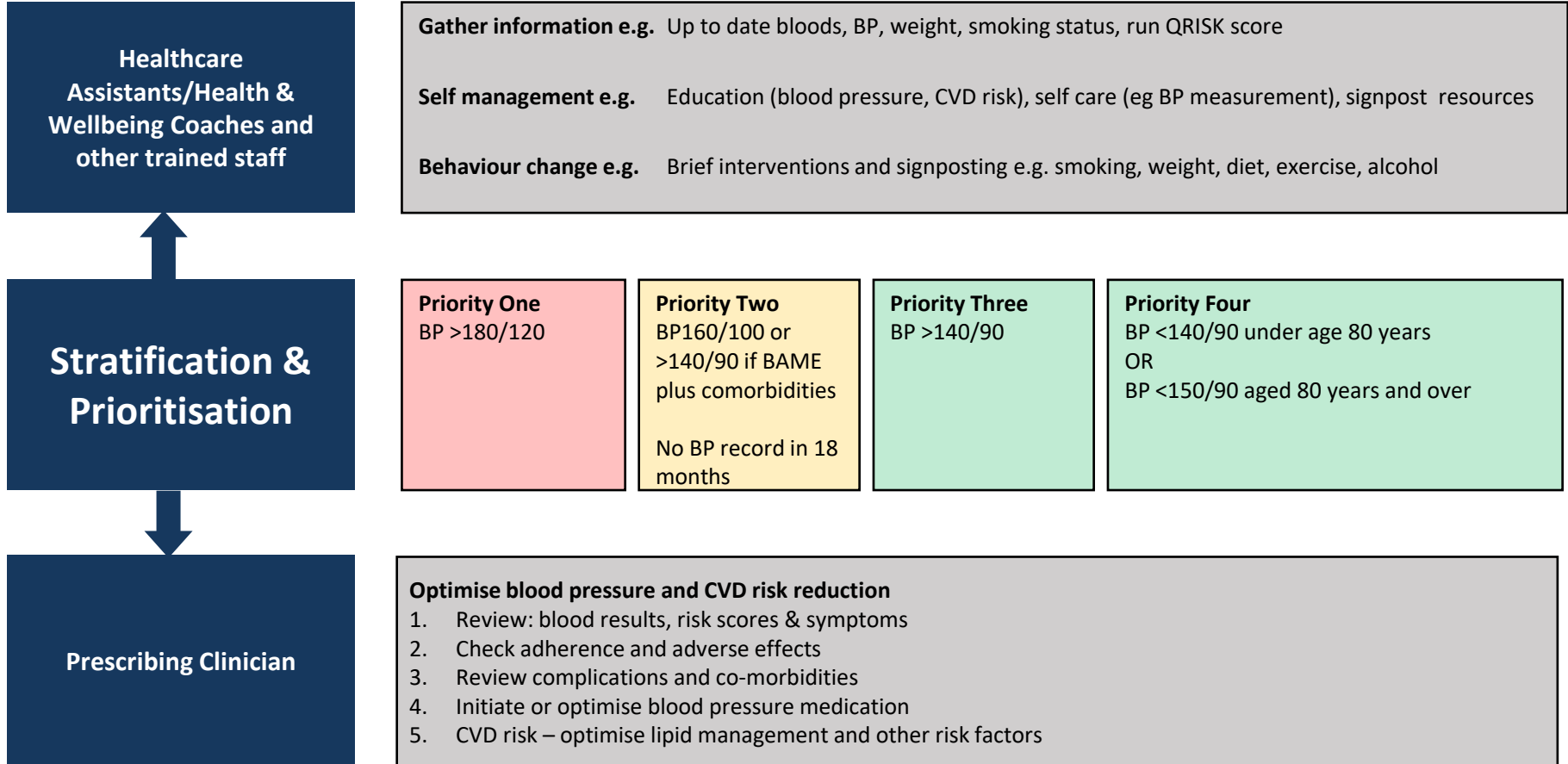
Urgent Challenge – LTC Recovery

1. Pandemic resulted in dramatic change in primary care: reduced face to face access and high clinical demand (COVID surges and vaccination)
2. Disruption of routine, proactive care in high impact conditions such as CVD, hypertension, diabetes, COPD, asthma
3. Risk of deterioration/exacerbation in these conditions driving further waves of demand for urgent care and increasing premature mortality and morbidity

Opportunity

1. Restore and transform proactive care for people with long term conditions
2. Optimise clinical management to address historical under treatment
3. Optimise support for patient education, self management and lifestyle change

UCLPartners Proactive Care Framework for Hypertension



Stratification: improving outcomes and increasing capacity


- Stratification informs workflow and workforce planning
- Helps GPs meet QOF and other targets
- Shift between priority groups over time shows clinical impact

Borough level searches

Total Population: ~446,000

Hypertension: 40,155

Priority Group	Definition	No. of patients	%
PRIORITY 1	Clinic BP \geq 180/120mmHg	541	1%
PRIORITY 2a	Clinic BP \geq 160/100mmHg	2,756	7%
PRIORITY 2b	Clinic BP \geq 140/90mmHg and BAME + additional CV risk factor	3,827	10%
Priority 2c	No BP reading in last 18 months	5,902	15%
Priority 3a	Clinic BP \geq 140/90mmHgBP if BAME or CVD, CKD, diabetes	3,818	10%
Priority 3b	BP \geq 140/90mmHg - all other patients	2,347	6%
Priority 4a	BP < 140/90mmHg (under 80 years)	18,013	45%
Priority 4b	BP < 150/90mmHg (80 years and over)	2,951	7%



18% highest priority



52% low priority

Size of the Prize – North East and North Cumbria BP Optimisation to Prevent Heart Attacks and Strokes at Scale



% patients with blood pressure treated to target

QOF 19/20
73.0%

COVID-19 Disruption
91,634 Thousands fewer patients with BP treated to target or BP not recorded

Risk: up to **1,370 extra heart attacks and strokes** in 3 years

54.6%
QOF 20/21

QOF Recovery
73.0%

74%
4,870 additional patients

77%
19,803 additional patients

80%
34,735 additional patients

Ambition 1	Ambition 2	Ambition 3
Potential cardiovascular events prevented in 3 years ¹ And estimated savings		
29 heart attacks	119 heart attacks	208 heart attacks
Up to £0.2 million ² saved	Up to £0.9 million ² saved	Up to £1.6 million ² saved
44 strokes	177 strokes	311 strokes
Up to £0.6 million ³ saved	Up to £2.5 million ³ saved	Up to £4.3 million ³ saved

References

- Public Health England and NHS England 2017. Size of the Prize
- Royal College of Physicians (2016). Sentinel Stroke National Audit Programme. Cost and Cost-effectiveness analysis.
- Kerr, M (2012). Chronic Kidney disease in England: The human and financial cost

Modelling

Data source: NCVIN 2021. Briefing note: QOF 2020/21 Management of hypertension – HYPALL metric (HYP003 + HYP007). 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.

What can practices do?

- Introducing a hypertension champion within your practice
- Communications and messaging to patients
- Encouraging the use of BP monitors at home
- Supporting patient self-management
- Investment in training and leadership
- Support from other primary care services
- PCN/QOF action plan with simple and meaningful data, available to all staff



Thank you for listening

Register your interest for next– Learn and Share session

<https://www.eventbrite.com/cc/blood-pressure-monitoring-community-of-practice-1490379>

**Clinical Digital
Resource Collaborative**

Join our Journey

CDRC Supporting Clinical Decisions

Ben Mole

Project Support Officer AHSN NENC and CDRC

 @CDRC_Precision

 www.cdrc.nhs.uk

 contact-CDRC@ahsn-nenc.org.uk

About CDRC

CDRC develops patient-centric clinical resources for use in the clinical systems, SystemOne and EMIS

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Who?

The Clinical Digital Resource Collaborative (CDRC), founded in 2018, is a collaboration between the **AHSN NENC, NECS, CBC Health Ltd** and **Cumbria PRIMIS Informatics**, with key strategic relationships with GP Federations and CCGs.



 @CDRC_Precision



What?

A NENC regional NHS owned digital resource with national reach, that enables clinicians and clinical organisations to deliver gold-standard patient care efficiently.

 www.cdrc.nhs.uk



How?

CDRC's identification and management resources put the clinician in control of patient care, improving patient outcomes and allow clinicians to provide the appropriate care at the right time.

www.ahsn-nenc.org.uk

 contact-CDRC@ahsn-nenc.org.uk

Our Vision and Mission

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Resource Collaborative

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Vision

To become a regional central hub of free to use clinical resources.



Mission

Prevent clinical teams across the country having to reinvent the wheel via the creation of a central repository of ICP, ICS & National Resources, with regional adaption where required.

The Team



Dr Gareth Forbes
Co-Founder



Dr Jonathan Harness
Co-Founder and Chair



Billie Moyle
Primary Care Data
Quality Lead (NECS)



Kathryn Muckles
Primary Care Data Quality
Specialist (NECS)



I-Lin Hall
CDRC position -CDRC Delivery
Insight (NECS)



Professor Julia Newton
Medical Director
AHSN



Jody Nichols
Implementation Lead
(AHSN)



Dr Tom Zamoyski
GP Clinical Lead
(AHSN)



Dr Andrew Richardson
GP – EMIS Resource
Development Lead (AHSN)



Michelle Waugh
Project Support Officer
(AHSN)



Ben
Project Support
Officer (AHSN/CDRC)



CDRC Resource Overview

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Clinical/ Population
Reporting



Data Entry Templates



Letters / Referral
Forms



Patient Status Alerts



Protocols



Patient Recalls



Questionnaires



Hazard Reviewed
Resources

Key Resources Provided by CDRC

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Clinical Reports / Patient Searches

Searches that support the identification of patients with undiagnosed or misdiagnosed conditions, patients who may benefit from interventions and optimisation of treatment.



Data Entry Templates

Detailed, intuitive templates, covering a range of clinical areas that allow for the accurate review, assessment and coding of patient data.



Patient Status Alerts / Icons

Alerts and Icons that alert you to situations relating to the patients that may require special attention.



Referral Forms

Regional Referral forms that pre-populate with relevant patient information from their clinical record.



Who are these resources for?

Healthcare Professionals managing individual patients in practice.



Healthcare Professionals working as a clinical lead within their organisation – looking after particular cohorts of patients.

PCN, CCG, Federations, ICP, ICS level for population-based interventions



Admin roles within teams e.g., LTC management organisations.

Benefits of using CDRC

Improved quality and safety for patients, clinicians and the NHS

- *by identifying patients who are undiagnosed, misdiagnosed or coded incorrectly.*

Improved time / cost savings

- *by utilising pre-designed, validated resources (templates, searches, protocols, alerts).*

Flexible implementation

- *Clinical teams can choose to use only the resources which are important to them.*

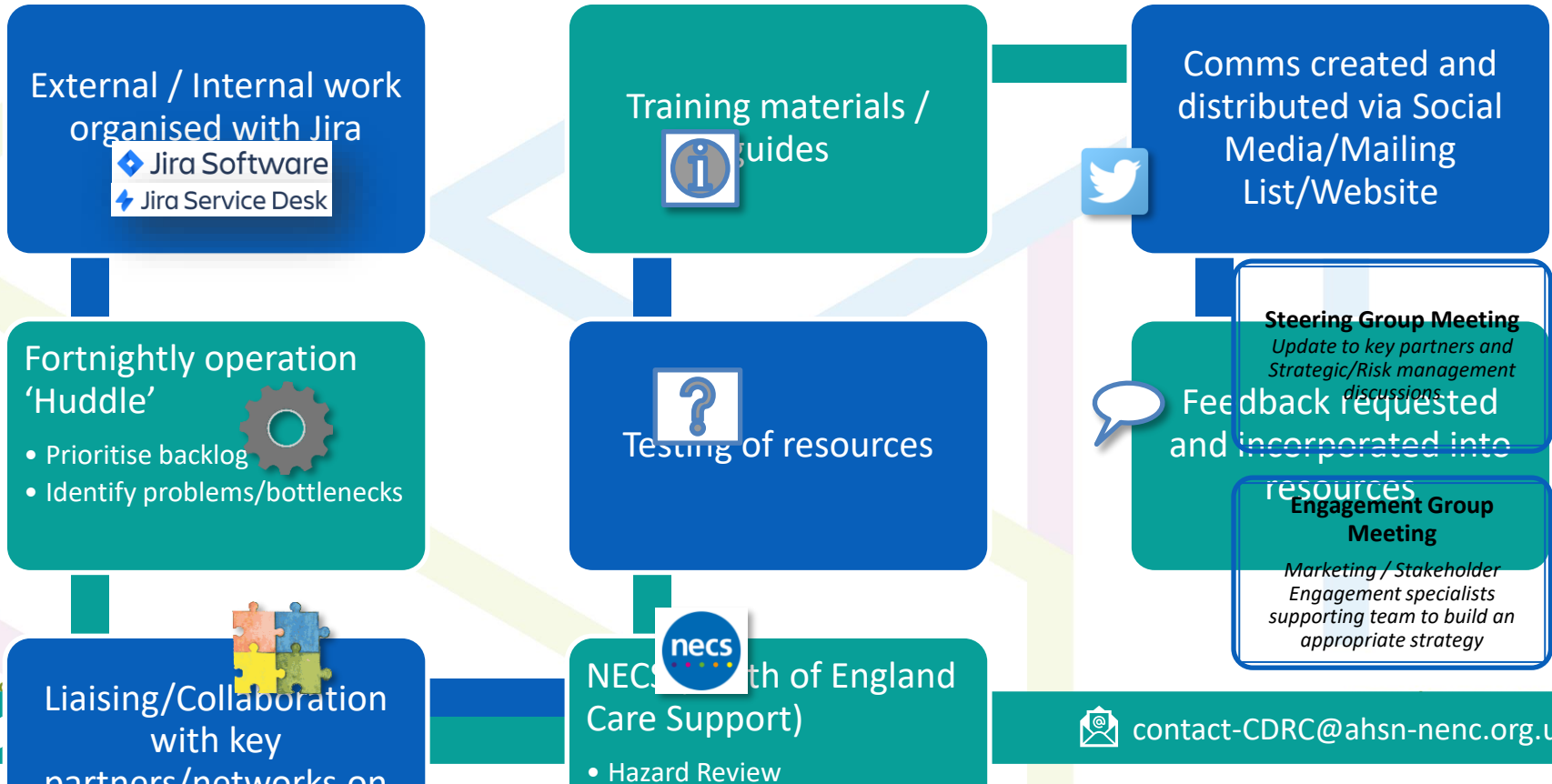
Safe and compliant data sharing

Improved performance management

- *Via the use of 'dashboard' suites of searches/reports which provide real-time data on many aspects of clinical performance.*

Opportunity to increase practice income

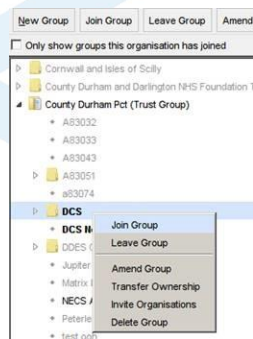
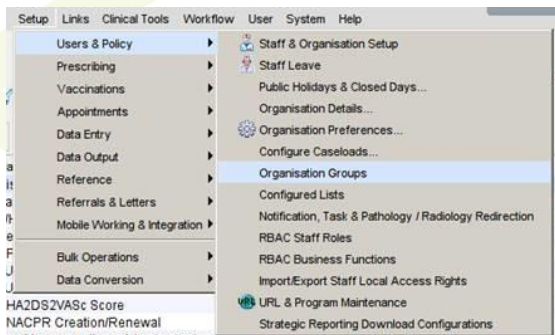
Resource Development Process



How to Access CDRC Resources

Depending on your clinical system the method to access CDRC resources will differ.

SystemOne:



EMIS:

You are here: [Home](#) / [Resources](#) / [EMIS Resource Centre](#) / CDRC EMIS Access

How to Access CDRC Resources on EMIS:

CDRC Precision Resources have been created for use in the digital clinical system, EMIS Web.

- Population Reporting Searches can be downloaded via .zip files
- Clinical Templates and Protocols can be access via CDRC Resource Publisher

To access CDRC Precision Resources via Resource Publisher, please follow the step-by-step instructions and watch the video tutorial below.

▶ Accessing CDRC EMIS Population Reporting Searches via .zip file

▶ Accessing CDRC EMIS Clinical Templates & Protocols via Resource Publisher

Joining the group does not give any access to any of your organisation's data (patient or otherwise) to any other organisation.

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Resource Collaborative**

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CDRC Supporting Clinical Decisions

Dr. Gareth Forbes

Co-Founder CDRC

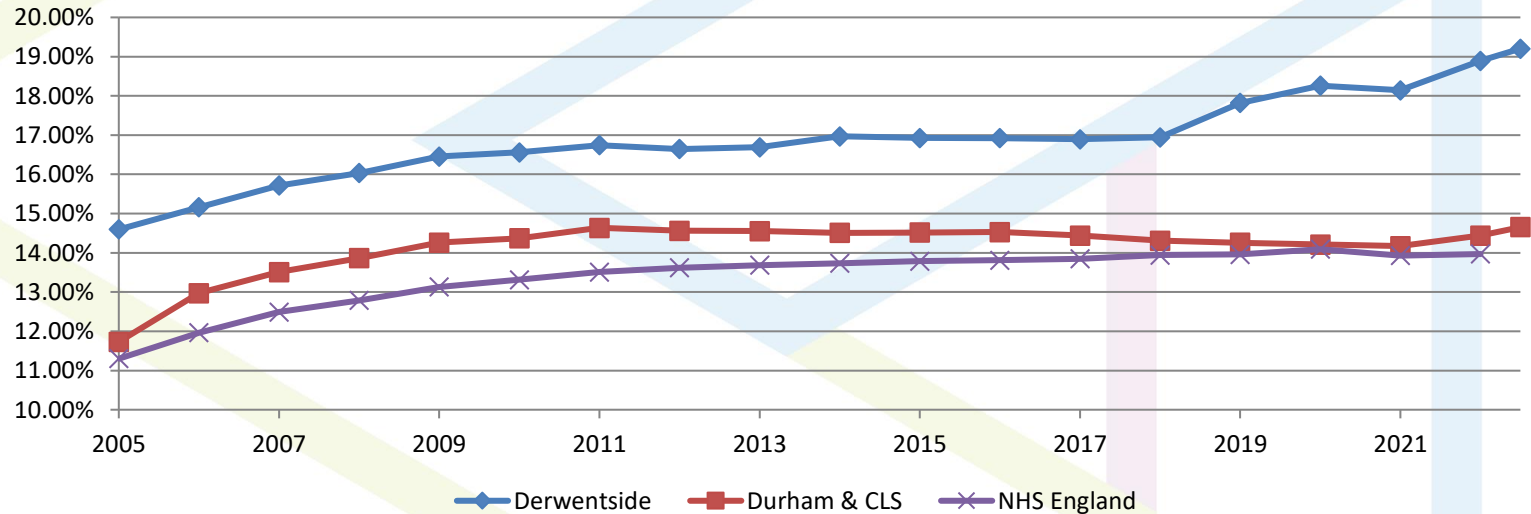
BP/Hypertension Resource Demonstration

 @CDRC_Precision

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Hypertension

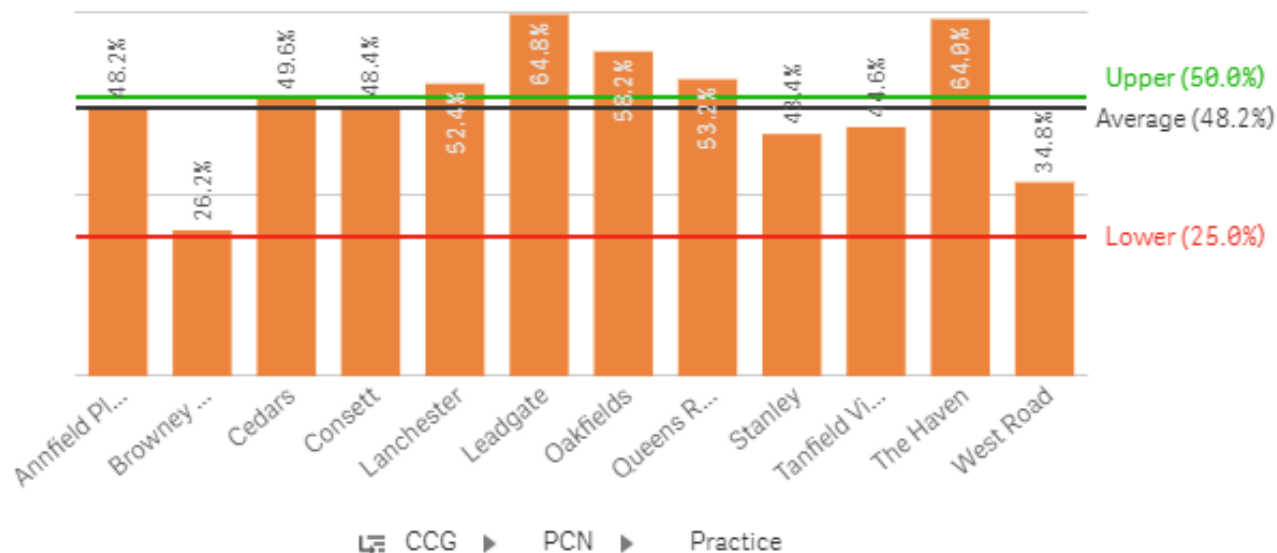


Hypertension Performance

BP 1 SCREENING - BP CHECKING IN PEOPLE WITHOUT HIGH RISK CONDITIONS	0	0.0 %
BP 1 Screening - Patients over 45 without a condition requiring annual BP check	1386	22.8 %
BP 1.1 Screening - Patients over 45 without a condition requiring annual BP check with BP check in last 5 years	1134	81.8 %
BP 2 CASEFINDING - PEOPLE WITH RAISED BP WHO ARE NOT ON THE HYPERTENSION REGISTER	0	0.0 %
BP 2 Casefinding - Patients whose last BP is raised but not on hypertension register	317	5.2 %
BP 3 MONITORING - BP CHECKING IN PEOPLE WITH HIGH RISK CONDITIONS	0	0.0 %
BP 3 Monitoring - Patients who need annual BP	1546	25.5 %
BP 3.1 Monitoring - Patients who need annual BP with BP in the last year	1450	93.8 %
BP 4 CONTROL - BP MANAGEMENT FOR LTCs WHICH NEED BP CONTROL	0	0.0 %
BP 4 Control - Patients who need BP control (CKD, T1DM, HT)	1319	21.7 %
BP 4.1 Control - Patients who need BP control with BP recorded in the last year	1247	94.5 %
BP 4.2 Control - NICE target - Achieved	1094	82.9 %
BP 4.21 Control - NICE target <130/80 - on target	17	39.5 %
BP 4.23 Control - NICE target <135/85 - on target	6	100.0 %
BP 4.25 Control - NICE target <140/90 - on target	974	83.9 %
BP 4.26 Control - NICE target <150/90 - on target	97	88.2 %
BP 4.3 Control - Conditions needing BP control - personal target set	559	42.3 %
BP 4.31 Control - Personal Target set and achieved	426	73.8 %
BP 4.32 Control - Personal Target is LOWER than NICE target	93	16.1 %
BP 4.33 Control - Personal Target is HIGHER than NICE target	3	0.5 %

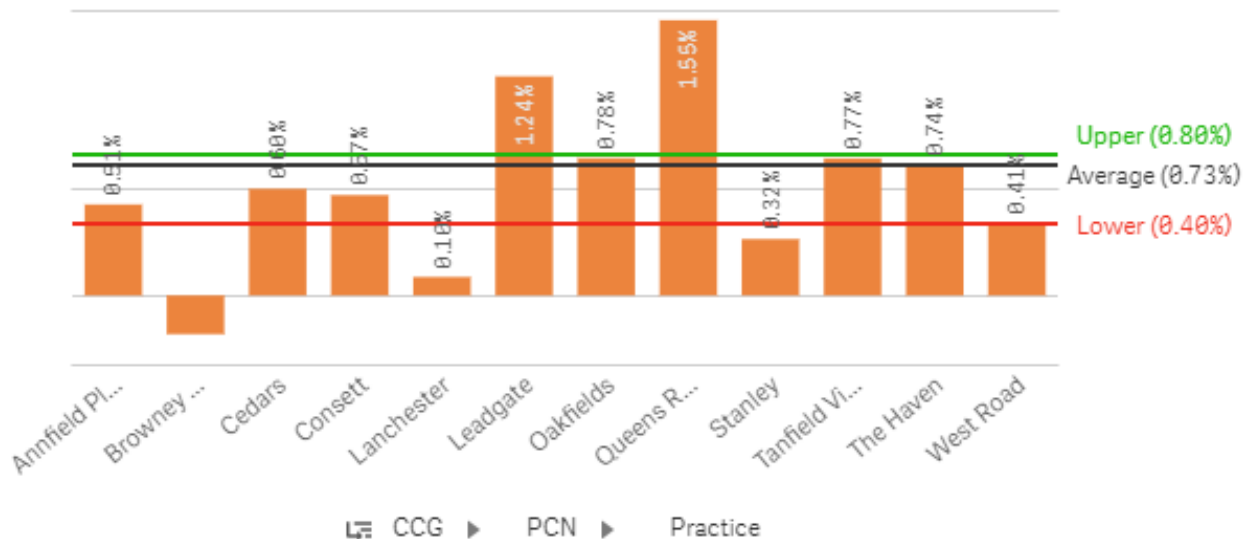
CVD-01

Percentage of patients aged 18 or over with an elevated blood pressure reading ($\geq 140/90$ mmHg) and not on the QOF Hypertension Register, for whom there is evidence of clinically appropriate follow-up to confirm or



CVD-02

Percentage of registered patients on the QOF Hypertension Register. Comparison between This Year and Last Year.



CDRC Hypertension Searches

? Hypertension/BP 1.1 Screening Priority 1 - Consider repeat BP Last BP >=170/105 #	18	0.3 %
? Hypertension/BP 1.1 Screening Priority 1.1 - Consider repeat BP Last BP >=170/105 - harder to reach patients	7	0.1 %
? Hypertension/BP 1.2 Screening Priority 2 - Consider repeat BP Last BP >=160/100 #	34	0.6 %
? Hypertension/BP 1.2 Screening Priority 2.1 - Consider repeat BP Last BP >=160/100 - harder to reach patients	13	0.2 %
? Hypertension/BP 1.3 Screening Priority 3 - Consider repeat BP Last BP >=150/90 #	166	2.7 %
? Hypertension/BP 1.3 Screening Priority 3.1 - Consider repeat BP Last BP >=150/90 - harder to reach patients	28	0.5 %
? Hypertension/BP 1.4 Screening Priority 4 - Consider repeat BP Last BP >=140/90 #	276	4.5 %
? Hypertension/BP 1.4 Screening Priority 4.1 - Consider repeat BP Last BP >=140/90 - harder to reach patients	40	0.7 %
? Hypertension/BP 1.5 Screening - Other Groups 1.1 BAME - Consider repeat BP Last BP >=140/90	4	0.1 %
? Hypertension/BP 1.5 Screening - Other Groups 1.2 Core20Plus5 - Consider repeat BP Last BP >=140/90	83	1.4 %
? Hypertension/BP 1.5 Screening - Other Groups 1.3 Hard to reach - Consider repeat BP Last BP >=140/90	40	0.7 %
? Hypertension/BP 1.5 Screening - Other Groups 1.4 Hardest to reach - Consider repeat BP Last BP >=140/90	20	0.3 %
? Hypertension/BP 2.1 Casefinding - Potential Hypertension indicator but no HT code (run every 3-12 months)	4	0.1 %
? Hypertension/BP 2.2 Casefinding - Medication that might be for HT but no HT (run every 3-12 months)	10	0.2 %
? Hypertension/BP 2.3 Casefinding - ABPM>=135/85 and not appropriately coded (run monthly)	1	0.0 %
? Hypertension/BP 3.00 Management is suboptimal - All patients	262	4.3 %
? Hypertension/BP 3.01 Management is suboptimal - Hard to reach	99	1.6 %
? Hypertension/BP 3.1 Management Priority 1 - Highest potential for intervention - multiple issues	0	0.0 %
? Hypertension/BP 3.2 Management Priority 2 - High potential for intervention - multiple issues	13	0.2 %
? Hypertension/BP 3.31 Management Priority 3a - Consider treatment intensification - Highest priority	15	0.2 %
? Hypertension/BP 3.32 Management Priority 3b - Consider poor concordance	30	0.5 %
? Hypertension/BP 3.33 Management Priority 3c - No BP check for 18M	37	0.6 %
? Hypertension/BP 3.41 Management Priority 4a - Consider treatment intensification - Higher priority	18	0.3 %
? Hypertension/BP 3.43 Management Priority 4c - No BP check for 15M	14	0.2 %
? Hypertension/BP 3.51 Management Priority 5 - Consider treatment intensification - Lower priority	147	2.4 %
? Hypertension/BP 3.51 Management Priority 5.1 - Consider treatment intensification - Lower priority - Hard to reach	42	0.7 %
? Hypertension/BP 3.6 Management Priority 6 - Consider setting personal target	761	57.5 %

Hypertension Screening

? Hypertension/BP 1.1 Screening Priority 1 - Consider repeat BP Last BP >=170/105 #	18 0.3 %
? Hypertension/BP 1.1 Screening Priority 1.1 - Consider repeat BP Last BP >=170/105 - harder to reach patients	7 0.1 %
? Hypertension/BP 1.2 Screening Priority 2 - Consider repeat BP Last BP >=160/100 #	34 0.6 %
? Hypertension/BP 1.2 Screening Priority 2.1 - Consider repeat BP Last BP >=160/100 - harder to reach patients	13 0.2 %
? Hypertension/BP 1.3 Screening Priority 3 - Consider repeat BP Last BP >=150/90 #	166 2.7 %
? Hypertension/BP 1.3 Screening Priority 3.1 - Consider repeat BP Last BP >=150/90 - harder to reach patients	28 0.5 %
? Hypertension/BP 1.4 Screening Priority 4 - Consider repeat BP Last BP >=140/90 #	276 4.5 %
? Hypertension/BP 1.4 Screening Priority 4.1 - Consider repeat BP Last BP >=140/90 - harder to reach patients	40 0.7 %
? Hypertension/BP 1.5 Screening - Other Groups 1.1 BAME - Consider repeat BP Last BP >=140/90	4 0.1 %
? Hypertension/BP 1.5 Screening - Other Groups 1.2 Core20Plus5 - Consider repeat BP Last BP >=140/90	83 1.4 %
? Hypertension/BP 1.5 Screening - Other Groups 1.3 Hard to reach - Consider repeat BP Last BP >=140/90	40 0.7 %
? Hypertension/BP 1.5 Screening - Other Groups 1.4 Hardest to reach - Consider repeat BP Last BP >=140/90	20 0.3 %

Last BP High Searches

~10% of the population. Subdivided into manageable chunks to prioritise:

- Level of BP
- Hard to reach patients
- BAME
- Core20Plus
- QoF or IIF maximisation potential

Tools to reach these patients

- Patient flags
- Optional popups
- Accurx or communication annexe messaging
- Integration with community pharmacy hypertension scheme

Hypertension Casefinding

? Hypertension/BP 2.1 Casefinding - Potential Hypertension indicator but no HT code (run every 3-12 months)	4	0.1 %
? Hypertension/BP 2.2 Casefinding - Medication that might be for HT but no HT (run every 3-12 months)	10	0.2 %
? Hypertension/BP 2.3 Casefinding - ABPM \geq 135/85 and not appropriately coded (run monthly)	1	0.0 %

Missed Coding Searches

- Drug to diagnosis (~1.5%)
- Raised home blood pressure but no hypertension diagnosis (~1.0%)
- Non QoF code suggesting hypertension (~1.5%)

Hypertension Management

? Hypertension/BP 3.00 Management is suboptimal - All patients	262	4.3 %
? Hypertension/BP 3.01 Management is suboptimal - Hard to reach	99	1.6 %
? Hypertension/BP 3.1 Management Priority 1 - Highest potential for intervention - multiple issues	0	0.0 %
? Hypertension/BP 3.2 Management Priority 2 - High potential for intervention - multiple issues	13	0.2 %
? Hypertension/BP 3.31 Management Priority 3a - Consider treatment intensification - Highest priority	15	0.2 %
? Hypertension/BP 3.32 Management Priority 3b - Consider poor concordance	30	0.5 %
? Hypertension/BP 3.33 Management Priority 3c - No BP check for 18M	37	0.6 %
? Hypertension/BP 3.41 Management Priority 4a - Consider treatment intensification - Higher priority	18	0.3 %
? Hypertension/BP 3.43 Management Priority 4c - No BP check for 15M	14	0.2 %
? Hypertension/BP 3.51 Management Priority 5 - Consider treatment intensification - Lower priority	147	2.4 %
? Hypertension/BP 3.51 Management Priority 5.1 - Consider treatment intensification - Lower priority - Hard to reach	42	0.7 %
? Hypertension/BP 3.6 Management Priority 6 - Consider setting personal target	761	57.5 %

BP Management System

- Integrates all conditions needing BP management (hypertension, CKD, type 1 diabetes)
- Looks at **BP monitoring; medication concordance and BP control**
- Patients divided into manageable chunks to prioritise, e.g.:
 - Intervention potential
 - Hard to reach patients
 - QoF
- Allows customised BP targets and takes palliative care/significant frailty into account
- Minimises false positives
- Can support creation of local incentive schemes

Hypertension Template

Hypertension CDRC

Hypertension | Investigation/Referral | Coding / Casefinding | Exceptions | QoF Ruleset | Resources

Hypertension

NICE Hypertension Summary | NICE Hypertension Guidance

Coding

BP Targets

BP Graph

BP

Hypertension Register

End Organ Damage

Core Data

Patient Resources

BP Treatment

BP Exceptions

On max tol Rx

Lipids

Hypertension Review

Estimated NICE Target	Estimated NICE Target
none	none

No QoF Target

Target Systolic BP	Target Diastolic BP
NOT RECORDED	NOT RECORDED

No current record of hypertension

Date	Measurement	Value	QoF
16 Sep 2021	Body mass index - observation (22K..)	39.84 Kg/m²	QoF
19 Jun 2019	GPPAQ physical activity index: active (XaPPE)		QoF

Ex smoker (BUT current passive smoker)

Measurement	Value	Date
Alcohol intake	3 Units/Week	19 Jun 2019

NO clear record of current antihypertensive treatment

Latest QRISK >10% and not on treatment

Measurement	Value	Date
QRISK2 cardiovascular disease 10 year risk score	38.72 %	19 Jun 2019

!! CONSIDER LIPID LOWERING !!

Hypertension Review/ Monitoring Check Not Done

Show recordings from other templates
 Show empty recordings

Event Details | Information | Print | Suspend | Ok | Cancel | Show Incomplete Fields



Hypertension Template

Hypertension CDRC



Hypertension Investigation/Referral Coding / Casefinding Exceptions QoF Ruleset Resources



Hypertension Codes



Problem **Summary**
If there is stage 1 hypertension (Clinic 140/90-159/99, Home 135/85-149/94) and no evidence of end organ damage, use this code:

Stage 1 HT without evidence of end organ damage  Stage 1 HT without evidence of end organ damage 

If the patient does not have stage 1 hypertension, or has now moved to stage 2 hypertension or developed end organ damage, use any of these codes:

Hypertension  Hypertension 

Hypertension codes  Hypertension codes 

Hypertension resolved  Hypertension resolved 

Casefinding Information

BP Casefinding - Last BP raised

Hypertension QoF Codes

Hypertension Codes (non QoF)

Stage 1 HT without evidence of end organ damage

Date Che... | ...

No previous values

Show recordings from other templates
 Show empty recordings

Event Details Information Print Suspend QoF Cancel Show Incomplete Fields

Hypertension Visualisation

Coming soon!

The screenshot displays a hypertension visualization tool. At the top left, the current blood pressure is shown as 125 / 60 mmHg. Below this, a table lists recent blood pressure readings with dates and values. To the right, the 'Personal BP Target' is set to < 150 mmHg / < 90 mmHg, with an 'Estimated NICE Target' of 140 / 90 and a 'QoF Target' of 150 / 90. A 'Record Target' button is present. Below the readings, a medication history section shows 'Felodipine 10mg modified-release tablets' with dates 13 02 23 and 16 01 23. A blue bar indicates 'Show BPs with Medication'. At the bottom, a treatment algorithm is shown, branching into 'Hypertension with T2DM' and 'Hypertension without T2DM'. The 'Hypertension without T2DM' branch further divides into three categories based on age and ethnicity: 'Age <55 and not of black African or African-Caribbean origin', 'Age 55 or over', and 'Black African or African-Caribbean origin (any age)'. Each category has a 'Step 1' and 'Step 2' treatment recommendation.

Date	Reading	Date	Reading
09 11 22	160 mmHg	09 11 22	70 mmHg
11 11 22	138 mmHg	11 11 22	78 mmHg
09 12 22	144 mmHg	09 12 22	80 mmHg
09 12 22	140 mmHg	09 12 22	85 mmHg
09 12 22	160 mmHg	09 12 22	82 mmHg
03 02 23	125 mmHg	03 02 23	60 mmHg

Personal BP Target: < 150 mmHg / < 90 mmHg
Estimated NICE Target: 140 / 90
QoF Target: 150 / 90

Record Target

13 02 23 Felodipine 10mg modified-release tablets
16 01 23 Felodipine 10mg modified-release tablets

Show BPs with Medication

Hypertension with T2DM | Hypertension without T2DM

Age <55 and not of black African or African-Caribbean origin | Age 55 or over | Black African or African-Caribbean origin (any age)

Step 1: ACEI or A2RB | CCB

Step 2: ACEI or A2RB + CCB or thiazide like diuretic | CCB + ACEI or A2RB OR thiazide like diuretic

Visualisation Tool

Lipid Dashboard

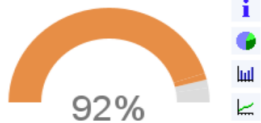
Lipids Dashboard

Proportion with
established ASCVD

6%

Secondary Prevention

Lipid Lowering Treatment



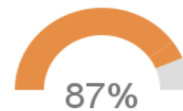
Concordance



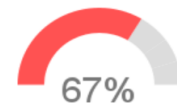
Lipids in last 12m



Has Lipid Target (on LLT)



Lipid Target Achieved



Treatment Potency

V _{High}	High	Mod	Low	None
36%	42%	9%	5%	8%

Secondary Prevention Quality Improvement Tools

Primary Prevention

Proportion with
clear indication for primary
prevention

19%

Lipid Lowering Treatment



Lipid Lowering Concordance



Lipids in last 12 months



Has Lipid Target (on LLT)



Lipid Target Achieved



Questions and Discussion

