# **Guideline summary**

#### 2023 Australian Guideline for assessing and managing cardiovascular disease risk

This quideline provides the latest evidence-based recommendations and advice for assessing and managing cardiovascular disease (CVD) risk, which involves: identifying appropriate people to assess; using the Australian cardiovascular disease risk calculator (Aus CVD Risk Calculator) to estimate their risk; identifying their risk category; communicating their risk to them; and managing their risk in a primary care setting. It replaces the 2012 Guidelines for the management of absolute cardiovascular disease risk.

The following groups are considered to be at clinically determined high risk and should be automatically managed as high risk:

• Moderate-to-severe chronic kidney disease (CKD)

Age

· Familial hypercholesterolaemia



#### Identify people without known CVD for risk assessment

All people aged 45-79 years

People with diabetes aged 35-79 years

First Nations people aged 30-79

Assess individual risk factors from age 18-29 years

Use the new Aus CVD Risk Calculator with the following variables

TC:HDL-C ratio

Systolic BP

Diabetes

Sex Smoking status

CVD medicines New

BP-lowering | Lipid-modifying | Antithrombotic

Include optional variables to further improve accuracy of risk estimation:

- Postcode (marker of socioeconomic status)
- · History of atrial fibrillation
- · For people with diabetes:

**uACR** 

eGFR

BMI

HbA1c

Insulin

Time since diagnosis



Aus **CVD** Risk

Access calculator at <u>cvdcheck.org.au</u>

The new Aus CVD Risk Calculator is based on the New Zealand PREDICT-1º equation which has been recalibrated and modified for the Australian population and health setting. It includes new optional risk factors, which improve the accuracy of CVD risk estimation, including for people with diabetes. It can be used for people being treated with blood pressure-lowering, lipid-modifying and/or antithrombotic medicines.

### **Identify risk category**

Risk category	High	Intermediate	Low
Estimated 5-year CVD risk	≥10%	5% to <10%	<5%

Consider optional reclassification factors, which may refine risk estimates:

Family history<sup>i</sup>↑

Severe mental illness<sup>ii</sup> ↑

CKD (eGFR or uACR) 个

Ethnicity ↑↓

Coronary artery calcium score 1

Reclassification factors are particularly relevant for people whose estimated risk is close to the threshold of another risk category.

Risk estimates represent the chance of having a cardiovascular event in the next 5 years. Newly defined risk categories help target pharmacotherapy to those who will benefit most while still limiting adverse effects of treatment.

CHD or stroke in first-degree female relative aged <65 years or first-degree male relative aged <55 years

<sup>&</sup>lt;sup>II</sup> Current or recent (in the 5 years prior) mental health condition requiring specialist treatment



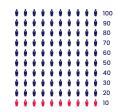
#### Communicate risk

New

Use the Aus CVD Risk Calculator to effectively communicate CVD risk.

Patient decision support tools are built in to aid shared decision making.

These tools can help explain risk in a way that your patient can clearly understand e.g. 100-person charts







#### Manage risk



	Risk category		
Management strategy	High ≥10%	Intermediate 5% to <10%	Low <5%
Lifestyle modification			
Encourage, support and advise all people:			
who smoke to quit, and refer to behavioural intervention combined with a TGA-approved pharmacotherapy where indicated			
to follow a heart-healthy eating pattern	$\bigcirc$	$\bigcirc$	$\bigcirc$
who consume alcohol to reduce their consumption where necessary, in line with national guidelines			
🕏 to do regular sustainable physical activity			
to achieve and maintain a healthy weight.			
Prescribe pharmacotherapy			
blood pressure-lowering medicines AND		Consider	Not routinely
lipid-modifying medicines.		prescribing	recommended <sup>^</sup>

^Some clinical situations may warrant initiation of pharmacotherapy based on individual risk factors.



## Specific recommendations, resources and practice points for First Nations people are embedded throughout the guideline.

Where possible, cardiovascular risk assessment should be completed as part of a holistic health assessment for First Nations people, with appropriate follow-up and management.

Reassess CVD risk every year as part of an annual health check (or opportunistically) or at least every 2 years.





## Read the full guideline at <u>cvdcheck.org.au</u>

The Heart Foundation has led the development of the new guideline and accompanying calculator on behalf of the Australian Chronic Disease Prevention Alliance (ACDPA) represented in this project by the Heart Foundation, Stroke Foundation, Diabetes Australia and Kidney Health Australia. This resource has been developed based on the Australian Guideline for assessing and managing cardiovascular disease risk. © Commonwealth of Australia as represented by the Department of Health and Aged Care.

