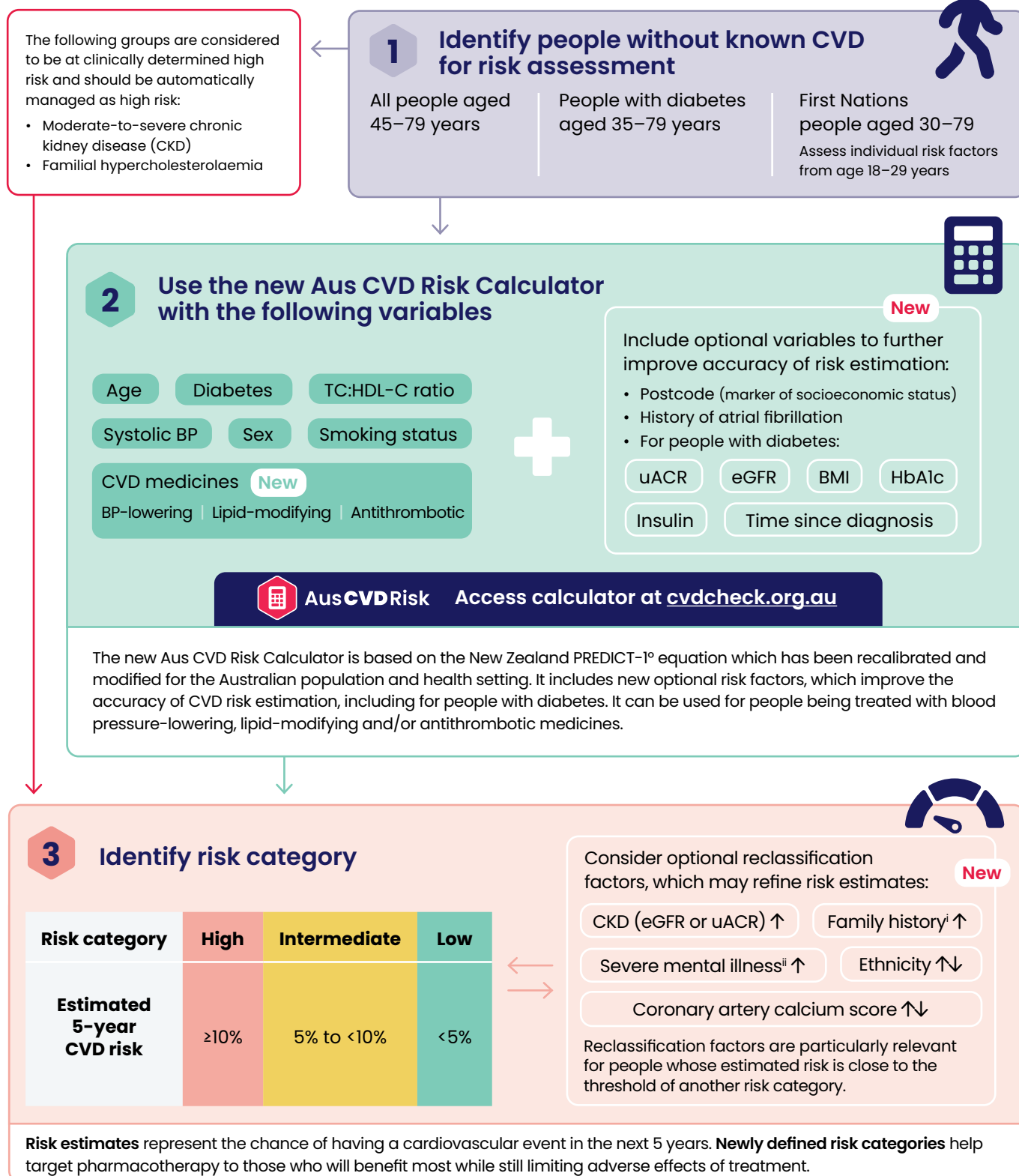


Guideline summary

2023 Australian Guideline for assessing and managing cardiovascular disease risk

This guideline 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.



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

ⁱⁱ Current or recent (in the 5 years prior) mental health condition requiring specialist treatment

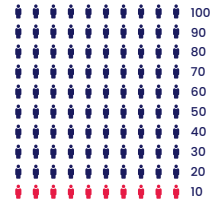
4

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



5

Manage risk



Management strategy	Risk category		
	High ≥10%	Intermediate 5% to <10%	Low <5%
Lifestyle modification Encourage, support and advise all people: <ul style="list-style-type: none"> who smoke to quit, and refer to behavioural intervention combined with a TGA-approved pharmacotherapy where indicated to follow a heart-healthy eating pattern 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 <ul style="list-style-type: none"> blood pressure-lowering medicines AND lipid-modifying medicines. 	✓	Consider prescribing	Not routinely recommended [^]

[^]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.

Endorsed clinical guideline



Read the full guideline at cvdcheck.org.au

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.

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