



Heart Health Check Toolkit

Promotional Pack



**The Heart Foundation
developed the Heart
Health Check Toolkit to
help general practices
integrate the Heart Health
Check into routine
patient care.**

The Heart Health Check is the first preventative health assessment MBS item to incorporate absolute CVD risk calculation and facilitate assessment on an annual basis.

The Heart Health Check Toolkit is a one-stop digital resource designed to assist general practice staff to easily assess and manage CVD risk in line with the latest guidance. It offers a range of tools and resources including assessment and management templates, quality improvement tools, patient engagement resources and much more.

Only the most practical advice and resources have been included in the Toolkit, thanks to the support of our primary care Expert Advisory Group and general practice validation group.



What is the Heart Health Check Toolkit?

The purpose of the Heart Health Check Toolkit is to support and encourage general practices to integrate Heart Health Checks into routine patient care. It provides a range of resources and easy-to-use templates in one place.

By making the Heart Health Check easier to plan, recall and implement (as per the guidelines), more patients at risk will be identified and treated, ultimately lowering the morbidity and mortality of CVD in Australia.

Key points

- Cardiovascular disease (CVD) accounts for more than one in four deaths in Australia and accounts for over 1,600 hospitalisations each day.^{1,2}
- Yet atherosclerotic CVD (coronary heart disease including heart attacks, ischaemic strokes and peripheral vascular disease) is largely preventable.
- Two-thirds of Australian adults are living with at least three CVD risk factors, such as elevated blood pressure, cholesterol and diabetes.³ Approximately 2.5 million Australians are at a high risk of having a heart attack or stroke in the next five years, and over half have not had an event previously.⁴
- One in three Australians eligible for CVD risk assessment do not have up-to-date blood pressure and cholesterol measurements recorded.⁵
- Assessment and management templates found in this Toolkit can simplify and streamline your delivery of guideline-recommended Heart Health Checks.
- General practices can prioritise the prevention of CVD by systematically identifying and recalling at-risk patient groups eligible for absolute CVD risk assessment.
- In April 2019, two Heart Health Check MBS items were introduced in primary care: 699 and 177 (for non-vocationally registered GPs). These MBS items support the specific assessment and management of absolute CVD risk in primary care for eligible patients 45 years and over (30 years and over for Aboriginal and Torres Strait Islander patients).
- The Practice Incentives Program Quality Improvement (PIP QI) incentive introduced by the Australian Government in 2019 remunerates general practices who participate in quality improvement activities. Delivering routine Heart Health Checks in your practice is a great way to meet quality improvement measure 8 of the PIP QI.

1 Australian Bureau of Statistics, Causes of Death Australia 2019, 2020.

2 Australian Institute of Health and Welfare, National Hospital Morbidity Database (NHMD), 2019.

3 Australian Bureau of Statistics, National Health Survey 2017–18, data customised, 2018.

4 E Banks, SR Crouch, RJ Korda, B Stavreski, K Page, KA Thurber and R Grenfell, 'Absolute risk of cardiovascular disease events, and blood pressure- and lipid-lowering therapy in Australia', *Med J Aust*, 2016, 204(8):320, doi:10.5694/mja15.01004. 5 Knight, J & Raffoul, N. 'Cardiovascular disease risk assessment in the Australian

5 J Knight and Raffoul N, 'Cardiovascular disease risk assessment in the Australian primary care setting', GP20 presentation, November 2020.



Five reasons to check out the Toolkit

“With a specific Heart Health Check item number, it is much easier to track heart health assessments and take a more proactive approach for our patients. The item number also allows us to leverage the use of our practice nurses to streamline the process.

The Heart Health Check Toolkit will streamline your practice, help you communicate heart healthy tips to your patients and make sure the 20 min check runs as conveniently as possible.

A/Prof Ralph Audehm - GP and academic

1 Pre-filled assessment and management templates make it easier for you to collect CVD risk factor information and support your patients to manage their risk.

2 The ‘quality improvement’ section of the Toolkit contains all that your practice needs to kickstart continuous quality improvement as required by the PIP QI program.

3 Re-engaging with your patients about their heart health has never been so important. Our patient invitation templates, receptionist guide and data recall recipes can be used to identify and recall your at-risk patients.

4 Waiting room posters, animations and factsheets will help you to engage with your patients about their heart health in an impactful way.

5 Thinking of setting up a heart health promotion event? Our step-by-step guide can be used by the entire team to help you prepare.



Get involved

Share the Heart Health Check Toolkit messages and materials with your networks and communities.

We've created a range of materials and resources that you can use to spread the messages about the Heart Health Check Toolkit.

Write about the Heart Health Check Toolkit and show your support on your website.

Share your professional opinion on the benefits of regular Heart Health Checks with your patients or network through a blog, opinion piece or newsletter article. There's a draft article at the end of this document that you're welcome to use. You could also upload one of our ready-to-go graphic banners to your website.

Start a conversation through your social media channels.

Spread the message on social media by tweeting one of our ready-to-go short messages or use one of the longer messages for Facebook and LinkedIn.

If you are working in primary care:

Download our Heart Health Check assessment and management templates and start using them with your patients today.

The assessment and patient invitation templates are also available as RTF files for easy integration with your clinical software.

Download our Model for Improvement and PDSA cycle template and completed example.

Continuous quality improvement to improve the heart health of your patients and attract practice incentives has never been so easy.

Invite your patients to come in for a Heart Health Check with our recall templates and recipe instructions.

A systematic approach to identifying and treating at-risk patients can help your practice prioritise the prevention of CVD.

Display Heart Health Check posters in your practice, workplace or community areas.

Download our printable posters for display on your information boards or in your waiting rooms to get patients thinking about their heart health.

Organise a heart health

promotional event. Download our five-step guide to ensure the success of your health promotional event.

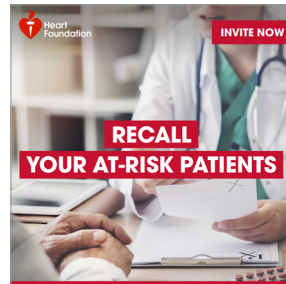
Incorporate the Heart Health Check Toolkit into your local Health Pathways and other practice guides.

Become a heart health champion.

Be the go-to person in your practice and lead your clinical team to champion the prevention of CVD.

Social media

Here are some example messages you can share about the Heart Health Check Toolkit with your professional networks:



Visit the Heart Health Check Toolkit

The new Heart Health Check Toolkit is a one-stop shop designed to assist general practice staff to easily assess and manage CVD risk in line with the latest guidance. The Toolkit offers a range of tools and resources including assessment and management templates, quality improvement tools, patient engagement resources and much more. heartfoundation.org.au/hhc-toolkit

Recall your at-risk patients

Invite your patients to come in for a Heart Health Check using patient invitation templates and data recall recipe instructions. The Heart Health Check Toolkit provides a systematic approach to identifying and treating at-risk patients. heartfoundation.org.au/HHC-toolkit

Quality improvement made easy

Download a full example of the Model for Improvement and PDSA cycle. Continuous quality improvement to improve the heart health of your patients has never been so easy. heartfoundation.org.au/HHC-toolkit



Download templates now

Download Heart Health Check assessment and management templates and start using them with your patients today. Available as RTF files for easy integration with your clinical software. heartfoundation.org.au/HHC-toolkit

Engage your patients

Share Heart Health Check posters, animations and brochures with your patients by visiting the Heart Health Check Toolkit. heartfoundation.org.au/HHC-toolkit

Don't forget CVD

Opportunistically screen for CVD risk factors like blood pressure during your vaccination appointments. **Visit the Heart Health Check Toolkit now.** heartfoundation.org.au/HHC-toolkit

Messages to share with your patients



Book in a Heart Health Check today. heartfoundation.org.au/heart-health-education/heart-health-checks

Is your heart feeling your age?
It only takes three minutes to find out your heart age
heartfoundation.org.au/heart-age-calculator

What is a Heart Health Check?
No treadmills or surgical procedures necessary! Find out what's involved in a Heart Health Check
www.youtube.com/watch?v=dHG19O6m3B0

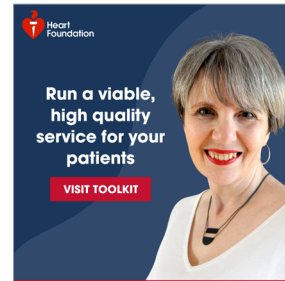
Digital assets

Hear from members of our Expert Advisory Group about the Heart Health Check Toolkit and share with your networks:



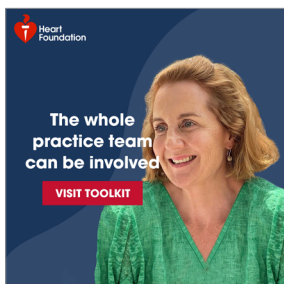
"With a specific Heart Health Check item number, it is much easier to track heart health assessments and take a more proactive approach for our patients. The item number also allows us to leverage the use of our practice nurses to streamline the process. The Heart Health Check Toolkit will streamline your practice, help you communicate heart healthy tips to your patients and make sure the 20 min check runs as conveniently as possible."

A/Prof Ralph Audehm - GP and academic



"The Heart Health Check Toolkit provides your clinic with all the resources, training and promotional material to help develop and run a viable, high quality service for your patients with great flexibility to suit individual practice requirements. It incorporates all the elements to drive quality improvement with a truly team-based approach and is compliant with the Heart Health Check Medicare item. This is one fantastic free resource and I encourage you to use these tools to deliver an important heart health service to your patients."

Riwka Hagen - experienced practice manager



"What an amazing, adaptable and easy to use set of Heart Health tools and resources that are designed specifically for general practices. The comprehensive package takes the guess work out of designing an efficient, streamline model that can be tailored to your practice that the whole practice team can be involved in. The step by step process of using your data extraction tools and clinical software along with the drafted SMS, letter, telephone prompts just make this implementation process super easy. "

Annabelle Williams - Hunter New England and Central Coast PHN



"The Heart Health Check Toolkit is full of best practice resources that will aid you and your team to increase delivery of Heart Health Checks. The assessment and management plan templates outline exactly what needs to be covered during the check as per MBS criteria and clinical guidelines. The Toolkit can be used to champion heart health quality improvement activities and cultivate a team-based approach. I recommend all primary care nurses explore the Toolkit and share with their general practice team to create patient awareness and screening of heart disease risk, the number 1 killer in Australia."

Jenni Hall - experienced practice nurse

Display materials

Downloadable resources

Is your heart feeling your age?
It only takes 3 minutes to find out.
The Heart Age Calculator can help you to understand your risk of heart attack or stroke.
Visit: myheartage.org

Heart Foundation
For heart health information and support, call our Helpline on 13 11 12 or visit heartfoundation.org.au

One Australian has a heart attack or stroke every 4 minutes.
Know your risk!
Ask your doctor or nurse if you're eligible for a Heart Health Check.

Heart Foundation
For heart health information and support, call our Helpline on 13 11 12 or visit heartfoundation.org.au

eSignature

Heart Health Check Toolkit
Free essential resources for health professionals
FIND OUT MORE

Web banners

VISIT THE HEART HEALTH CHECK TOOLKIT

Web banner 800x480

VISIT THE HEART HEALTH CHECK TOOLKIT

Web banner 800x480

VISIT THE HEART HEALTH CHECK TOOLKIT

Web banner 1600x780

VISIT THE HEART HEALTH CHECK TOOLKIT

Web banner 1600x780



Written resources

Feel free to share this prepared article with your networks to promote the Heart Health Check Toolkit.

Coronary heart disease remains Australia's biggest killer.

Approximately 2.5 million Australians are at a high risk of having a heart attack or stroke in the next five years, and over half of these have not had an event previously.⁶

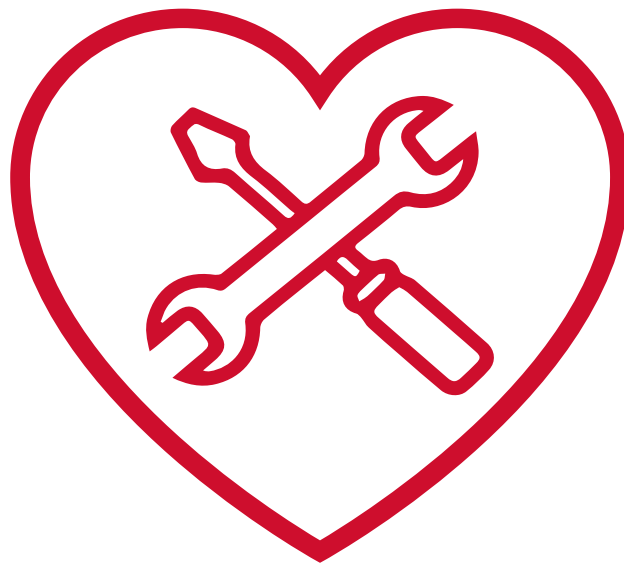
Heart Health Checks support the specific assessment and management of absolute CVD risk in primary care for eligible patients 45 years and over (30 years and over for Aboriginal and Torres Strait Islander patients).

The Heart Foundation's new Heart Health Check Toolkit is a one-stop shop designed to assist general practice staff to easily assess and manage CVD risk in line with the latest guidance. It offers a range of tools and resources including assessment and management templates, quality improvement tools, patient engagement resources and much more.

Five reasons to check out the Heart Health Check Toolkit

1. Pre-filled assessment and management templates make it easier for you to collect CVD risk factor information and support your patients to manage their risk.
2. The 'quality improvement' section of the Toolkit has all that your practice needs to kickstart continuous quality improvement as required by the PIP QI program.
3. Re-engaging with your patients about their heart health has never been so important. Our patient invitation templates, receptionist guide and data recall recipes can be used to identify and recall your at-risk patients.
4. Waiting room posters, animations and brochures will help you to engage with your patients about their heart health in an impactful way.
5. Thinking about setting up a heart health promotional event? Our step-by-step guide can be used by the entire team to help you prepare.

⁶ E Banks, SR Crouch, RJ Korda, B Stavreski, K Page, KA Thurber and R Grenfell, 'Absolute risk of cardiovascular disease events, and blood pressure- and lipid-lowering therapy in Australia', Med J Aust, 2016, 204(8):320, doi:10.5694/mja15.01004.



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Find out more
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