Heart Foundation

2023 Australian Guideline for assessing and managing cardiovascular disease risk and Australian CVD risk calculator

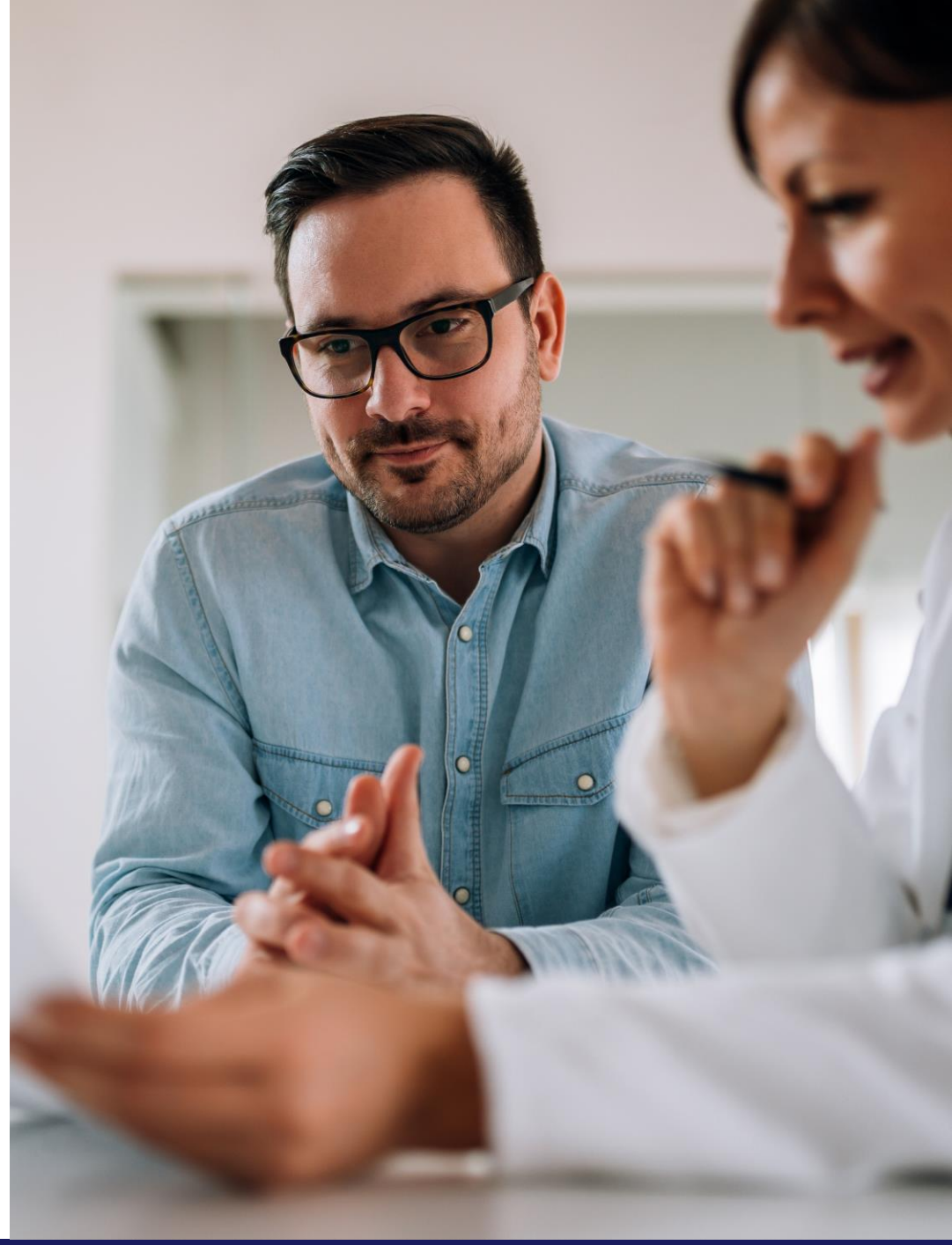
Stakeholder promotional pack

2023 Australian Guideline for assessing and managing cardiovascular disease risk and Australian CVD risk calculator

Contents

In this pack

About the guideline	page 3
A message to our partners and stakeholders	page 4
What's new	page 5
Promote the guideline to your networks	page 6
- Creative assets and short form copy	page 7
- Long form copy	page 8
- Guideline descriptor for your website	page 9
- Clinical webinar	page 10
Frequently asked questions	page 11
About the Heart Foundation	page 12
About the Australian Chronic Disease Prevention Alliance	page 13



About the guideline

Cardiovascular disease (CVD) is responsible for significant morbidity and premature mortality in Australia. Ischaemic heart disease was the leading cause of death in 2020 and cerebrovascular disease was the third most common cause of death.[1]

An individual's risk of developing CVD depends on the combined effect of multiple risk factors. Risk assessment, therefore, remains fundamental to the early detection and prevention of CVD. It encourages early modification of CVD risk factors, helps target medicines to those who will benefit most, and informs clinical decision-making.

The 2023 Australian Guideline for assessing and managing cardiovascular disease risk, and associated Australian cardiovascular disease risk calculator, will become the new standard of care for the primary prevention of CVD in Australia. Developed using the latest evidence and Australian-specific data, it supersedes the 2012 Guidelines for the management of absolute cardiovascular disease risk. The new Australian cardiovascular disease risk calculator (Aus CVD Risk Calculator), which has been uniquely modified and recalibrated for the Australian population, replaces the Framingham-based 2012 CVD risk calculator for a more accurate CVD risk assessment.

Endorsed by the Royal Australian College of General Practitioners (RACGP), the new guideline offers clinicians practical advice and tools to facilitate shared decision-making with their patients.

Please use this pack to support promotion of the new guideline and Aus CVD Risk Calculator among your relevant networks.

1 Australian Bureau of Statistics. Causes of Death, Australia (2021). Canberra: ABS; 2022 (updated19/10/2022); Available from: https://www.abs.gov.au/statistics/health/causes-death/causes-deathaustralia/latest-release#australia-s-leading-causes-of-death-2021.

A message to our partners and stakeholders

Dear colleagues,

I am delighted to announce the launch of the 2023 Australian Guideline for assessing and managing cardiovascular disease risk and associated Aus CVD Risk Calculator.

Thanks to funding received from the Commonwealth Department of Health and Aged Care, the Heart Foundation has led the development of the guideline and accompanying calculator on behalf of the Australian Chronic Disease Prevention Alliance (ACDPA), represented in this project by Diabetes Australia, Kidney Health Australia and Stroke Foundation.

This monumental achievement takes us many steps forward in our efforts to identify and manage CVD risk before it eventuates into overt disease.

This guideline project has invited extensive consultation and input from across the health sector. I would like to acknowledge the hundreds of clinicians, researchers and consumers from across the country who contributed to this important work.

The release of the new guideline signifies the National Heart Foundation's ongoing commitment to improving heart disease detection, prevention and treatment for all Australians. It is now up to all of us to help realise the health benefits of this guideline and support its implementation into clinical practice.

To assist you in spreading the word about the new guideline with your networks, we have developed a comprehensive promotional pack that includes social media copy, creative assets and other supporting materials.

Thank you for your support in launching the new guideline, and we look forward to working together with you and your networks to support its utilisation.

David Lloyd, CEO, National Heart Foundation of Australia

What's new?

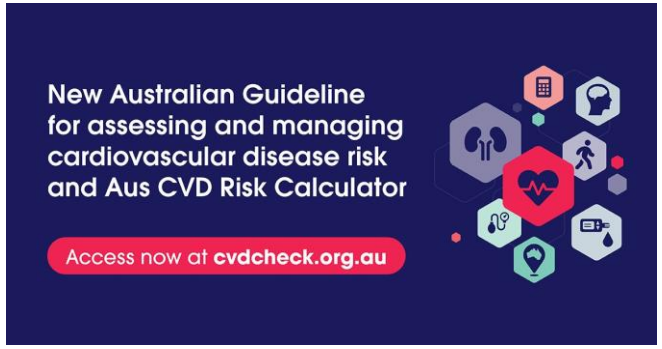
As the first major update to Australian CVD risk assessment guidelines in over a decade, the 2023 Australian Guideline for assessing and managing cardiovascular disease risk and associated Aus CVD Risk Calculator now reflects the latest evidence on assessing, communicating and managing CVD risk.

Key updates include:

- A new risk equation has been modified and recalibrated specifically for the Australian population to give a more accurate assessment of CVD risk. It is also the first Australian CVD risk calculator to account for socioeconomic disadvantage and diabetes specific risk factors.
- A broader range of people without known CVD aged 45–79 years are now recommended to have their risk assessed using the Aus CVD Risk Calculator.
- New risk categories have been defined according to the new Aus CVD Risk Calculator:
  - High (≥10% risk over 5 years)
  - Intermediate (5 to <10% risk over 5 years)
  - Low (<5% risk over 5 years)
- New guidance has been provided on factors that may help clinicians refine and reclassify risk estimates when using the Aus CVD Risk Calculator; this is particularly relevant for people whose calculated risk is close to the threshold of another risk category.
- New emphasis on communicating risk effectively to support shared decision-making between primary care clinicians and patients.
- Specific recommendations, resources and practice advice for First Nations people have been embedded throughout the guideline.

Learn more at cvdcheck.org.au

Promote the guideline to your networks



Download assets here

Creative assets and short form copy

Share these images and messages via your social media, eNewsletters and other digital formats to promote the new guideline and calculator to your networks.

Short content e.g. social media

The 2023 Australian Guideline for assessing and managing cardiovascular disease risk provides the latest evidence-based advice and tools for the primary prevention of CVD.

The new guideline:

- ✓ Has been endorsed by the RACGP
- ✓ Includes the new Aus CVD Risk Calculator, which has been modified and recalibrated for the Australian population
- ✓ Provides new advice on reclassification factors like family history, ethnicity, coronary artery calcium, renal impairment and severe mental illness
- ✓ Has a new emphasis on communicating risk, with built-in patient decision support tools

Explore the new guideline and Aus CVD Risk Calculator at **cvdcheck.org.au**

Long form copy

e.g. eNewsletters, emails to health professionals

We/I are/am delighted to inform you that the 2023 Australian Guideline for assessing and managing cardiovascular disease risk and associated Australian CVD Risk Calculator (Aus CVD Risk Calculator) is here! This is the first major update to Australian CVD risk assessment guidelines in over a decade, distilling evidence from multidisciplinary clinical and consumer groups to inform recommendations.

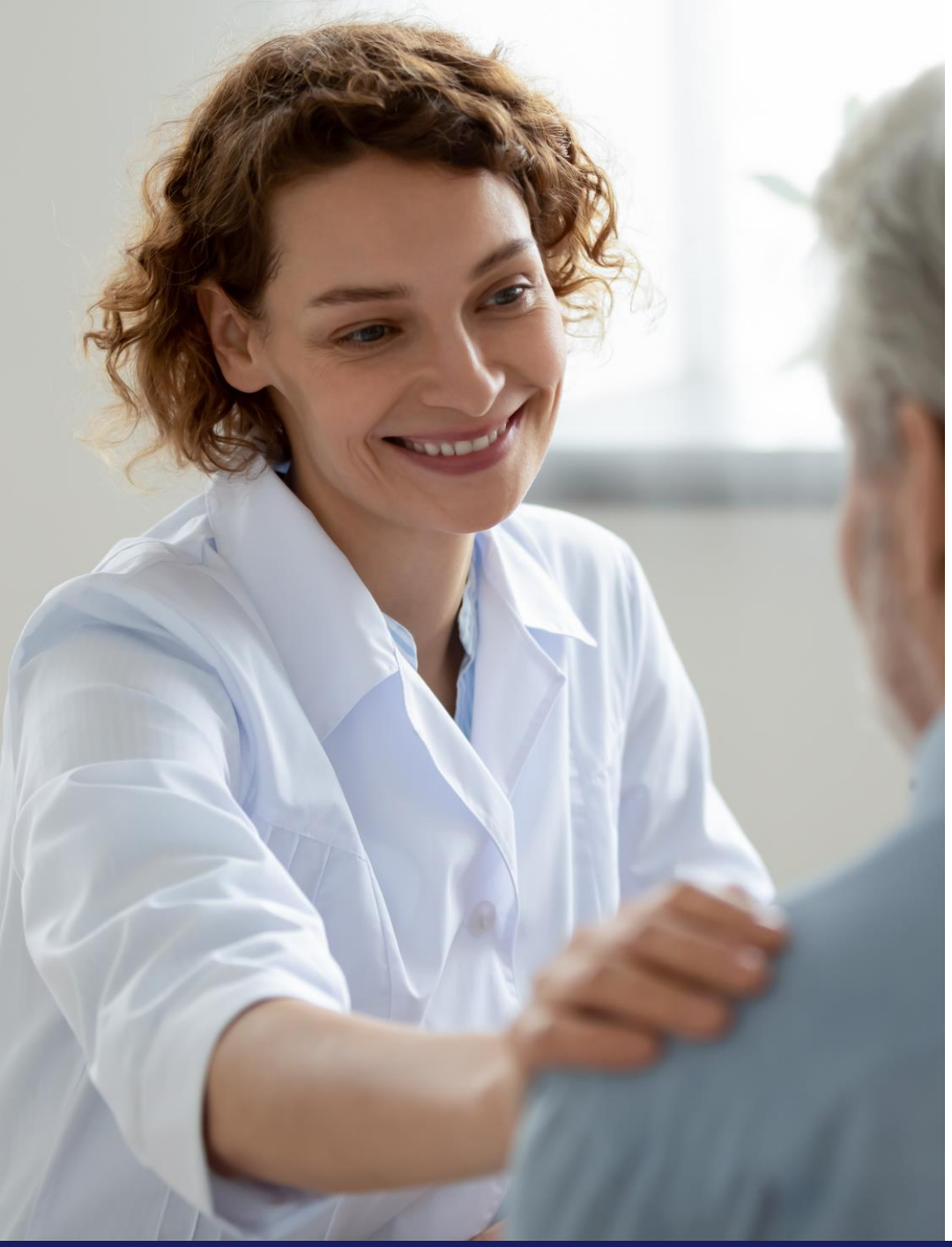
Supported by funding from the Commonwealth Department of Health and Aged Care, the Heart Foundation has led the development of the new guideline and accompanying calculator on behalf of the Australian Chronic Disease Prevention Alliance (ACDPA), represented in this project by Diabetes Australia, Kidney Health Australia and Stroke Foundation.

One of the standout features of the new guideline is the introduction of a new CVD risk prediction equation, which for the first time has been uniquely modified and recalibrated for the Australian population. It is also the first Australian CVD Risk Calculator to account for socioeconomic disadvantage and diabetes-specific risk factors.

New guidance has been provided on reclassification factors that may help clinicians refine risk estimates produced by the Aus CVD Risk Calculator. To aid shared decision-making between primary care clinicians and patients, risk communication and patient decision support tools have been embedded within the online calculator platform.

Endorsed by the Royal Australian College of General Practitioners (RACGP), the 2023 Australian Guideline for assessing and managing cardiovascular disease risk and associated Aus CVD Risk Calculator set the new clinical standard for CVD prevention in Australia. We/I encourage you to explore the new guideline and familiarise yourself with the Aus CVD Risk Calculator.

You can access the guideline, the Aus CVD Risk Calculator and other important resources at **cvdcheck.org.au**



Guideline descriptor for your website

We encourage you to share a link to the guideline on your website, here is a short description to get you started.

The 2023 Australian Guideline for assessing and managing cardiovascular disease risk and associated Australian cardiovascular disease risk calculator (Aus CVD Risk Calculator) brings together the latest evidence distilled from multidisciplinary clinical and consumer groups to inform guideline recommendations for the assessment and management of CVD risk.

The development of the guideline and calculator was led by the Heart Foundation on behalf of the Australian Chronic Disease Prevention Alliance (ACDPA), represented in this project by Diabetes Australia, Kidney Health Australia and Stroke Foundation.

One of the notable advancements in this guideline is that, for the first time, Australia will have a CVD risk prediction equation uniquely modified and recalibrated for the Australian population to enable more accurate risk estimation.

The guideline enables assessment and early identification of CVD risk in people aged 45 years to 79 years without known CVD (from 30 years for First Nations people and from 35 years for people with diabetes). With redefined risk categories, the guideline helps clinicians direct management strategies and pharmacotherapy to those who will benefit the most. Recognising the significance of effective communication, the calculator interface, with built-in patient decision support tools, supports shared decision-making between health professionals and patients.

Endorsed by the Royal Australian College of General Practitioners (RACGP), the 2023 Australian Guideline for assessing and managing cardiovascular disease risk sets the new standard for CVD prevention in primary care in Australia and is a major achievement for our health system.

Guideline and tools

Australian Guideline for assessing and managing cardiovascular disease risk – cvdcheck.org.au/overview

Aus CVD Risk Calculator – cvdcheck.org.au/calculator

Guideline summary infographic – cvdcheck.org.au/for-health-professionals

Guideline resource for the public – cvdcheck.org.au/for-the-general-public

Download assets here

Clinical webinar

CVD risk redefined: Unveiling Australia's new cardiovascular disease risk guideline and calculator

16 August 2023, 7–8.30pm AEST

In 90 minutes of live presentation and interactive discussion, members of the Guideline Expert Steering Group will provide a comprehensive overview of the new Australian guideline and Aus CVD Risk Calculator, including how the PREDICT equation has been recalibrated and modified for the Australian healthcare system, explanation of novel risk assessment and use of reclassification factors, communication of risk and management of risk.

This activity has been accredited by the RACGP for 1.5 Educational Activity CPD hours (activity no. 533870).

Register here: https://heartfoundation-au.zoom.us/webinar/register/7916891225752/WN_YMMheOmgTk-RHeTOnZNA4g

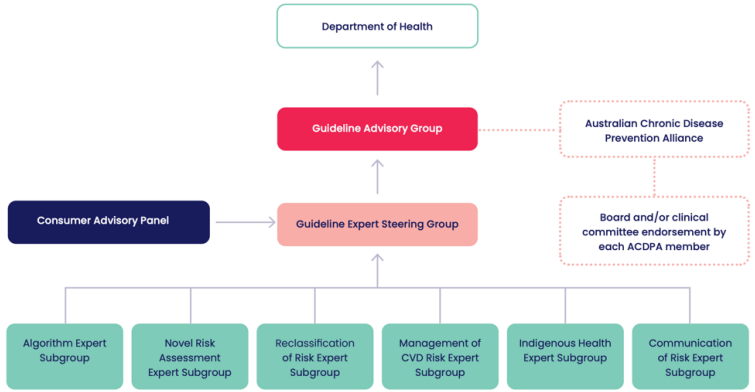
RACGP CPD Approved Activity — Educational Activities 1.5 hours

Who developed the guideline?

The Heart Foundation led the development of the new guideline and CVD risk calculator on behalf of the Australian Chronic Disease Prevention Alliance (represented in this project by Diabetes Australia, Heart Foundation, Kidney Health Australia and Stroke Foundation) with funding from the Australian Government Department of Health and Aged Care.

The guideline was developed under the direction and governance of a Guideline Advisory Group consisting of senior executives of ACDPA member organisations, an Expert Steering Group and seven advisory groups with multi-disciplinary, clinical and consumer input. Expertise was sourced across the disciplines of cardiology, general practice, nephrology, neurology, endocrinology, stroke care, epidemiology, Indigenous health, nutrition, behavioural science, nursing and pharmacy. Special attention was given to First Nations peoples' health, and the Indigenous Health Expert Subgroup advised on every aspect of the guideline development.

Figure 1: Governance structure for the guideline project



Who paid for the guideline?

The Heart Foundation, on behalf of the Australian Chronic Disease Prevention Alliance, acknowledges the funding received from the Australian Government for this project.

Was the pharmaceutical or medical industry involved in the funding of the guideline?

There was no involvement from the pharmaceutical or medical industry in the funding of the guideline.

How was the guideline developed?

The guideline was developed in line with **National Health and Medical Research Council (NHMRC)** guideline development standards. (This does not imply formal endorsement of the guideline by the NHMRC itself).

- An extensive **clinical expert and governance structure** was established to support the development of the guideline and Aus CVD Risk Calculator.
- **The clinical scope** of the guideline was determined at the outset, which led to 33 individual research PICO (patient/population, intervention, comparison and outcomes) questions.
- An **independent evidence review** was conducted by Sax Institute & Bond University (led by Prof. Paul Glasziou; Professor of Evidence-Based Practice, Bond University; Director, Institute for Evidence Based Healthcare).
- Based on **GRADE methodology**, expert committees developed and graded the recommendations.
- An external medical writer was engaged to bring together recommendations and content produced by the Expert Subgroups into the full draft guideline.
- The draft guideline underwent several review and approval processes including formal public consultation.
- The final guideline was approved by the Expert Steering Group, Guideline Advisory Group and Department of Health and Aged Care.
- The final guideline is formally endorsed by the RACGP.
- An external digital agency was contracted to build the website and online calculator, based on the approved guideline content.

What is the purpose of the guideline?

This guideline provides recommendations and practice advice for assessing, communicating, and managing CVD risk for the primary prevention of CVD in Australia.
The guideline includes:

- recommendations for when and how to assess CVD risk
- guidance and tools for using the new Aus CVD Risk Calculator
- practical advice on how to apply the recommendations
- recommendations and tools to support the communication of CVD risk
- recommendations on how to manage CVD risk
- a summary of the available evidence supporting the recommended approaches to risk assessment and management, together with the rationale for how available evidence has been interpreted for the Australian setting
- specific recommendations, resources, and practice points for assessing and managing CVD risk in First Nations people.

Do the new guideline and calculator replace the 2012 guidelines?

The 2023 Australian Guideline for assessing and managing cardiovascular disease risk replaces the 2012 Guidelines for the management of Absolute cardiovascular disease risk, incorporating a new risk equation and updated evidence-based recommendations.
The new guideline and Aus CVD Risk Calculator represent the new standard for assessing and managing CVD risk for the primary prevention of CVD in Australia.

Who is the guideline written for?

This guideline is intended for use by general practitioners, Aboriginal Health Practitioners, nurses, allied health professionals, other primary care health professionals and physicians who support the primary prevention of CVD.
It is also intended to provide health system policy makers with the best available evidence as a basis for developing population health policy.

About the Heart Foundation

For over 60 years, the Heart Foundation has been the trusted peak body working to improve heart disease prevention, detection, and support for all Australians. Since 1959, we have funded research projects worth over $670+ million.

Whilst our work has had a major impact on the survival rates of those suffering a heart attack and those living with heart disease, we will not be satisfied until it is completely eradicated.

Coronary heart disease is still Australia's number one killer, taking 50 lives every day.

To help us realise our vision of an Australia free of heart disease along with the teamwork and passion of our supporters and generosity of millions of Australians act to make a difference in the fight against heart disease by:

- supporting the health system shift towards prevention
  funding high-impact research, supporting emerging and leading heart health researchers

- working to improve heart disease prevention, detection, care and support for all Australians
- advocating to governments and industry for increased funding and resources for heart health

- building community awareness about living a heart-healthy lifestyle. We do this through public health awareness campaigns, accessible information and resources

- supporting health professionals in their work to prevent, diagnose and manage heart disease.

For heart health information and support, visit **heartfoundation.org.au**

About the Australian Chronic Disease Prevention Alliance (ACDPA)

The Australian Chronic Disease Prevention Alliance (ACDPA) incorporates the former National Vascular Disease Prevention Alliance (NVDPA) and brings together six leading non-government health organisations to prevent chronic health conditions in Australia.

Cancer Council Australia, Diabetes Australia, Kidney Health Australia, Lung Foundation Australia, National Heart Foundation of Australia and Stroke Foundation work together to collectively advocate for preventing chronic health conditions, integrating risk assessment, and effective management of chronic health conditions. This includes:

- supporting the health system shift towards prevention
- creating supportive food and physical environments
- increasing risk assessment, early detection and management of risk.

Chronic health conditions are Australia's greatest health challenge and the leading causes of illness, disability and death. However, much of the burden could be prevented by addressing modifiable risk factors and providing support to manage risk.

This guideline is a collaboration between four of the ACDPA member organisations.

diabetes australia

Heart Foundation

Kidney Health Australia

Stroke Foundation

ACDPA Australian Chronic Disease Prevention Alliance

Heart Foundation

For more heart health information, visit
heartfoundation.org.au

This material has been developed by the National Heart Foundation of Australia (Heart Foundation) for general information and educational purposes only. It does not constitute medical advice. Please consult your healthcare provider if you have, or suspect you have, a health problem. The information provided is based on evidence available at the time of publication. Please refer to the Heart Foundation website at heartfoundation.org.au for Terms of Use.

© 2023 National Heart Foundation of Australia ABN 98 008 419 761

CC BY NC ND

cvdcheck.org.au