

Vascular Risk Reduction

Vascular Risk Reduction (VRR) – Six projects designed and implemented to identify individuals at risk for vascular disease both undiagnosed/diagnosed whose conditions are not well managed.

Alberta Screening and Prevention (ASaP)

This Primary Care outreach project promoted the implementation of the harmonized vascular risk reduction guidelines (C-CHANGE) and included practice supports and training by Toward Optimized Practice (TOP).

RxEACH

A collaborative program with the primary objective of evaluating the effect of a community pharmacy-based case finding and intervention program in patients at high risk for cardiovascular events. This randomized control trial demonstrated an overall reduction in estimated cardiovascular risk by **21% in only 3 months**. This supports a new paradigm for community-based cardiovascular risk reduction that has high patient satisfaction, is effective and accessible to primary care providers.

Worksite

A partnership with the Whitecourt Alberta Newsprint Company to provide employee vascular risk screening and case-management. There were two phases to this project:

1. On-site Cardiovascular risk factor screening
2. Optional Case management for uncontrolled and high risk individuals by a local pharmacist with prescribing abilities.

VRR *Worksite* evolved into Vulnerable and Indigenous Population Screening (ViPS). ViPS has supported three additional worksite screening interventions and has partnered with North Zone Chronic Disease Management to support the Diabetes Wellness Initiative (DWI). DWI is a screening and case management program to 13 rural and indigenous communities in Northern Alberta.

Integrated Approaches

Integrated Approaches identified opportunities to facilitate communication between care providers, with the goal to reduce duplication and improve access to care. This project demonstrated that an integrated approach is more patient- centric, eliminates duplication of work, increases system efficiencies and reduces vascular disease. *Integrated Approach = Reduced Vascular Disease*

Knowledge Translation

Knowledge Translation focused on optimizing the prevention and control of vascular risks and non-communicable disease in Alberta through the sharing of information. The purpose of the program was to build partnerships and a network of champions to develop health system priorities, common messages and resources. VRR Resources are available at: www.albertahealthservices.ca/scns/page10585.aspx

Enhanced Lipid Reporting

The Enhanced Lipid Reporting Project was a collaboration with primary care groups to assess the effectiveness of a lab based approach to vascular risk identification and management. The program had three goals: to improve cardiovascular risk identification; ensure the appropriate use of pharmacological therapy for dyslipidemia; and support a decrease in the use of inappropriate laboratory utilization of lipid panels. Framingham risk scores (FRS) and treatment recommendations based on the 2012 Canadian Lipid Guidelines were collected on 1,573 patients. This intervention was successful from both the lab and physician perspective, there was a significant increase in FRS recorded and there was a significant increase in statin prescriptions.

Last revised: Sept.28, 2018

