

# Alberta's Strategic Clinical Networks

## Vascular Risk Reduction

### The Goal

The Vascular Risk Reduction (VRR) program is a series of projects designed to identify people at risk of vascular disease – a condition that affects blood vessels - by providing screening and management services in the community.

VRR includes programs provided by family doctors, community pharmacies, work sites and chronic disease management programs.

VRR is based on national guidelines regarding screening, managing risk, treatment, medications, as well as behavior and lifestyle recommendations.

### The Process

Participating providers offer screening to at-risk patients. Screening includes blood pressure, cholesterol, tobacco and alcohol use, body mass index, physical activity level and overall cardiovascular risk.

Providers are supported through training materials, websites and a resource for prescribing healthy living.

Screening results guide providers and patients in the medications and lifestyle changes required to reduce vascular risk. In the long term, reducing vascular risk will prevent deaths from vascular disease, as well as cancer and many other chronic diseases, helping Albertans live a longer, healthier life.

### The Outcome

- 31 primary care organizations and over 492 family physicians are participating, reaching more than 450,000 Albertans
- A 30 per cent increase in screening and prevention offers among participants
- 52 pharmacists with over 700 patients participating across Alberta
- Launched vascular screening and case management model at Alberta Newsprint Company in Whitecourt.
- 72 improvement facilitators trained in primary care.

### The Team

VRR is led by the Cardiovascular Health & Stroke Strategic Clinical Network (SCN), in partnership with the Diabetes, Obesity and Nutrition, Cancer, and Addiction and Mental Health SCNs. Partners also include AHS Zone operations teams, Toward Optimized Practice, University of Alberta and University of Calgary.

