

Who is key to driving cardiovascular disease prevention in primary care?



TOPIC: CHRONIC DISEASE PREVENTION
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PHASES highlights the central role practice nurses play in cardiovascular disease prevention, from identifying hidden risk to supporting earlier assessment, coordinated care and patient behaviour change.

N Noticing hidden risk Everyday appointments can reveal cardiovascular risk before symptoms appear.	U Using data & digital tools PHASES helps practice teams find patients who may benefit from assessment.	R Running prevention workflows Nurses play a key coordinating role for recall, assessment, advice and follow-up.	S Supporting timely intervention Earlier assessment creates opportunities to act before cardiovascular events.	E Encouraging behaviour change Helping patients set achievable goals & lifestyle modications they can act on.	S Shaping stronger hearts Nurse-led prevention helps make heart health part of routine care.
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Why? | Background

CVD remains a major cause of preventable illness and death

At-risk patients may not be identified until after an event

PHASES supports earlier risk identification in primary care

What? | Methods

Systematic and opportunistic clinical intervention

Practice data, dashboards and digital tools

Resources, webinars, events and practice visits

Wins? | Results

Primary Sense CVD Risk Screening, Recall & Treatment Report use:

February	128
March	113
April	123
May	96
Total	460

Where to from here? Conclusion		
Nurses are co-leads in prevention delivery, not merely assistants	PHASES has highlighted the important role of nurses in primary prevention	MBS-funded recognition of the nursing role is needed to support prevention delivery

Non-financial benefits Whole-of-practice approach to prevention	
✔ Greater sense of purpose ✔ Front desk team know the patients ✔ Rethinking “time in the waiting room”	✔ Permission to add value ✔ Engaged and connected patients