

# Cardiovascular Disease (CVD) Prevention Programme update

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# Why we exist



Eastern AHSN was established by the NHS to convene all partners in the health sector to develop and deliver innovative solutions in health and care.

Our focus is the East of England, but we are part of a national AHSN network which enables us to deliver at scale.



## **Our purpose** is to turn great ideas into positive health impact

We believe that health is improved by great ideas, but great ideas only make an impact when they are put into practice.

We are funded by NHS England/Improvement and the Office for Life Sciences to support the adoption and spread of proven innovations

# What we do

Our job is to help innovators to navigate complex systems, generate value propositions and convene citizens, academia, health services and industry to overcome challenges together.

Through this work we help patients, health providers and citizens to realise the value of innovations quicker.

# From insight to implementation, we convene the right people to develop great ideas and deliver positive health impact



## Insight

We convene the right people to characterise healthcare challenges and gain deep understanding of the opportunities and barriers that may stand in the way of change



## Idea

We help anyone with a great idea to develop it into a workable, evidence-based solution that will deliver outcomes in real-world practice



## Implementation

We help innovators navigate complex systems and generate value propositions, support healthcare providers to adopt innovations into practice and provide a framework to adopt and scale projects at a national level



## Impact

Our programmes deliver measurable positive health impact, creating better health outcomes and more prosperity for everyone

## CVD Prevention Programme focus areas:

A - atrial fibrillation

B – high blood pressure

C – high cholesterol (including FH)



# Cardiovascular disease

## Prevention

## Treatment

Public health  
(smoking cessation,  
weight management,  
physical activity)

Atrial fibrillation

Blood Pressure

Cholesterol

Diabetes (pre,  
type 2, type 1)

Ischaemic heart  
disease

Vascular surgery  
& podiatry

Renal dialysis

Bariatric surgery

Stroke &  
dementia

Heart failure

Cardiac surgery

Congenital heart  
disease

# Cardiovascular disease

## Prevention

## Treatment

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graph TD; A[Cardiovascular disease] --- B[Prevention]; B --- C[Atrial fibrillation]; C --- D[Blood Pressure]; C --- E[Cholesterol];
```

**Cardiovascular disease**

**Prevention**

Atrial fibrillation

Blood Pressure

Cholesterol

# Focus Area: Atrial Fibrillation

Some populations / localities have lower than expected prevalence and treatment rates



1 in 5 people with AF remain undiagnosed



1 in 3 stroke admissions are in people with known but untreated AF

Why?

NHS  
strategy

Eastern  
AHSN CVD  
Prevention  
Programme  
offer

## Offer:

Currently a small pilot in Suffolk to understand and test the acceptability and feasibility of identified populations self-monitoring for AF remotely via a Fibrichk app and wearable single lead ECG, Zio Patch.

- Primary care diagnosis
- Secondary care diagnosis: consider screening high risk inpatients for AF
- Treatment
- Utilise tech devices

# Focus Area: Lipid Management

- Around 43% of adults have raised cholesterol in the UK, this can be reduced with appropriate management
- Drug therapy is very effective. For every 1mmol/L reduction in LDL-C due to statins there is a 21% reduction in major vascular events

Why?

NHS  
strategy

Eastern  
AHSN CVD  
Prevention  
Programme  
offer

**Offer:** Pilot search tool innovations to help identify patients in need of lipid optimisation; delivery training/upskilling to HCPs; and support local systems to adopt new novel therapies for lipid management

- Identification
- Prevention
- Local pathway support
- Post event cholesterol management

# Focus Area: Familial Hypercholesterolaemia

Why?



Over 90% of FH cases are **still undiagnosed**

East of England:

- There are **2157 people** with Cholesterol >9 and 251 aged under 30 with Cholesterol >7.5
- There is significantly **limited capacity** for testing.
- Of the patients identified **1,708 are not on a statin**.

NHS  
strategy

- Detection
- Management in primary care
- FH training / upskilling



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offer

## Offer:

Improve the detection via innovative screening opportunities (e.g. during children's immunisation appointments). Develop an East of England pathway / service for FH. And promote upskilling for the workforce.

# Focus Area: Blood Pressure

Why?


 3 in 10 adults with *hypertension* are *undiagnosed*  
 1 in 3 people with known hypertension remain **above recommended levels** (140/90)

NHS  
strategy

- Detection
- Treatment to target
- C19 recovery proactive plans
- Patient @ home monitoring

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Programme  
offer

**Offer:** Support primary care to use innovative and pro-active frameworks/resources for hypertension, including risk stratification search tools, digital solutions for @Home BP monitoring, and training/education for all primary care staff



We would like to hear  
about your  
understanding and  
experiences relating to  
**blood pressure,**  
whether you have a  
**diagnosis or not.**

Scan me



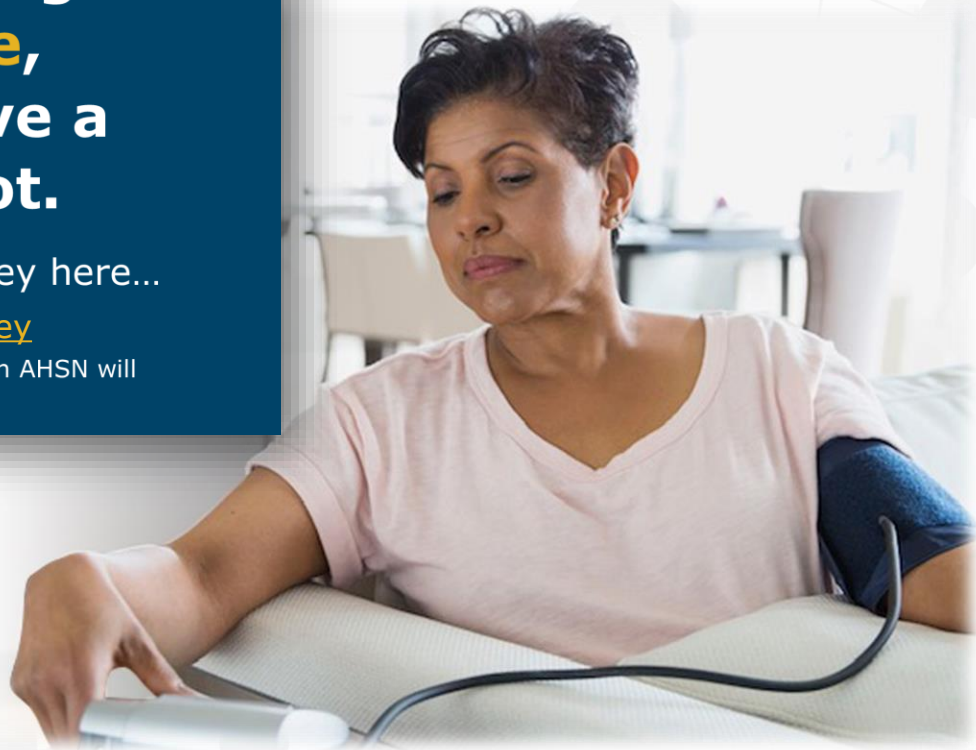
Eastern AHSN 

Please complete the short survey here...

[www.easternahsn.org/BPSurvey](http://www.easternahsn.org/BPSurvey)

For every completed survey response Eastern AHSN will  
donate £3 to Blood Pressure UK

**Blood Pressure  
PPI SURVEY**



# Thank you for listening

