

EUROACTION

A European Demonstration
Project in Preventive Cardiology

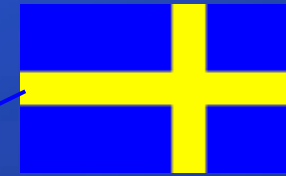
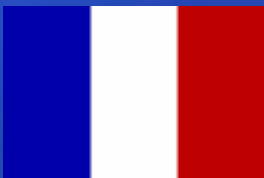
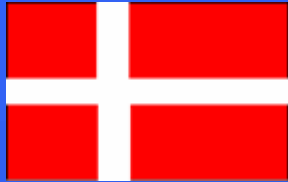
Implications of EUROACTION
for preventive cardiology

Professor David Wood
on behalf of the EUROACTION Group



EUROACTION

8 countries 24 centres 8657 subjects



Generalisable model of preventive cardiology care

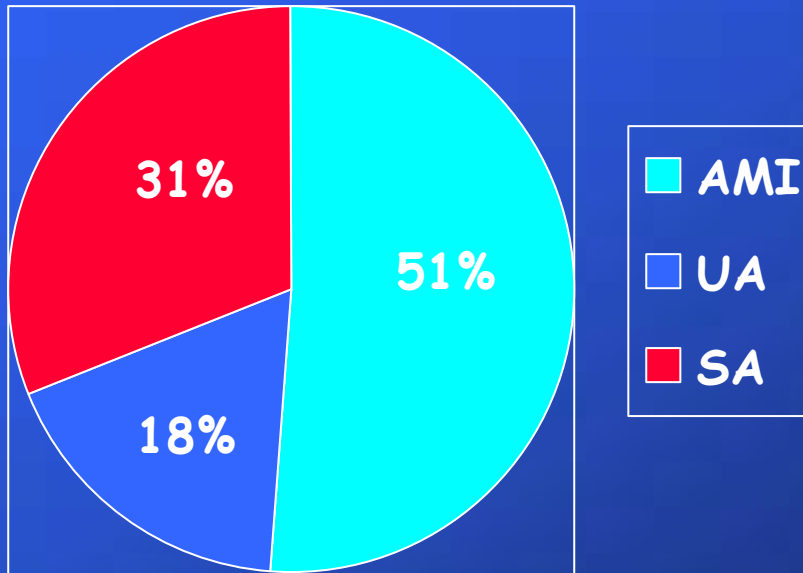


Includes all priority patient groups

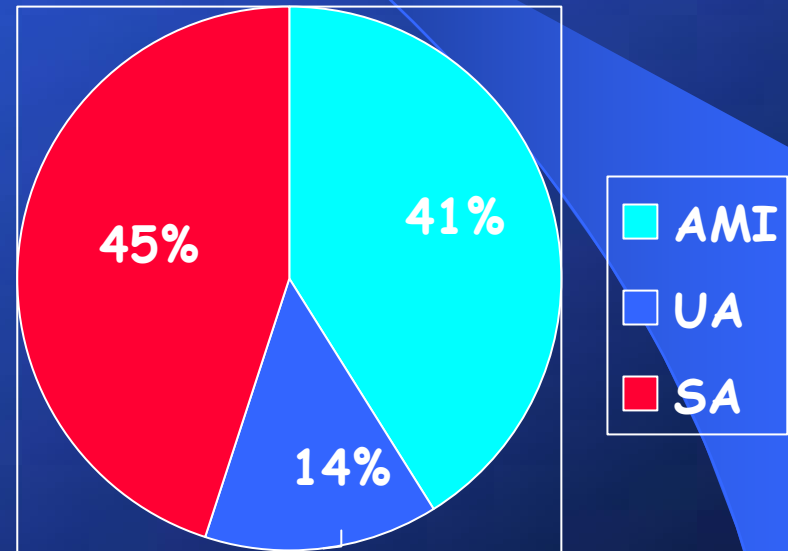
- **Coronary patients and their families**
- **Relatives of coronary patients with premature CHD**
- **Healthy individuals at high multifactorial risk (SCORE > 5% over 10 years) of developing CVD, or hypertension/dyslipidaemia, or diabetes, and their families**

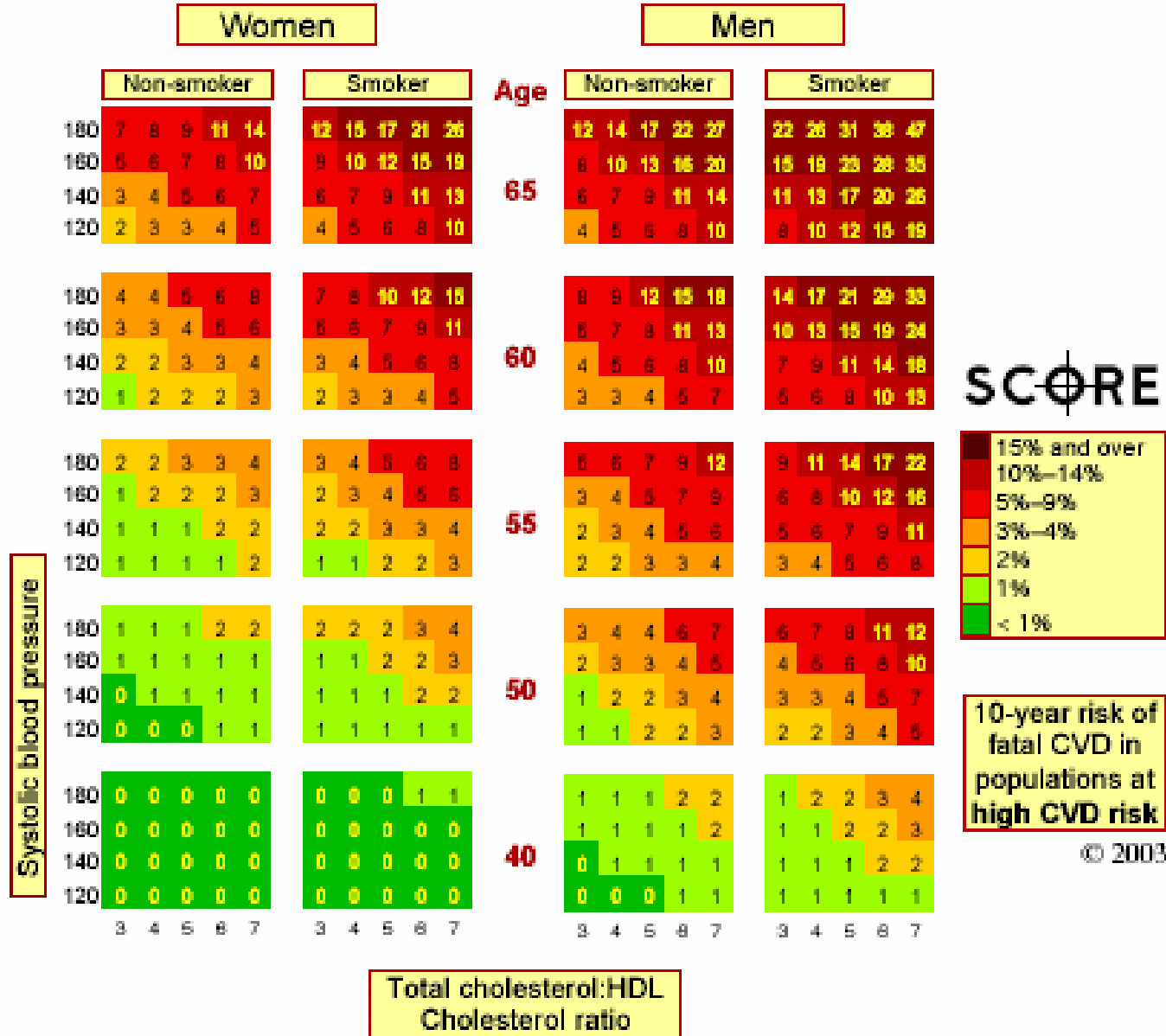
Index event of patients attending initial assessment by gender

Men

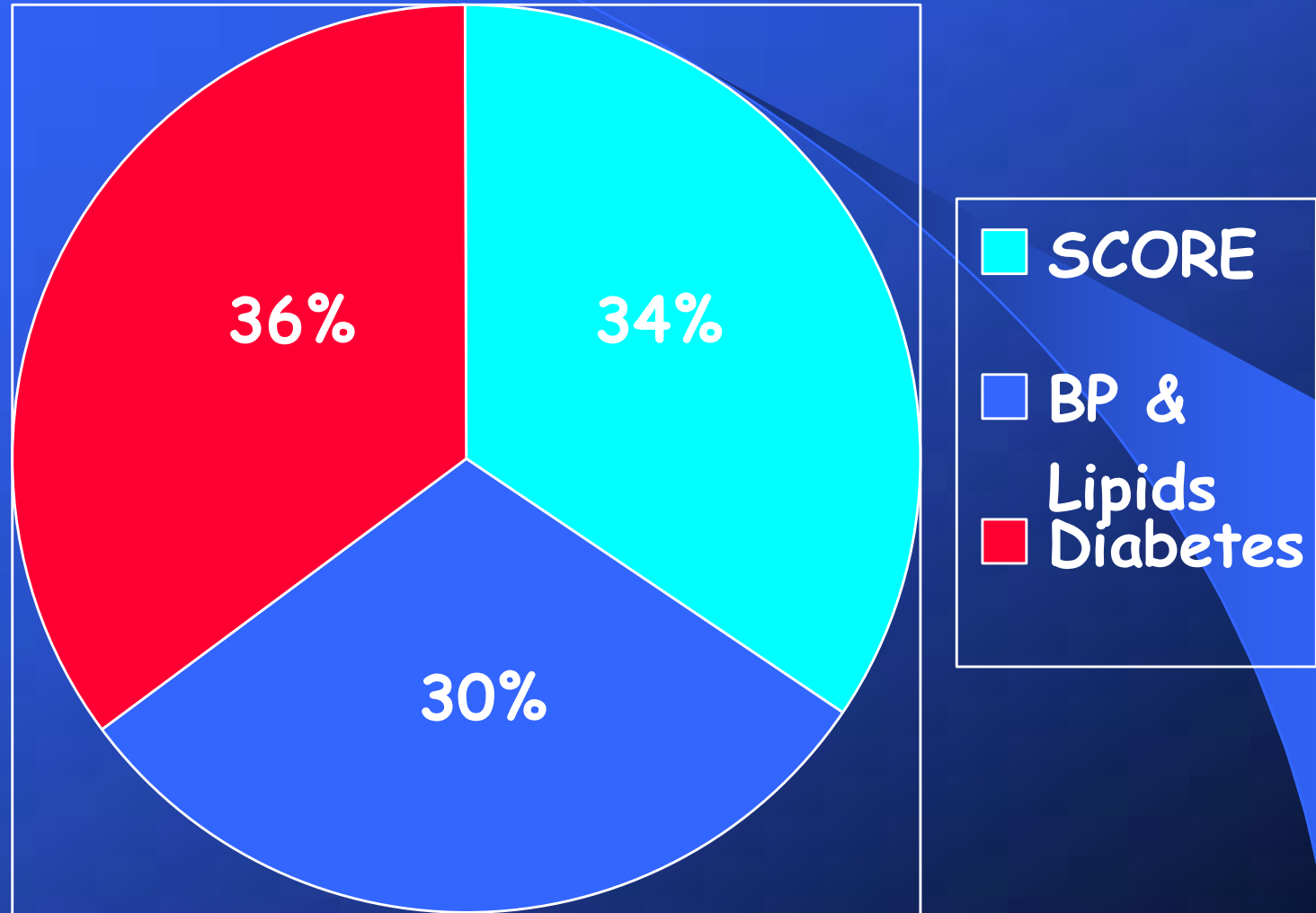


Women





Classification of high risk patients



Equity of access to preventive cardiology programmes



Participation & Completion

Hospital

| | Patients | Partners |
|--------------------------------------|---------------|--------------|
| Participated in EuroAction programme | 1060 (67%) | 637 (77%) |
| Completed EuroAction programme | 895 (84%) | 438 (69%) |

Primary Care

| | Patients | Partners |
|--------------------------------------|--------------|---------------|
| Participated in EuroAction programme | 943 (87%) | 233 (74%)* |
| Completed EuroAction programme | 888 (94%) | 225 (97%)* |

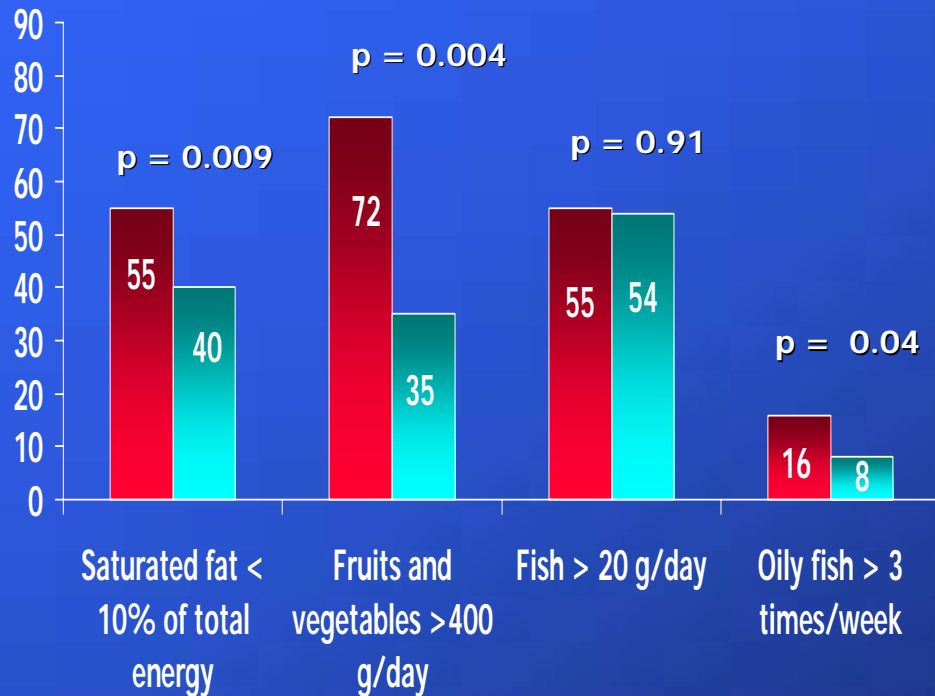
*of those who agreed to participate

The Family approach

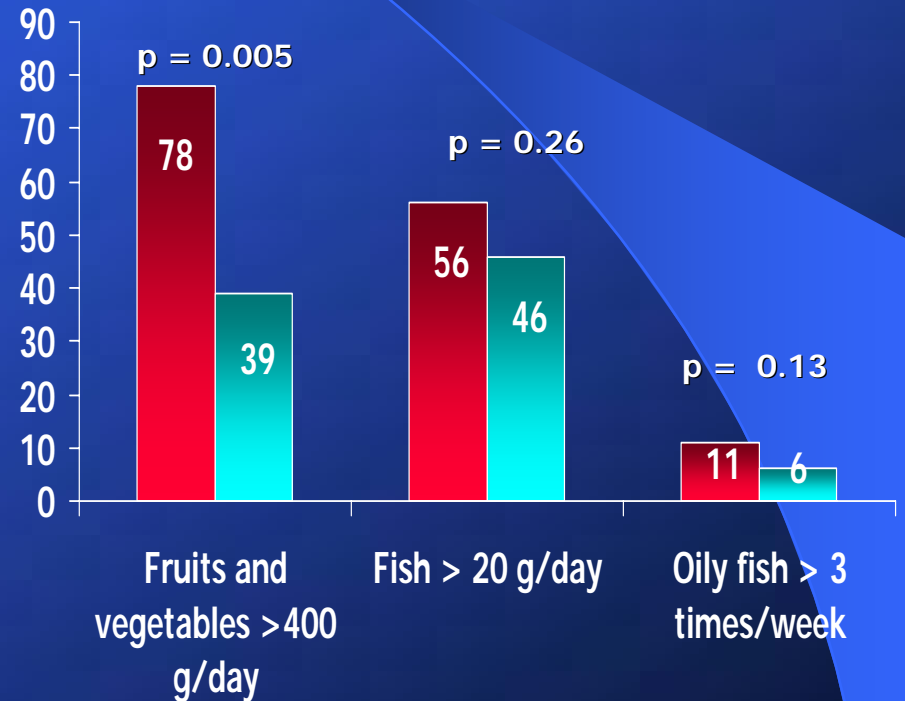


Proportions of patients achieving the European targets for a healthy diet

Hospital



General Practice

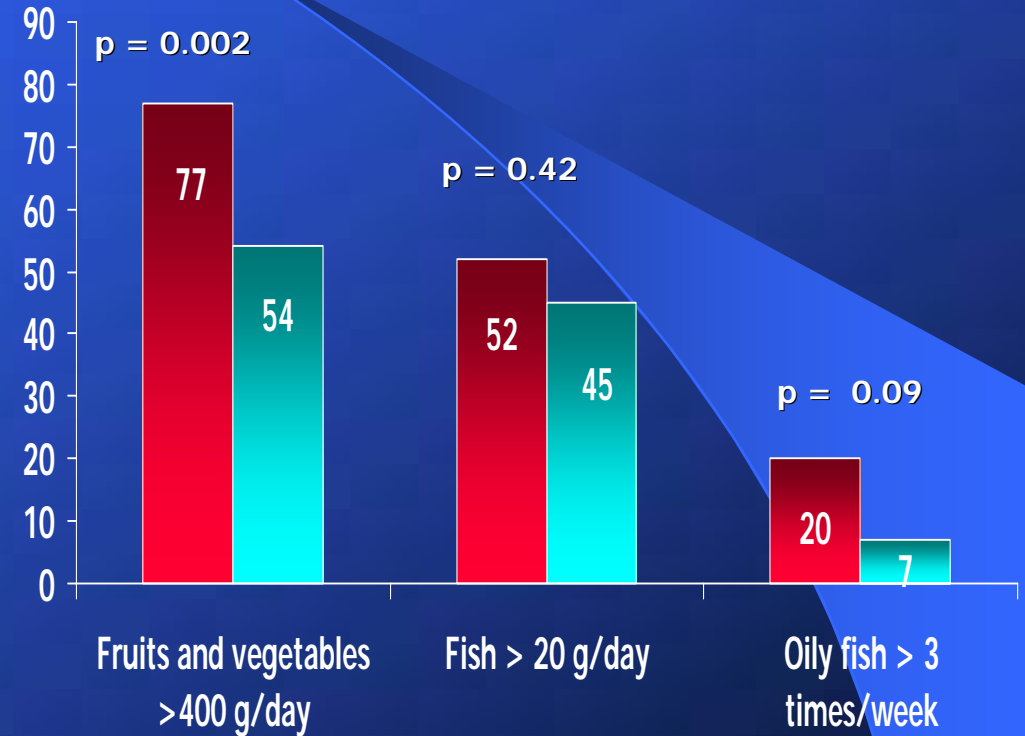
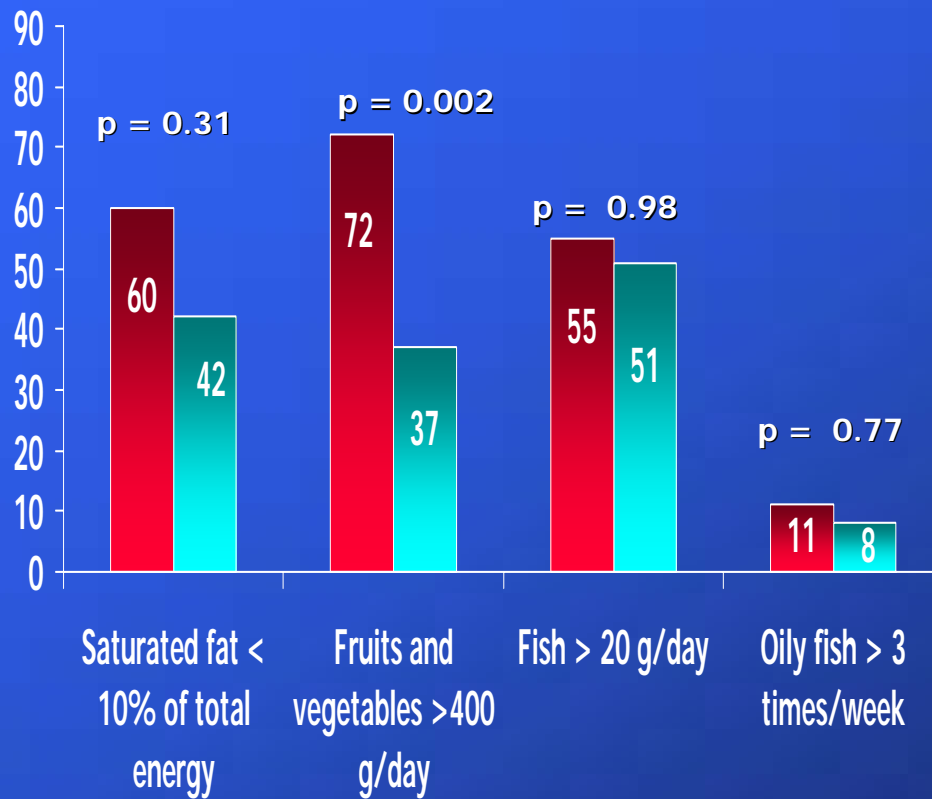


■ Intervention
 ■ Usual Care

Proportions of partners achieving the European targets for a healthy diet

Hospital

General Practice



■ Intervention
 ■ Usual Care

Nurse-led multidisciplinary teams





Nurse-led multi-disciplinary hospital and primary care teams

- **Cardiovascular prevention nurses**
 - **Dieticians**
 - **Physiotherapists**
 - **Cardiologists**
- **General practitioners**

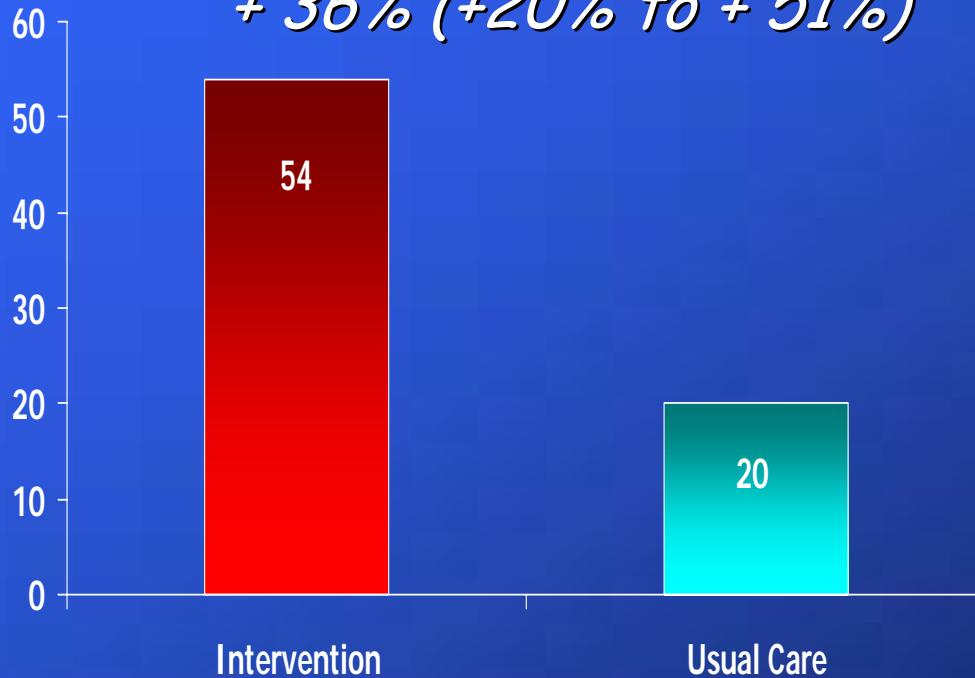
Comprehensive lifestyle risk factor and therapeutic intervention

- **Lifestyle: tobacco, healthy eating and physical activity**
- **Other risk factors: overweight and obesity, blood pressure, lipids and glucose**
- **Cardioprotective drug therapies**

Proportion of patients achieving European Guidelines for physical activity

Hospital

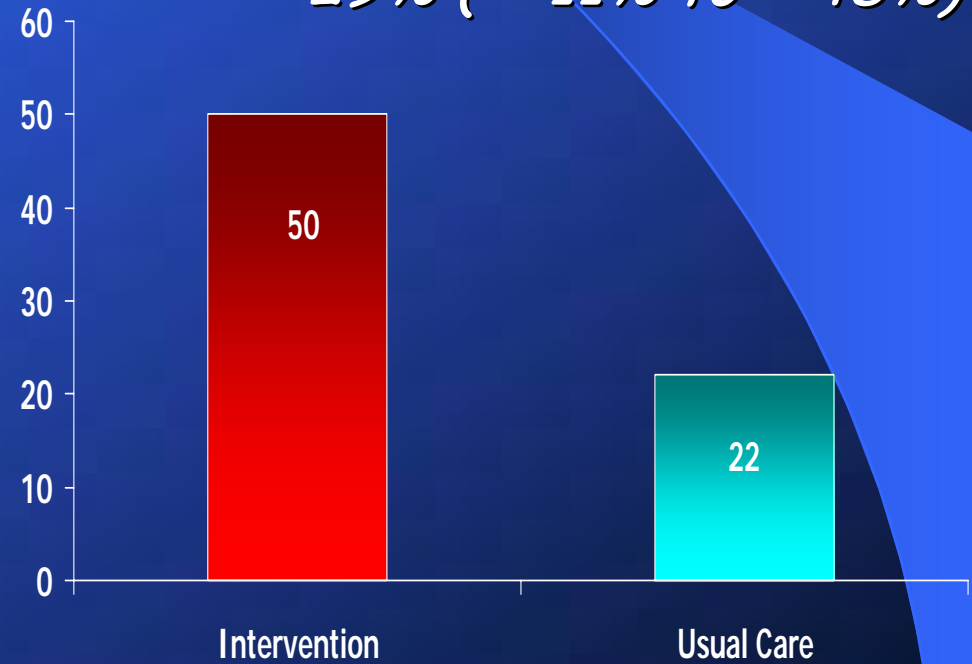
+ 36% (+20% to + 51%)



P = 0.002

General Practice

+ 29% (+ 11% to + 48%)

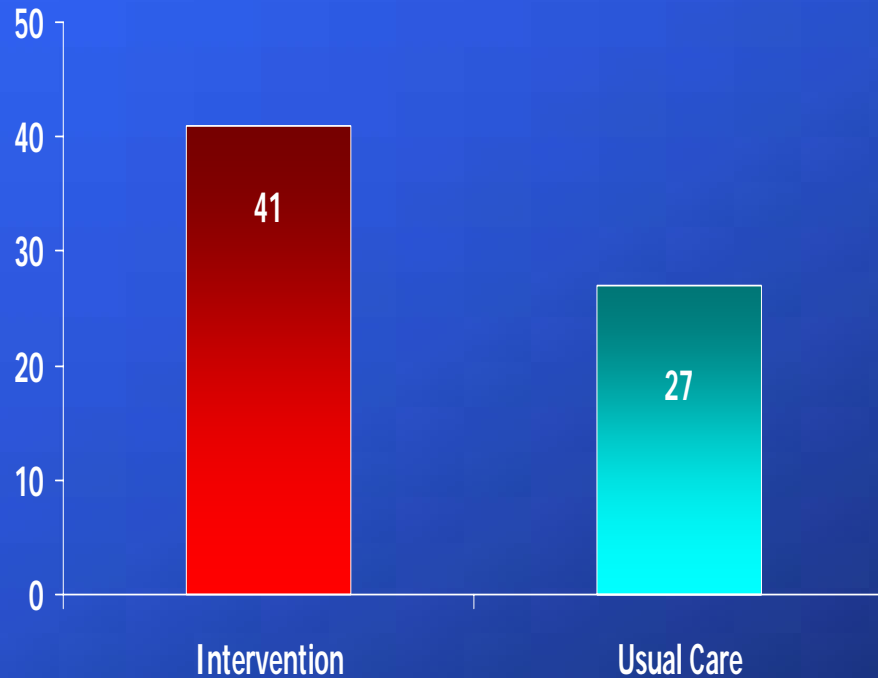


P = 0.001

Proportion of partners achieving European Guidelines for physical activity

Hospital

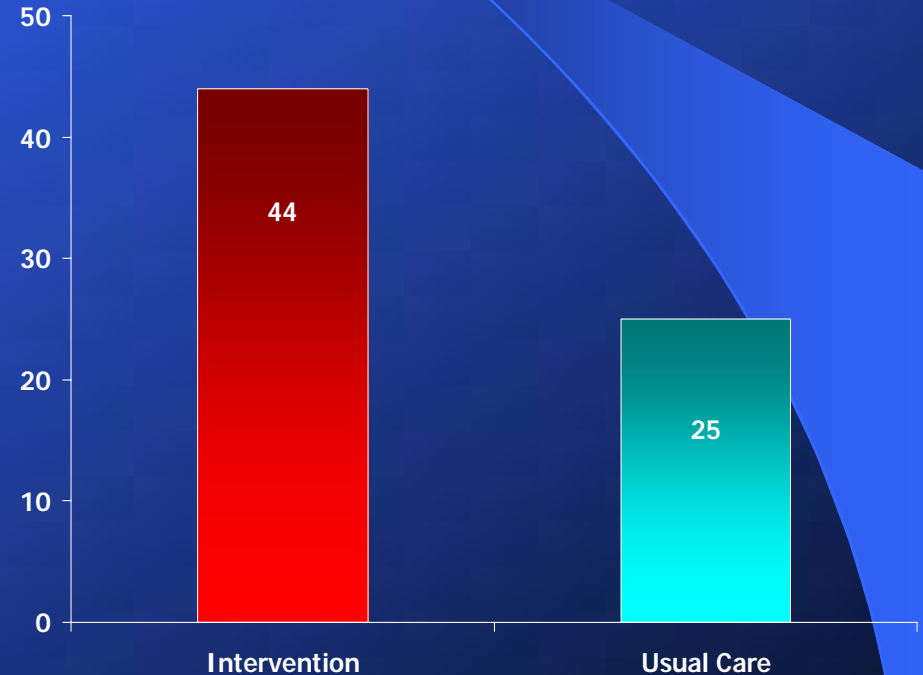
+ 19% (- 0.6% to + 38%)



P = 0.06

General Practice

+ 27% (+ 4% to + 50%)



p = 0.03

Comprehensive lifestyle risk factor and therapeutic intervention

- Lifestyle: tobacco, healthy eating and physical activity
- Other risk factors: overweight and obesity, blood pressure, lipids and glucose
- Cardioprotective drug therapies

Proportion of patients achieving the European target for blood pressure

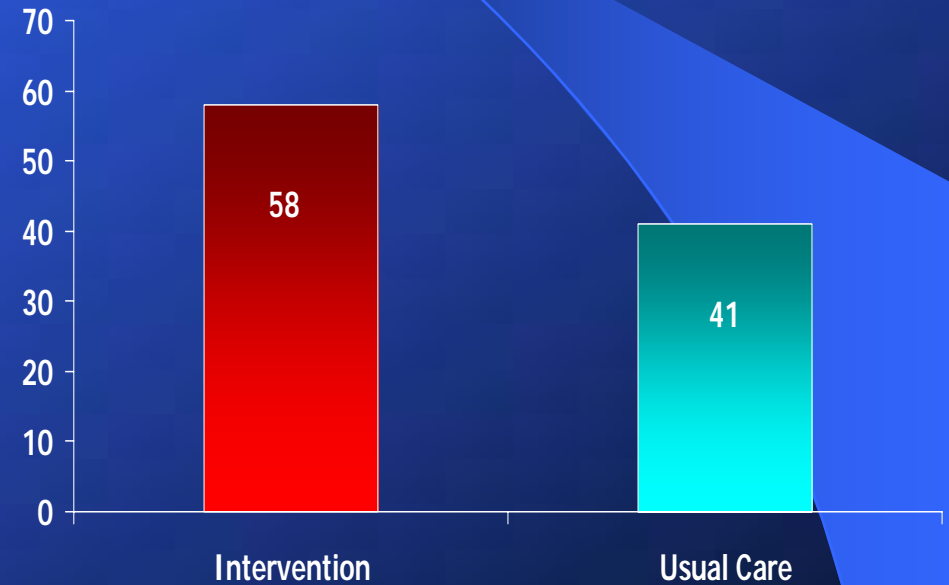
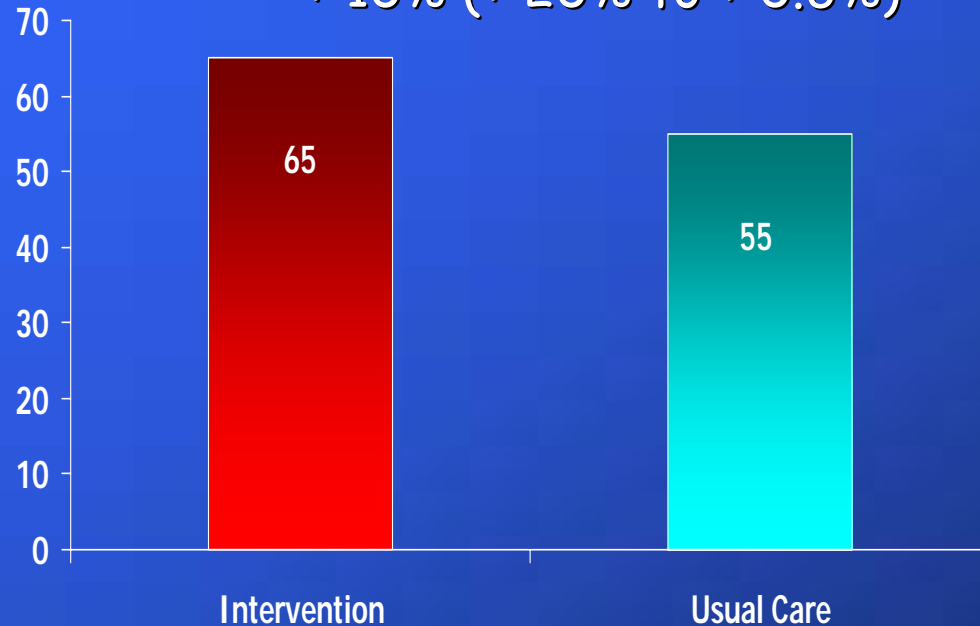
(< 140/90 mm Hg [$<130/85$ mm Hg in patients with diabetes mellitus])

Hospital

General Practice

+ 10% (+ 20% to + 0.6%)

+ 17% (+ 32% to + 2%)



$P = 0.04$

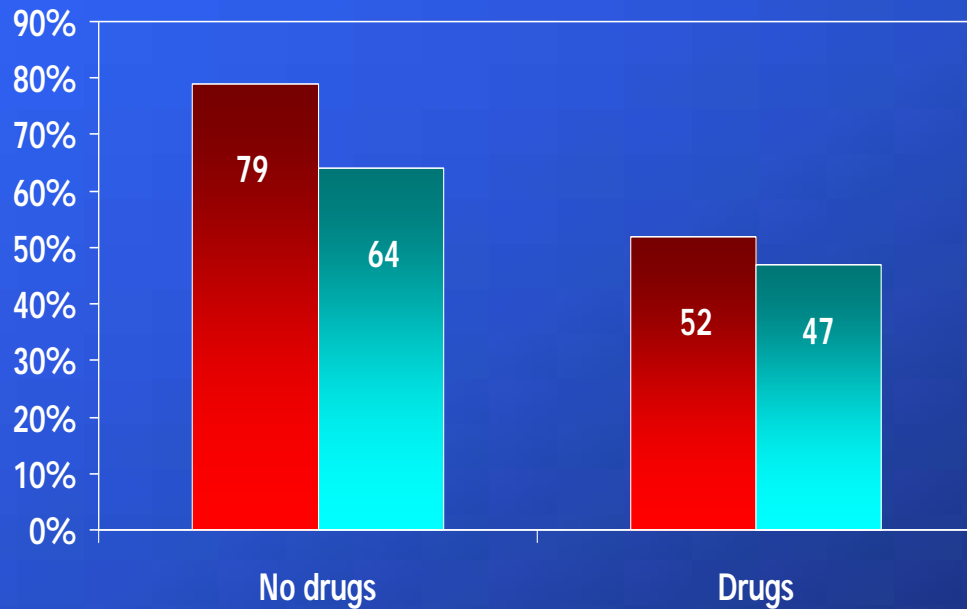
$p = 0.03$

■ Intervention ■ Usual Care

Therapeutic control of blood pressure

Hospital

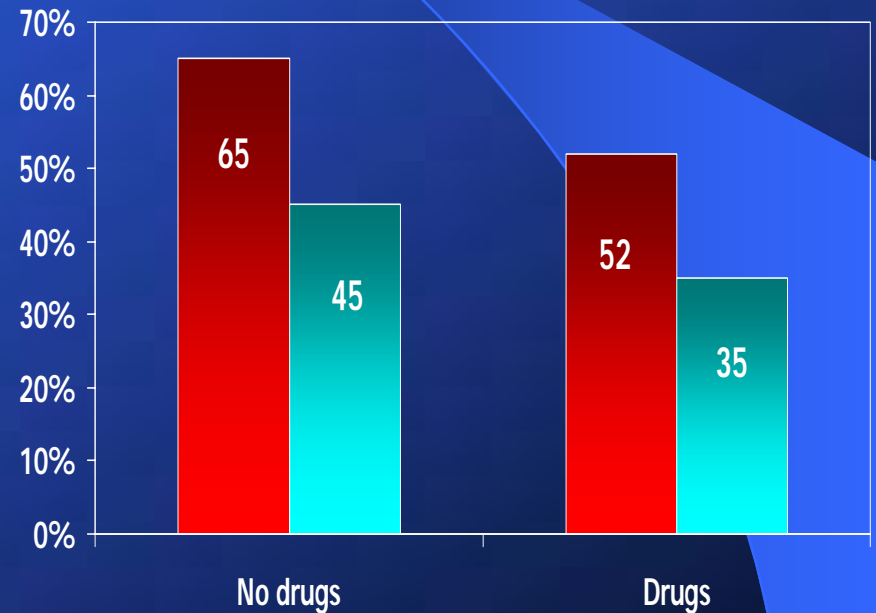
No drugs: + 14% (+ 33% to - 4%)
Drugs: + 8 % (+19% to - 4%)



p = 0.10 no drugs
p = 0.14 with drugs

General Practice

No drugs: +17% (+32% to +4%)
Drugs: + 17% (+ 33% to +2%)



p = 0.02 no drugs
p = 0.04 with drugs

■ Intervention
■ Usual Care

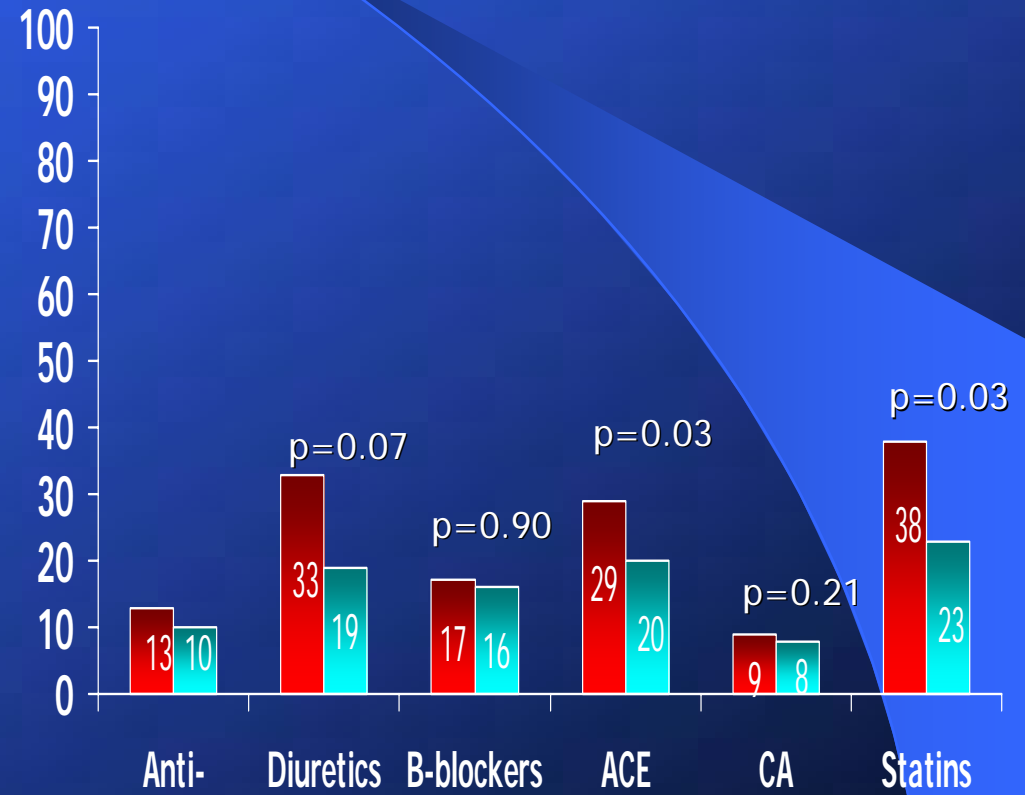
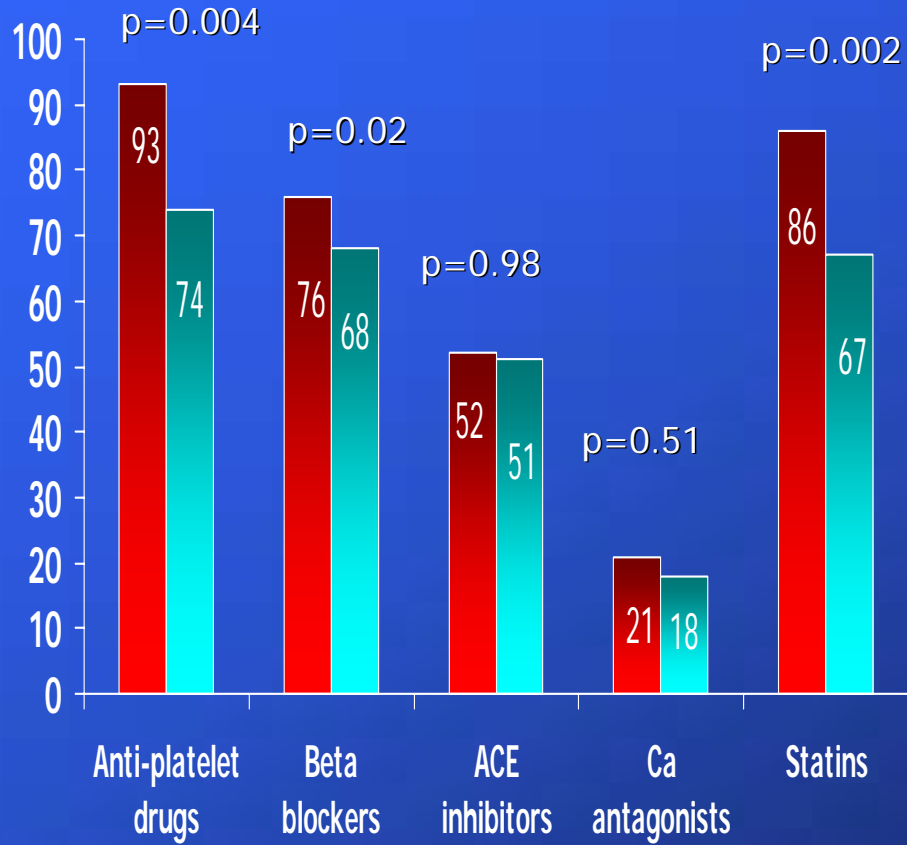
Comprehensive lifestyle risk factor and therapeutic intervention

- **Lifestyle: tobacco, healthy eating and physical activity**
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- **Cardioprotective drug therapies**

Proportion of patients on cardiovascular protective drug therapy

Hospital

General Practice



■ Intervention
 ■ Usual Care

➤ Statistical power

- Statistical power was reduced because of patient numbers and heterogeneity in the differences between intervention and usual care between countries

➤ Under estimation

- Usual care was being audited
- One quarter of usual care patients were clinically assessed at baseline
- One fifth of patients in usual care received cardiac rehabilitation

➤ Over estimation

- Selective drop out - patients in intervention did not attend at one year

EUROACTION has set
**a new benchmark for standards of preventive
cardiology care**
for coronary and high risk patients and their
families in everyday clinical practice

Steering Group

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Professor Martin Buxton, Professor Ian Graham, Mr Alan
Howard, Dr Kornelia Kotseva, Ms Susanne Logstrup, Professor
Hannah McGee, Ms Muriel Mioulet, Dr Karen Smith,
Professor David Thompson, Professor David Wood

National Co-ordinators
&
Primary Care Leaders

EUROACTION

Steering Group

National Co-ordinators and Primary Care Leads

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Ms Alison Mead (chief dietician) Ms Jennifer Jones (superintendent
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- Ms Catriona Jennings, Nurse Co-ordinator
- Ms Sally Graves, Study Administrator
- Ms Alison Mead, Dietitian
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EUROACTION

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demonstration project in preventive
cardiology

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www.escardio.org/euroaction