

ESC Hotline
Discussant:
RESPONSE Trial

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Context

- Nurse-led or nurse-coordinated secondary prevention programmes have been shown to be effective and feasible
 - EUROACTION (Wood, et al. 2007)
 - SCRIP Trial (Haskell, et al.1994)
 - Kaiser Permanente (DeBusk, et al. 1994)
 - Nurse-led clinics in primary care (Murchie, et al. 2003)

RESPONSE Trial

- Multi-centre RCT
- Subjects primarily male and younger
- Modest intervention
 - Additional training: few days
 - 4 visits nurse-coordinated programme over 6 months
 - 93% attendance by patients
- 93% follow-up at 1 year

RESPONSE Findings

- Use of SCORE controversial and intriguing
 - Intended for patients without CHD
 - Means of quantifying relative change in risk
 - 17% relative risk reduction (predicted 10 year mortality) at one year for intervention patients
- Individual and composite risk factor control favoured intervention
 - Neither group improved BMI & waist circumference
 - Both decreased smoking rates (by self-report)

Implications

- This type of intervention could be widely implemented
- Nurses well-suited to coordinate or lead secondary prevention programmes
- Most effective 'dose' of intervention for sustained effect not known
 - Components, intensity, duration
 - Titration based on individual characteristics (eg older with multiple co-morbid conditions)