

Joining forces: the ESC Prevention of CVD Programme

● Nicolle Kränkel

Background information

- **Structured secondary prevention programmes** are recommended as the **best means** to deliver prevention interventions.
- However **implementation** of such programmes is **inconsistent**.

EAPC, ACCA and ACNAP are engaged in a cardiovascular prevention programme to raise **awareness** and provide **guidance** to reduce residual risk and improve preventive interventions:

- **Phase I:** Secondary Prevention after Myocardial Infarction (2015)
- **Phase II:** Focus on Secondary Prevention (2016 - 2017)
- **Phase III:** Continued Roll-out, Evaluation and Follow-up (2018-2020)

Resources: Documents and Reports

Survey on existing gaps between knowledge & implementation

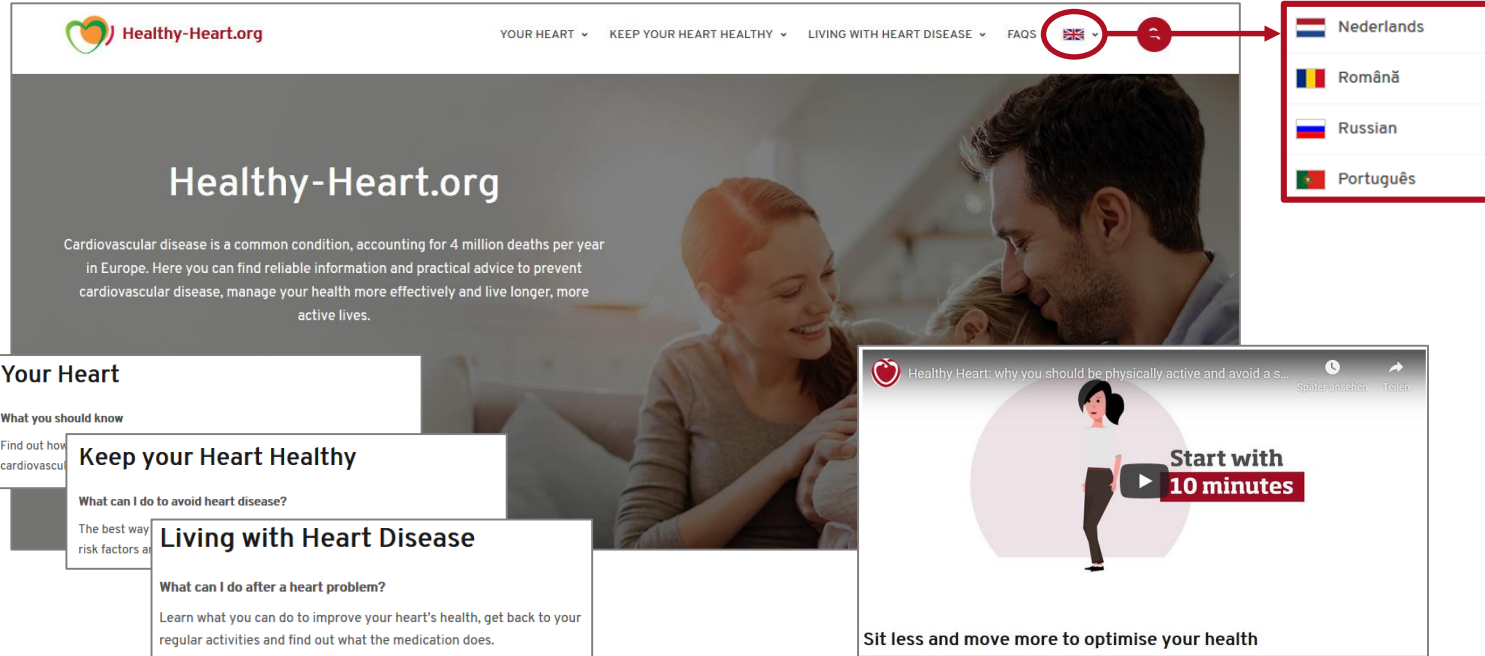
In which areas are educational tools needed?

1. Physical activity (76.1%)
2. Smoking (66.9%)
3. Motivational counselling for behavioral changes (59.1%)
4. Nutrition (56.0%)
5. BMI / weight (50.7%)
6. Dyslipidaemia (50.3%)
7. Hypertension (36.6%)



Which tools are needed:





- 1. Awareness and educational resources for patients**
2. Multidisciplinary programmes
3. Monitoring of performance measures
4. Adapted educational activities for Health Professionals

Resources: Our website for patients



Healthy-Heart.org

YOUR HEART ▾ KEEP YOUR HEART HEALTHY ▾ LIVING WITH HEART DISEASE ▾ FAQS  

-  Nederlands
-  Română
-  Russian
-  Português

Healthy-Heart.org

Cardiovascular disease is a common condition, accounting for 4 million deaths per year in Europe. Here you can find reliable information and practical advice to prevent cardiovascular disease, manage your health more effectively and live longer, more active lives.

Your Heart

What you should know

Find out how to manage your cardiovascular health

Keep your Heart Healthy

What can I do to avoid heart disease?

The best way to manage your heart health

Living with Heart Disease

What can I do after a heart problem?

Learn what you can do to improve your heart's health, get back to your regular activities and find out what the medication does.

Healthy Heart: why you should be physically active and avoid a s...
Später anschauen Teilen

Start with 10 minutes

Sit less and move more to optimise your health

➤ www.healthy-heart.org

Presentation by *Silvia Castelletti @ 12:00*



Resources: Our website for healthcare professionals

ESC Prevention of CVD Programme

Could your patient benefit from better secondary prevention?

About the programme

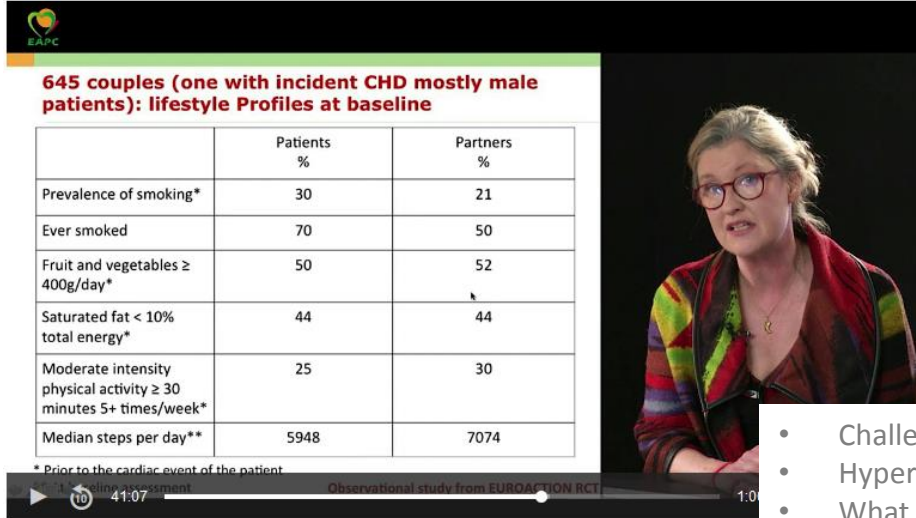
The ESC Prevention of CVD Programme is an innovative project that aims to promote effective secondary prevention among those with risk factors as well as those that survived a clinical event.

It offers access to educational and scientific resources on Ischaemic heart disease and treatment goals, cardiovascular risk assessment and management tools, as well as cardiac rehabilitation and exercise training recommendations.

[Read more >](#)

➤ www.escardio.org/cvd-prevention

Resources: Webinars



645 couples (one with incident CHD mostly male patients): lifestyle Profiles at baseline

	Patients %	Partners %
Prevalence of smoking*	30	21
Ever smoked	70	50
Fruit and vegetables \geq 400g/day*	50	52
Saturated fat < 10% total energy*	44	44
Moderate intensity physical activity \geq 30 minutes 5+ times/week*	25	30
Median steps per day**	5948	7074

* Prior to the cardiac event of the patient
** Median steps per day

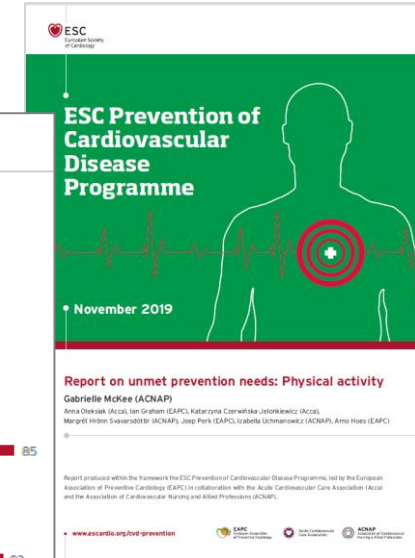
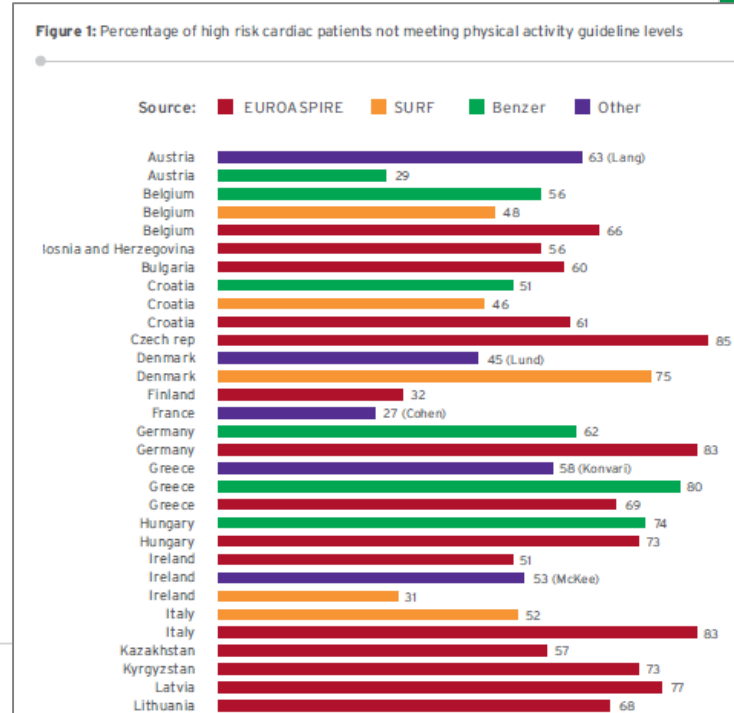
Observational study from EUROACTION RCT

- Challenges in Secondary Prevention after acute myocardial infarction
- Hypertension: old problem, new approaches
- What has changed in Lipid lowering?
- Novel approaches for addressing adverse lifestyles in patients and their families
- Antithrombotic therapy in secondary prevention - How long and how strong?
- The cardiovascular polypill, an interesting option for secondary prevention
- Cardiovascular disease prevention in very high risk patients

Resources: Performance measures

Reports on **unmet prevention** needs:

- Hypertension
- Dyslipidaemia
- Obesity
- Physical Activity
- Smoking



Resources: Implementation guidance documents & Risk management tools



Position document:

“Optimizing implementation of European guidelines on cardiovascular disease prevention in clinical practice: what is needed?” (EJPC)

Guidance roadmap & tool kit:

Presentation by Arno Hoes @ 10:15, including:

- *Implementation **barriers** – key problems and where we currently stand: identifying where most can be gained in a specific country*
- *Implementation **strategies** – on European & National levels with a focus on policy*



Risk Management app:

Presentation by Nicolle Kränkel @ 10:45

Thank you!

Special thanks to the **103 volunteers** involved in this project

