Joining forces: 
the ESC Prevention of CVD Programme

Nicolle Kränkel
**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

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.

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

<table>
<thead>
<tr>
<th></th>
<th>Patients %</th>
<th>Partners %</th>
</tr>
</thead>
<tbody>
<tr>
<td>Prevalence of smoking*</td>
<td>30</td>
<td>21</td>
</tr>
<tr>
<td>Ever smoked</td>
<td>70</td>
<td>50</td>
</tr>
<tr>
<td>Fruit and vegetables ≥ 400g/day*</td>
<td>50</td>
<td>52</td>
</tr>
<tr>
<td>Saturated fat &lt; 10% total energy*</td>
<td>44</td>
<td>44</td>
</tr>
<tr>
<td>Moderate intensity physical activity ≥ 30 minutes 5+ times/week*</td>
<td>25</td>
<td>30</td>
</tr>
<tr>
<td>Median steps per day**</td>
<td>5948</td>
<td>7074</td>
</tr>
</tbody>
</table>

* Prior to the cardiac event of the patient

- 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

www.escardio.org/cvd-prevention
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