

PRIMARY PREVENTION ASSESSMENT TOOL

Risk factor assessment in adults should begin at age 20. The following should be assessed at every office visit:

1. Family history

Age _____ Lipids _____ HTN _____ MI _____ CVA _____ DM _____ Renal _____
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2. Smoking status not smoking _____
 smoking _____ amount _____ ppd
 advised to quit smoking _____

3. Diet Encourage fruits, vegetables, grains, low fat or nonfat dairy products, fish, legumes, poultry, lean meats, low sugar products.

4. Alcohol intake Amount/frequency _____ Type _____
 advised to quit drinking alcohol _____

5. Physical activity Goal at least 30 minutes of moderate intensity physical activity on most days of the week (ie: brisk walk 15-20 minute per mile; resistance training with 8-10 different exercises; 1-2 sets per exercise and 10-15 repetitions at moderate intensity > 2 days/week).

6. Blood pressure Goal <140/90 _____
 Goal <130/85 if renal insufficiency or heart failure _____
 Goal <130/80 if diabetes _____
 Encourage weight loss _____, sodium reduction _____,
 moderate alcohol intake _____, physical activity _____.
 Medication _____

7. BMI _____ Goal of 24 or less

8. Waist circumference _____ Goal Women <88 cm (<35 inches)
 Men < 102 cm (< 40 inches)

9. Pulse (to screen for atrial fib) _____

10. Fast serum lipoprotein profile (or total and HDL cholesterol if fasting is unavailable)

Cholesterol _____ goal (<200)
 Triglycerides _____ goal (<150)
 HDL _____ goal (men \geq 40) (women \geq 50)
 LDL _____ goal primary prevention optimal <100.

Base on risk factors and Framingham Risk Assessment

11. Fasting blood glucose (according to patients risk for hyperlipidemia and diabetes, at least every 5 y.; if risk factors are present, every 2 years) _____

AHA Guidelines for Primary Prevention of Cardiovascular Disease and Stroke: 2002 Update. Circulation. 2002; 106:388-391.