Progress in the Fremantle Primary Prevention Study- A Pilot Study of Risk Factor Modification for Cardiovascular Disease

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Fremantle Primary Prevention Study
A pilot study of risk factor modification for cardiovascular disease

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**Background**
Risk factors for cardiovascular disease (obesity, diabetes, hypertension, smoking, inactivity, hyperlipidemia) are modifiable, but often tend to be taken seriously only AFTER a significant event occurs (heart attack, stroke).

**General practice** offers the opportunity to detect and attempt to modify these risk factors and help reduce subsequent morbidity and mortality.

**Objectives**
Monitor the changes in cardiovascular risk following delivery of intensive and opportunistic intervention strategies at the GP level.

**Methods**
- **Patients presenting to 3 research practices**
  - 400 recruits/practice men/women 40-80 yrs
- **Initial screening**
- **Exclusions**
  - Prior cardiovascular event
  - Physical inability
  - Transient visitor
  - Incapable of giving consent
- **Eligible participants**
  - N=1200
- **Informed consent**
- **Demographics**
- **Baseline measures of risk**

**Randomised within Practice**

**Intensive**
- Intensive 3 monthly consultation
- + 3 monthly data collection
- N=3 x 200

**Opportunistic**
- Opportunistic follow-up
- N=3 x 200

**Results/Discussion**
To date, 559 participants have completed the study (intensive - n=155, 75 ♀; opportunistic - n=404, 161 ♀).
The figures below represent % of participants outside target for key outcome variables for those that have completed the 12 month study.

**Implications for policy & practice**
While a significant proportion of the community are already known to have cardiovascular risk factors, GPs and their practice staff are ideally positioned to assess the extent of this potential morbidity and institute treatment modalities and programmes to reverse and modify them.

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