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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

12 month final data collection

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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