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

Diane Arnold-Reed  
*University of Notre Dame Australia, darnold-reed@nd.edu.au*

Tom Brett  
*University of Notre Dame Australia, tom.brett@nd.edu.au*

W. Walker

Frances Cadden  
*University of Notre Dame Australia, Frances.Cadden@nd.edu.au*

J. Young

*See next page for additional authors*

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Authors
Diane Arnold-Reed, Tom Brett, W. Walker, Frances Cadden, J. Young, Noelene Mora, Wendy Manea-Walley, Dana Hince, and M. Caneppele

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

Arnold-Reed D1, Brett T1, Hince D1, Bulsara M1,2, Sotzik F1, Caneppele M1 & O'Driscoll G1.
1General Practice and Primary Health Care Research, School of Medicine, University of Notre Dame Australia, Fremantle
2School of Population Health, Faculty of Medicine, Dentistry and Health Sciences, University of Western Australia

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

Methods

Patients presenting to 3 research practices 400 recruits/practice men/women 40-80 yrs

Exclusions
- Prior cardiovascular event
- Physical inability
- Transient visitor
- Incapable of giving consent

Initial screening
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.

Acknowledgement: This study was funded by Pfizer AUS-Non Drug CVS-06-001