

NHS Health Checks: the basics

@LWNurses #LWN #LearnWithNurses

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The NHS Health Check

A world-leading prevention programme, with almost **1.5 million** people having the check every year

Systematically measuring a range of CVD risk factors



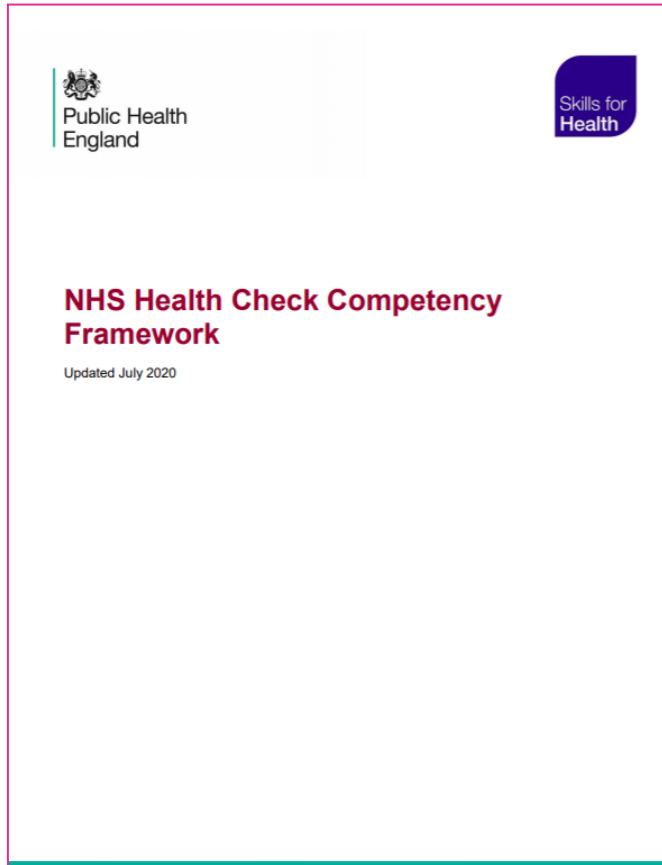
Offers everyone having a check the opportunity to understand their personal CVD risk profile and make lifestyle changes



Identifying people early – from the age of 40 – enabling timely intervention to reduce exposure time to CVD risk factors



NHS Health Check Competencies



3. NHS Health Check Programme Competencies

In addition to the core competencies (Care Certificate or equivalent) and clinical skills competencies described in 2.3, staff carrying out an NHS Health Check must be able to demonstrate that they meet the NHS Health Check programme competencies.

Figure 1. List of NHS Health Check programme competencies



What is it for?



**NHS
HEALTH
CHECK**

Helping you prevent

- diabetes
- heart disease
- kidney disease
- stroke & dementia



NHS

Aged 40-74?
Find out about our **FREE NHS Health Check**

Even though you might be feeling great, if you're over forty you may be at risk of heart disease, stroke, kidney disease, diabetes or dementia.

A **FREE NHS Health Check** can help you reduce these risks and make sure that you stay healthy.

www.nhs.uk/nhshealthcheck

NHS HEALTH CHECK

Helping you prevent

- diabetes
- heart disease
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Produced by
Public Health England

Inequalities & COVID-19

*'Covid-19 continues to follow the fault lines of inequality, with people in the **poorest** neighbourhoods more than **twice** as likely to be killed by the virus as those in the richest areas. Preventable conditions including **cardiovascular disease** and **type 2 diabetes** are major risk factors for dying from Covid-19, and these disproportionately affect people living in disadvantaged areas and from **ethnic minority** backgrounds. The virus has underlined the deep inequalities and stark differences in life expectancy that exist between different population groups and areas of the country.'*

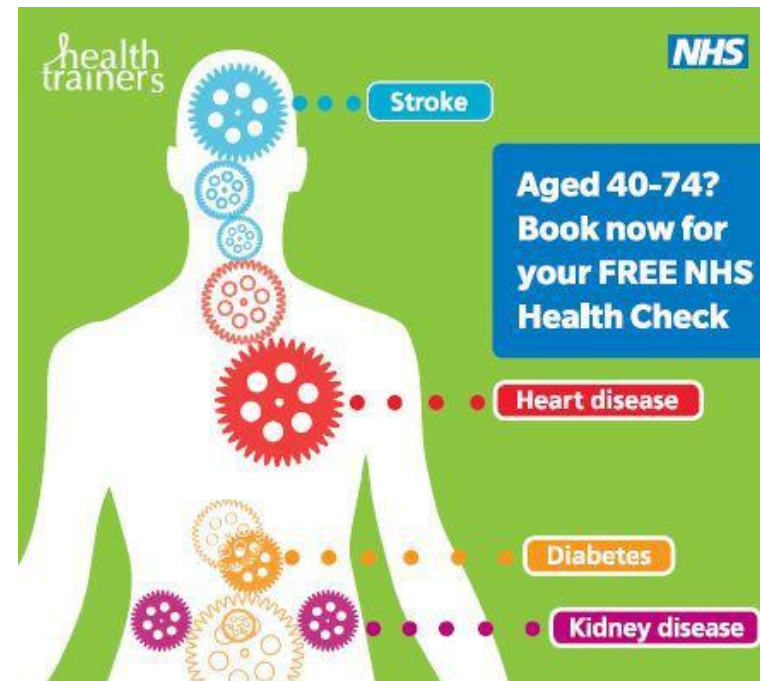
www.kingsfund.org.uk/press/press-releases/covid-19-stark-differences-life-expectancy

Who is it for?

Not for those who are already being systematically monitored:

- Coronary heart disease,
- stroke,
- diabetes
- chronic kidney disease (stages 3 to 5)
- hypertension
- Atrial Fibrillation
- Transient Ischaemic Attack (TIA)
- Familial Hypercholesterolemia
- Heart failure
- Peripheral Arterial Disease (PAD)
- NHS Health Check in last 5 years

People aged 40 to 74 yrs
Every five years



Invitation



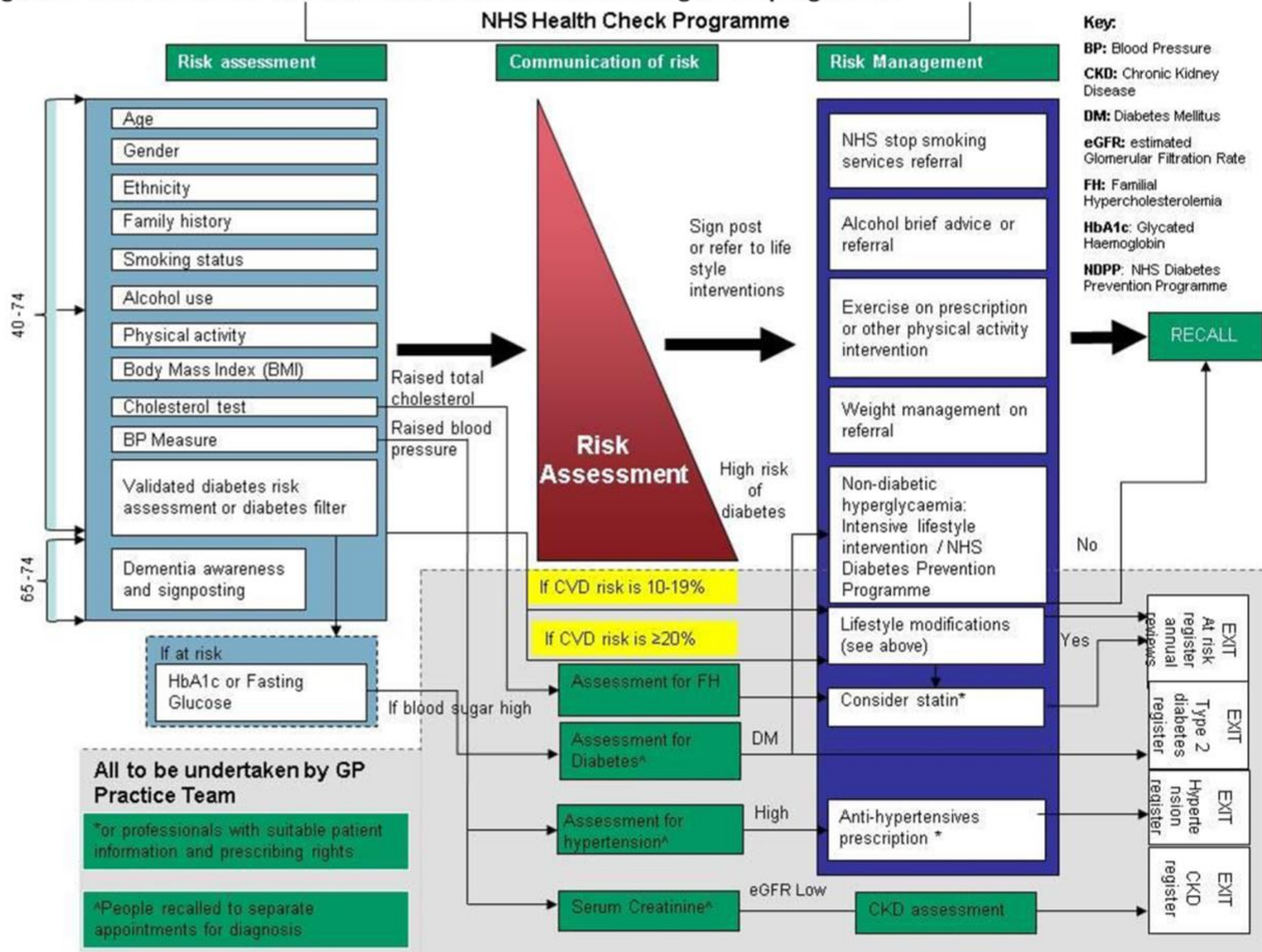
Systematic V Opportunistic

- Written, verbal, phone, text

If targeted:

- outreach work
 - Deprivation & populations at higher risk
 - Help to reduce inequalities
- GP practice
- People with risk factors

Figure 2. Overview of the vascular risk assessment and management programme



Blood tests

- Before the check
- Random
- TC, HDL, Ratio

- HBa1c
- U & E

- On the day with POCT
- Random
- TC, HDL, Ratio

- HBa1c
- U & E

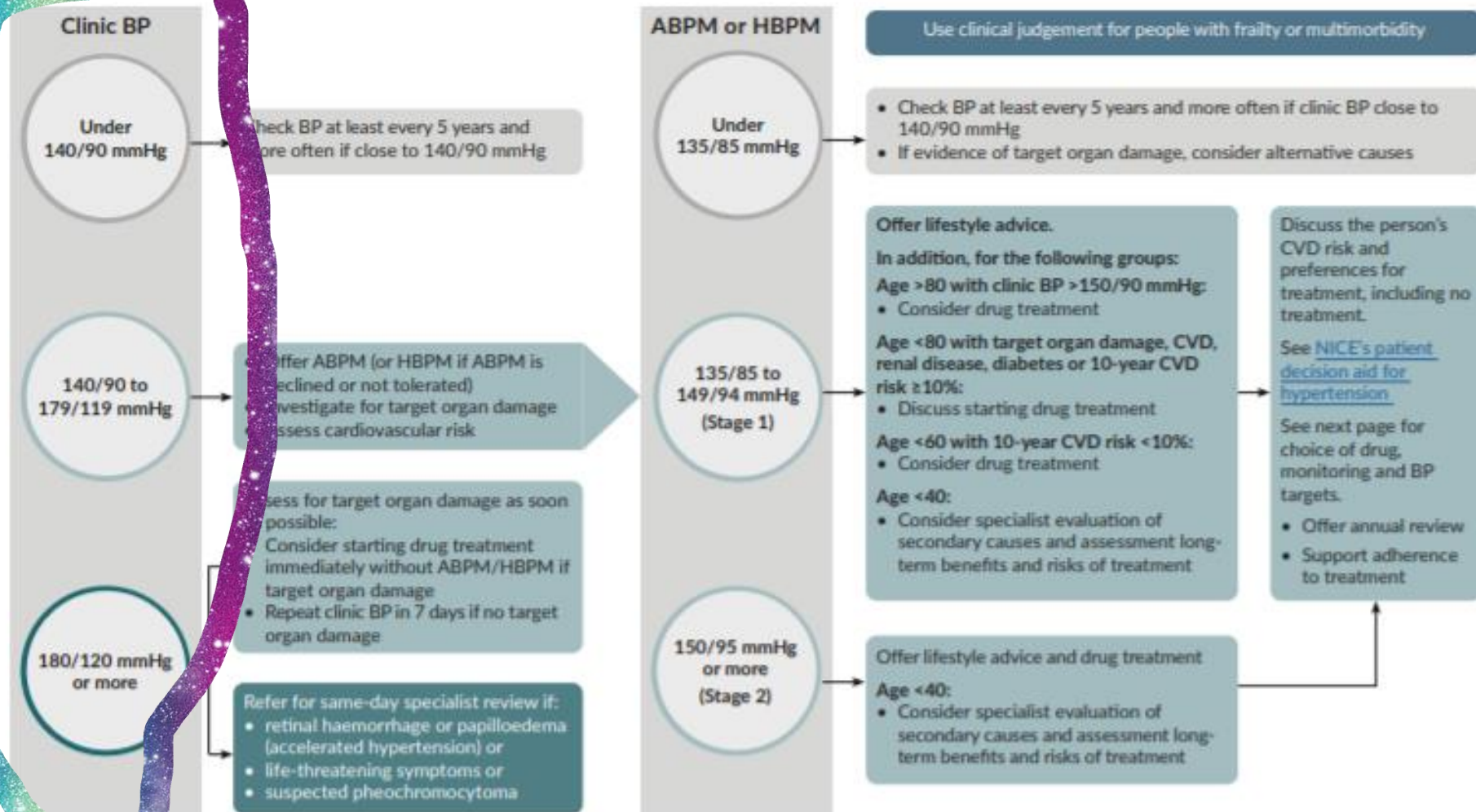
What if BP > 140/90?

If not already in practice send to GP team where:

- Assess for hypertension
- Assess for diabetes
- Assess for chronic kidney disease



Offer lifestyle advice and continue to offer it periodically



Abbreviations: ambulatory blood pressure monitoring; BP, blood pressure; CVD, cardiovascular disease; HBPM, home blood pressure monitoring.

This is a summary of the recommendations on diagnosis and treatment from NICE's guideline on hypertension in adults. See the original guidance at www.nice.org.uk/guidance/NG136

Checking for diabetes risk

Person aged 40 – 74 without diagnosed existing vascular disease

BMI ≥ 30 (or ≥ 27.5 black, Asian and other ethnic groups) or BP $\geq 140/90$

No further testing

HbA_{1c} test

Fasting plasma glucose test

$\geq 48\text{mmol/mol}$ (6.5%) (symptoms)

$\geq 48\text{mmol/mol}$ (6.5%) (no symptoms)

42mmol/mol to 47mmol/mol (6.0% to 6.4%)

$<42\text{mmol/mol}$ (6.0%)

$\geq 7\text{mmol/l}$ (symptoms)

$\geq 7\text{mmol/l}$ (no symptoms)

5.5-6.9mmol/l

$<5.5\text{mmol/l}$

Repeat HbA_{1c} test

Repeat Fasting plasma glucose test

$\geq 48\text{mmol/mol}$ (6.5%)

$<48\text{mmol/mol}$ (6.5%)

$\geq 7\text{mmol/l}$

$<7\text{mmol/l}$

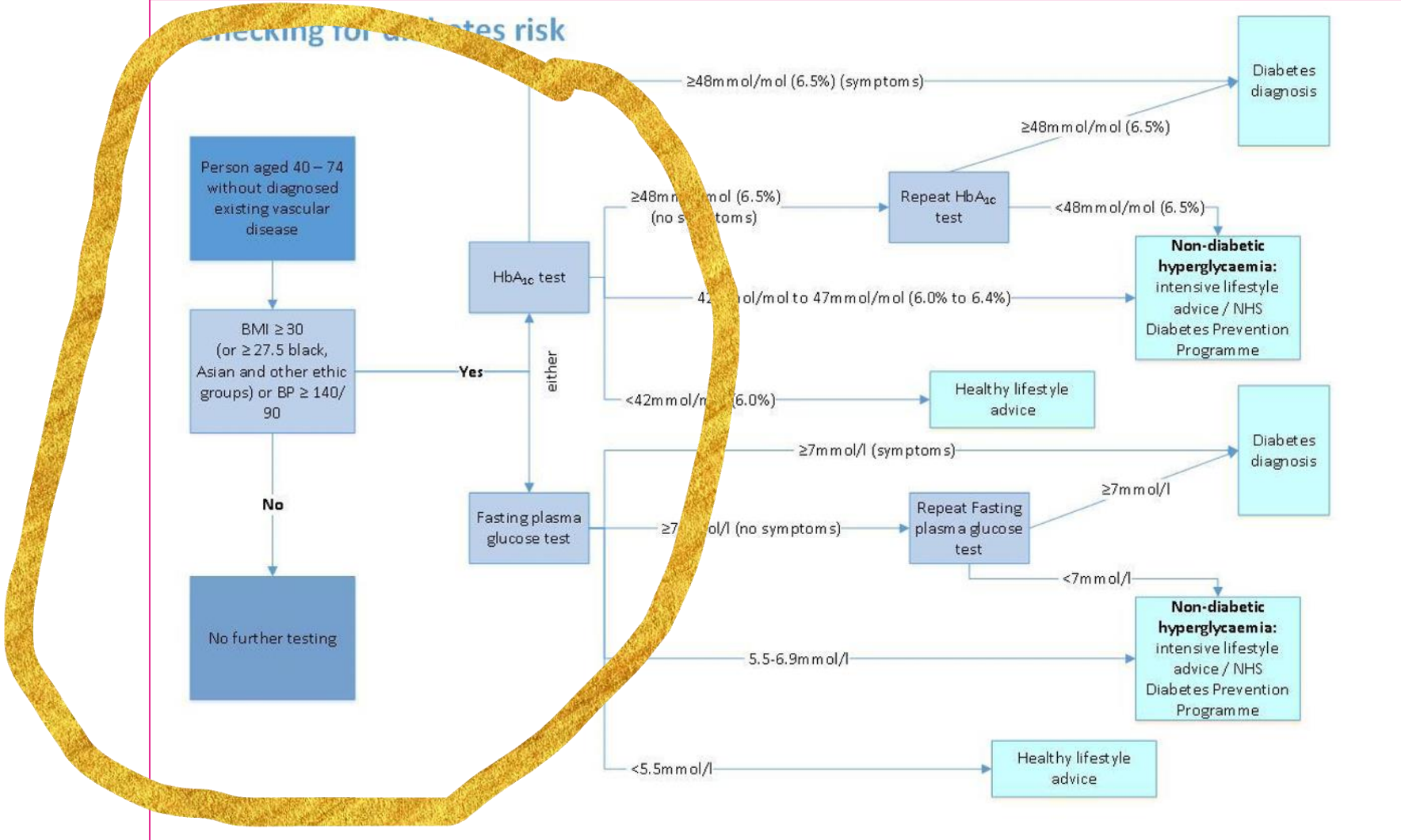
Diabetes diagnosis

Non-diabetic hyperglycaemia:
intensive lifestyle advice / NHS Diabetes Prevention Programme

Diabetes diagnosis

Non-diabetic hyperglycaemia:
intensive lifestyle advice / NHS Diabetes Prevention Programme

Healthy lifestyle advice



This calculator is only valid if you do not already have a diagnosis of diabetes

About you

Age (25-84):

Sex: Male Female

Ethnicity:

UK postcode: leave blank if unknown

Postcode:

Clinical information

Smoking status:

Do immediate family (mother, father, brothers or sisters) have diabetes?

Have you had a heart attack, angina, stroke or TIA?

Do you have high blood pressure requiring treatment?

Are you on regular steroid tablets?

Leave blank if unknown

Body mass index

Height (cm):

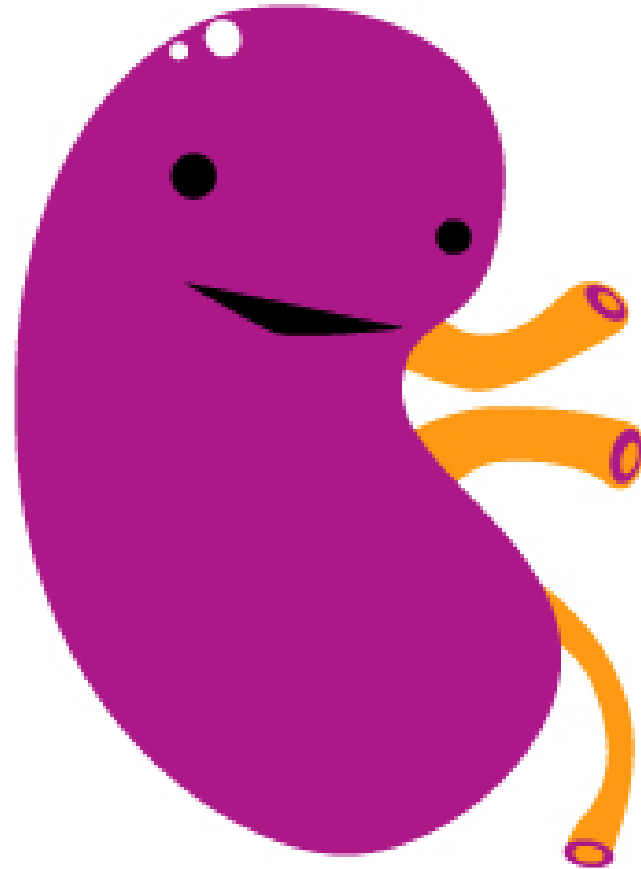
Weight (kg):

Calculate risk over years.

If $>5.6\%$ then test for diabetes

Renal assessment

- For those with a BP of 140/90 or more on either measure.
- Take serum creatinine to calculate the eGFR
- If eGFR less than 60ml/min/1.73 check urine for albumin creatinine ratio (ACR)



Cholesterol

All Individuals whose total cholesterol level is found to be above 7.5mmol/l should be referred to their GP for consideration of Familial Hypercholesterolemia (FH) and for cascade testing of family members if a FH diagnosis is confirmed

Check:

- Full lipid profile
- Thyroid, kidneys, liver and for diabetes

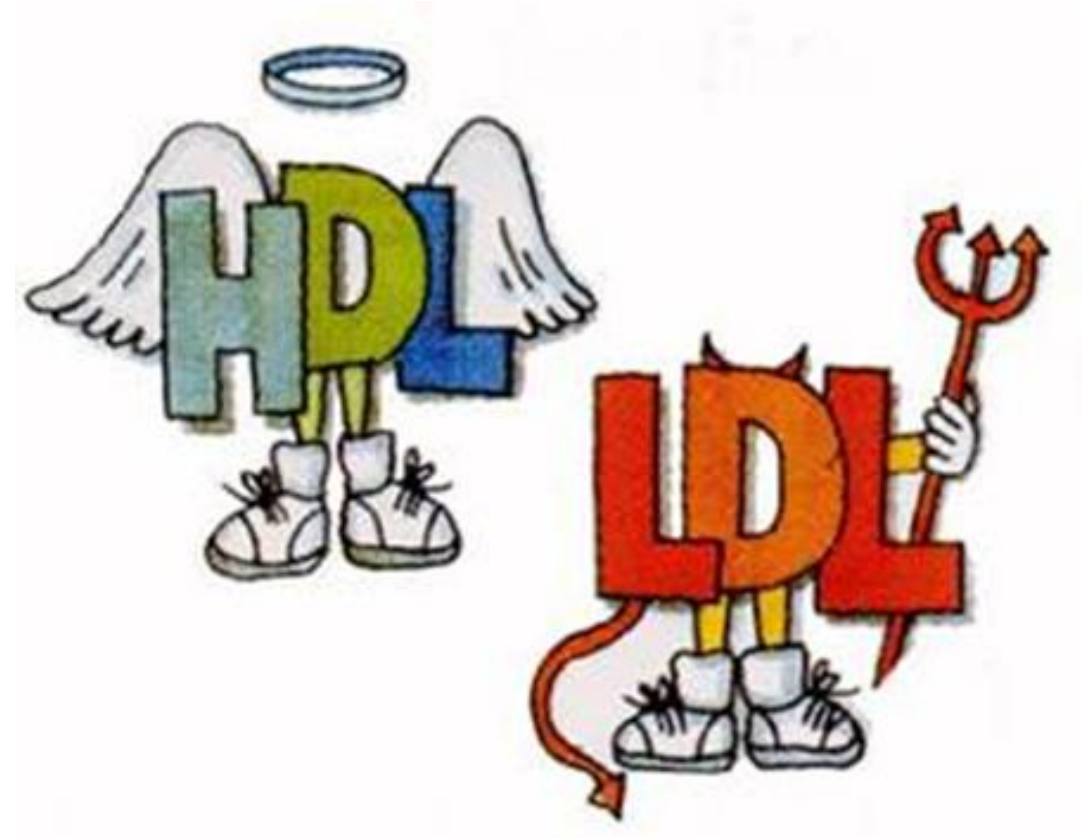
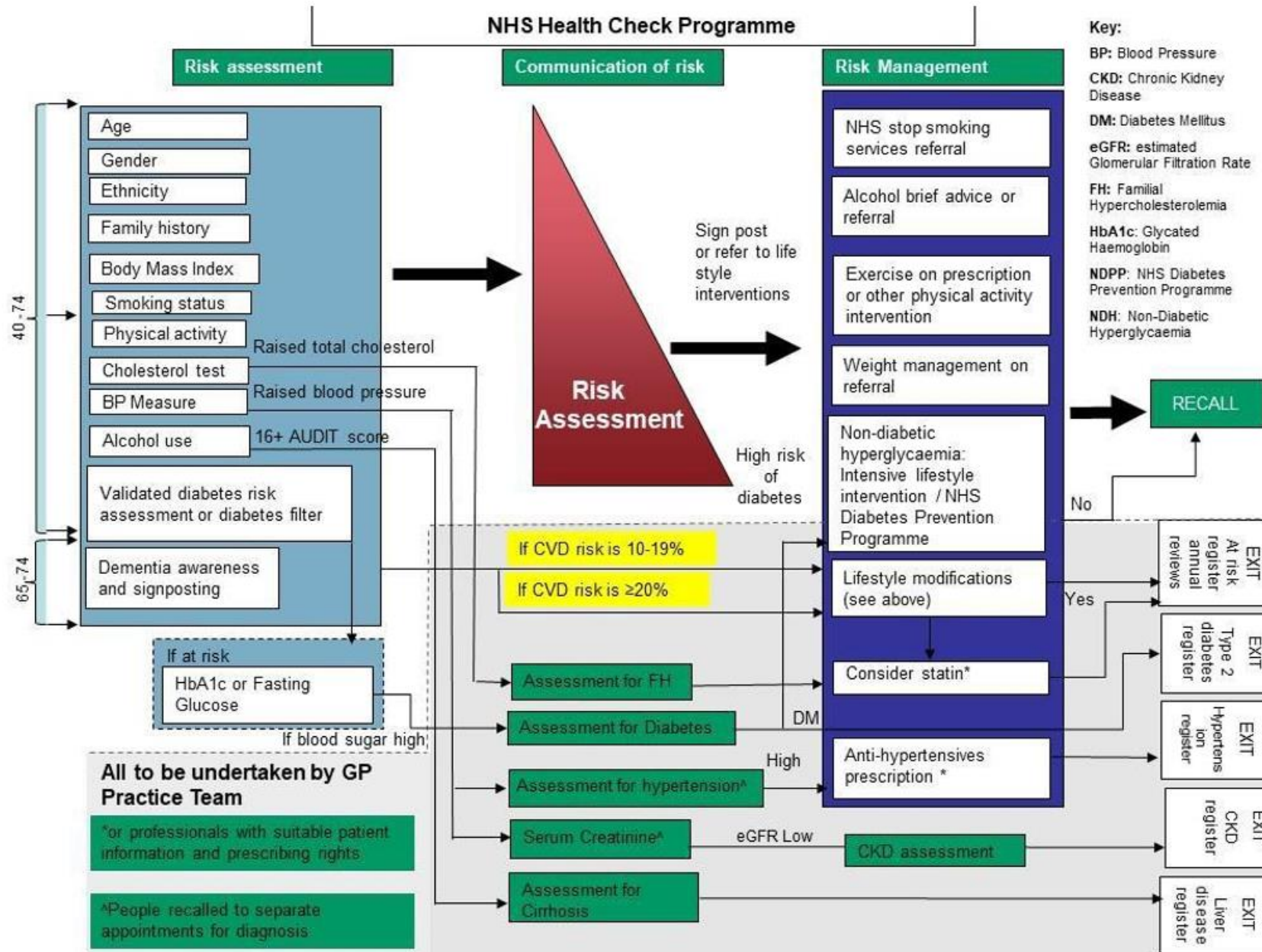


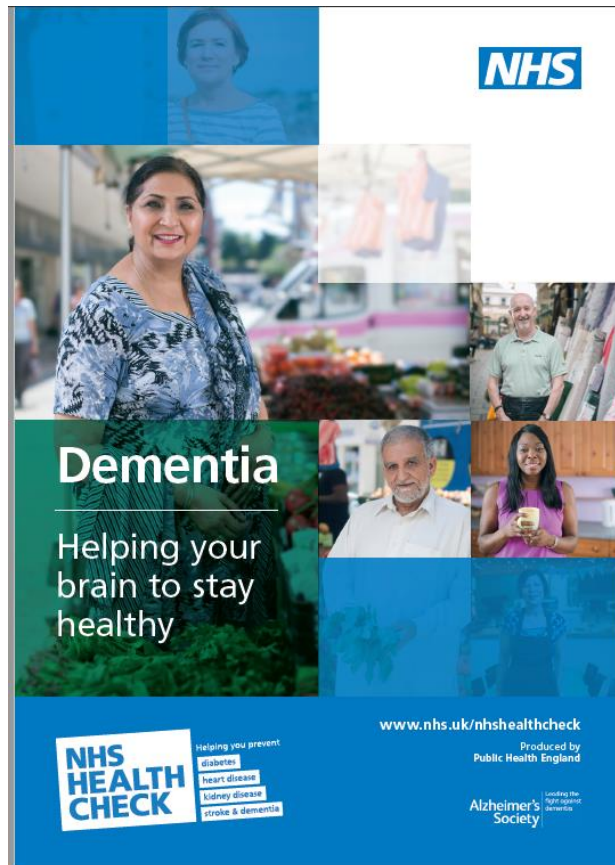
Figure 2. Overview of the vascular risk assessment and management programme



Everyone gets lifestyle

- <10%.....5yr recall
- 10-19%.....offer statin
- >20%..... Annual review & statin

Dementia awareness and signposting



- Why & where does it fit?
- What can be done?
- What can't be done?

GPPAQ



Active

Moderately Active

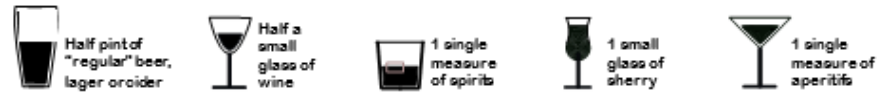
Moderately Inactive

Inactive

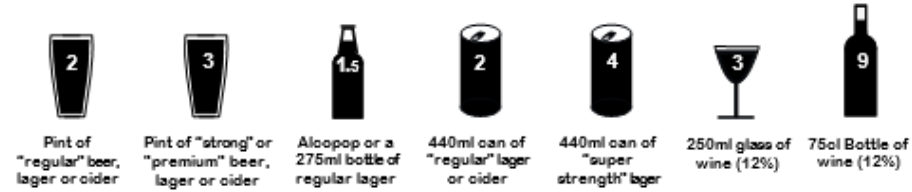
Audit C



This is one unit of alcohol...



...and each of these is more than one unit



AUDIT-C

Questions	Scoring system					Your score
	0	1	2	3	4	
How often do you have a drink containing alcohol?	Never	Monthly or less	2 - 4 times per month	2 - 3 times per week	4+ times per week	
How many units of alcohol do you drink on a typical day when you are drinking?	0 - 2	3 - 4	5 - 6	7 - 9	10+	
How often have you had 6 or more units if female, or 8 or more if male, on a single occasion in the last year?	Never	Less than monthly	Monthly	Weekly	Daily or almost daily	

Scoring:

A total of 5+ indicates increasing or higher risk drinking.
An overall total score of 5 or above is AUDIT-C positive.



Score from AUDIT- C (other side)



Remaining AUDIT questions

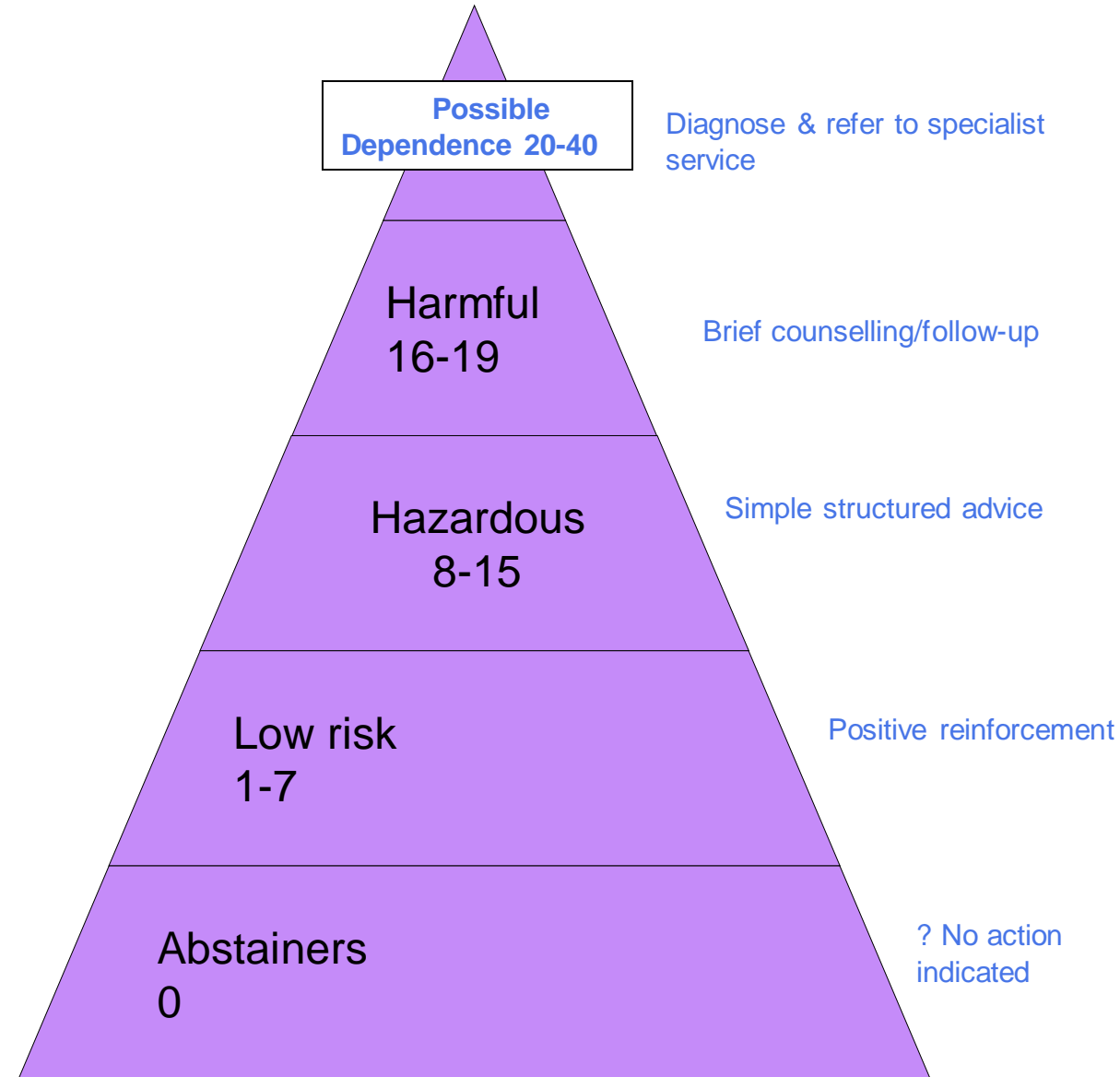
Questions	Scoring system					Your score
	0	1	2	3	4	
How often during the last year have you found that you were not able to stop drinking once you had started?	Never	Less than monthly	Monthly	Weekly	Daily or almost daily	
How often during the last year have you failed to do what was normally expected from you because of your drinking?	Never	Less than monthly	Monthly	Weekly	Daily or almost daily	
How often during the last year have you needed an alcoholic drink in the morning to get yourself going after a heavy drinking session?	Never	Less than monthly	Monthly	Weekly	Daily or almost daily	
How often during the last year have you had a feeling of guilt or remorse after drinking?	Never	Less than monthly	Monthly	Weekly	Daily or almost daily	
How often during the last year have you been unable to remember what happened the night before because you had been drinking?	Never	Less than monthly	Monthly	Weekly	Daily or almost daily	
Have you or somebody else been injured as a result of your drinking?	No		Yes, but not in the last year		Yes, during the last year	
Has a relative or friend, doctor or other health worker been concerned about your drinking or suggested that you cut down?	No		Yes, but not in the last year		Yes, during the last year	

Scoring: 0 – 7 Lower risk, 8 – 15 Increasing risk, 16 – 19 Higher risk, 20+ Possible dependence

TOTAL Score equals
AUDIT C Score (above) +
Score of remaining questions



Drinker typology based on AUDIT scores



In summary

- NHS Health Checks are complex
- Takes time, skills, knowledge to do them well
- Not just a tick box
- Look out for risk webinar

