

From 'we commitment to I action' Cardiovascular Disease

**Cardiovascular Disease –
We will support people to
understand and prevent
cardiovascular disease**

<https://www.bhf.org.uk/heart-health/conditions/cardiovascular-disease>



Frontline nurse, midwife or carer

- I will opportunistically use and promote the following tools ~
Heart Age tool and campaign
<https://www.nhs.uk/Conditions/nhs-health-check/Pages/check-your-heart-age-tool.aspx>
https://www.bhf.org.uk/heart-health/risk-factors/check-your-heart-age?gclid=EA1aIQobChMIqb6ptsrE1QIVQxMbCh0X5QQBEAAYASAAEgI1fvD_BwE
NHS Health Checks <http://www.healthcheck.nhs.uk/>
- I will undertake effective blood pressures and then action the results ~
<https://www.gov.uk/guidance/high-blood-pressure-plan-and-deliver-effective-services-and-treatment>
<https://www.practicalclinicalskills.com/blood-pressure-measurement>
- I will effectively use anticoagulation protocols ~
<https://www.nice.org.uk/advice/ktt16/chapter/evidence-context>

Leader / Manager

- I will utilise the PHE Cardiovascular Disease profiles ~
<https://fingertips.phe.org.uk/profile/cardiovascular>
- I will collect service clinical audit and benchmark our service

Strategic Lead

- I will profile "Action on Cardiovascular Disease: Getting Serious about prevention"
<https://www.gov.uk/government/publications/cardiovascular-disease-getting-serious-about-prevention>