



Summary of NICE Guidelines

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| Title | Cardiovascular risk assessment and lipid modification |
| NICE Reference | NICE quality standard [QS100] |
| Date of Review: | 22/07/2016 |
| Date of Publication | 04/09/2015 |
| Summary of Guidance (Max 250 words) | <p>This guideline makes a clear recommendation for the use of QRISK2 as the preferred cardiovascular disease (CVD) risk assessment tool for the primary prevention of CVD in adults aged ≤ 85 years, excluding people with existing heart disease, type 1 diabetes, chronic kidney disease or familial hypercholesterolaemia. Adults aged >85 years should be considered as high risk based on age alone. It should be noted that the risk scores may underestimate risk in younger people or women who have additional risk such as serious mental health problems or severe obesity. In adults with a 10-year risk of CVD of $\geq 10\%$, secondary causes (such as uncontrolled diabetes, hypothyroidism, liver disease and nephrotic syndrome) must be assessed and advice on Lifestyle changes (such as stopping smoking, increasing physical activity and changing diet) must be given to the patients. Statin therapy (i.e. 20 mg atorvastatin) should only be offered if lifestyle changes are ineffective or inappropriate. Risk and benefits of statins for primary prevention need to be discussed with the patients prior starting statin.</p> <p>The guideline also recommends that lipid profile and liver transaminases need to be repeated after 3 month of treatment for adults who are on high-intensity statins. This is to assess whether the treatment is effective to reach the expected 40% reduction in non-high-density lipoprotein cholesterol and to review the signs of liver damage by elevation in transaminases levels.</p> |
| Impact on Lab (See below) | <input checked="" type="checkbox"/> None |
| Lab professionals to be made aware | <input type="checkbox"/> Laboratory Manager <input type="checkbox"/> Chemical Pathologist <input type="checkbox"/> Clinical Scientist <input type="checkbox"/> Biomedical Scientist |
| Please detail the impact of this guideline (Max 150 words) | No action in our pathology service is required in relation to this guideline. |

Impact on Lab

None:

Moderate: This NICE guideline has information that is of relevance to our pathology service and may require review of our current service provision.

Important: This NICE guideline is of direct relevance to our pathology service and will have a direct impact on one or more of the services that we currently offer.

Written by: Dr Danni Fan

Reviewed by: Dr Edward Kearney