

Coronary Heart Disease 2006

Prevalence

	MI	%	MI & Angina	%	Angina	%	Total	%
2000	129	1.3	-	-	249	2.3	343	3.4
2001	150	1.4	75	0.7	233	2.3	328	3.1
2002	149	1.4	73	0.7	257	2.4	333	3.1
2003	151	1.4	78	0.7	263	2.4	334	3.1
2004	156	1.3	84	0.7	272	2.3	345	3.0
2005	167	1.4	84	0.7	260	2.3	343	3.0
2006	168	1.3	86	0.7	264	2.1	346	2.7

As the practice list size has grown by 1200 patients in the last year the number of patients with heart disease as a percentage of the practice population has fallen.

Smoking status

	Smoker	%	Non Smoker	%
2000	63	18.3	-	-
2001	26	7.9	302	92.1
2002	42	12.6	213	64.0
2003	47	14.1	287	85.9
2004	37	10.8	110	31.9
2005	40	11.7	267	77.8
2006	34	9.8	316	90.2

Smoking increases the risk for further damage to the heart. All patients with heart disease should try to stop smoking.

Aspirin 75mg daily unless Contra-indicated

	Aspirin, Warfarin, Plavix, OTC, advised, CI	%
2000	166	38.4
2001	256	82.4
2002	324	97.0
2003	320	95.8
2004	335	97.1
2005	336	97.9
2006	338	97.7

All patients with heart disease should be on aspirin or a similar drug to reduce the risk of further damage.

B-Blocker unless Contra-indicated

	CHD	%	MI	%	MI<5y	%	Angina	%
2000	94	27.4	-	-	-	-	-	-
2001	120	36.6	-	-	-	-	-	-
2002	166	49.8	84	56.4	59	85.5	122	47.5
2003	171	51.2	82	54.3	59	90.8	179	68.1
2004	187	54.2	89	57.1	56	93.3	151	55.5
2005	206	60.0	75	44.9	43	74.1	155	59.6
2006	201	58.1	101	60.1	38	74.5	154	58.3

A beta-blocker reduces the risk of further heart damage.

MI patients on ACE if evidence of LVF

	ACE	%	LVF	%	LVF,ACE	%
2000	17	13.3	-	-	-	-
2001	74	49.3	-	-	-	-
2002	86	57.7	37	24.8	33	89.2
2003	87	57.6	32	21.2	26	81.3
2004	94	60.3	21	13.5	21	100
2005	107	64.1	49	29.3	37	75.5
2006	117	69.6	30	17.9	26	86.7

A complication of heart attacks is enlargement of the heart, Left Ventricular Failure (LVF). All patients with LVF should be on an ACE-Inhibitor to prevent further LVF.

Target Blood Pressure

	< 130/80	%	< 140/80	%
2000	111	32.4	-	-
2001	173	52.7	234	71.3
2002	183	55.0	188	56.3
2003	112	33.5	211	63.2
2004	126	36.5	248	71.9
2005	136	39.7	249	72.6
2006	137	39.6	257	74.2

The lower the blood pressure, the better it is for your heart as it has to work less.

Cholesterol

	12m	%	< 5.0	%	<75y,12m,<5.0	%	Statin	%
2001	28	8.2	51	14.9	-	-	119	34.7
2001	234	71.3	138	42.1	98	47.6	180	54.9
2002	234	70.1	183	55.0	121	62.4	185	55.0
2003	309	92.5	226	67.7	145	75.1	241	72.2
2004	319	92.5	255	73.9	137	67.5	279	80.9
2005	321	93.4	254	74.1	136	70.8	290	84.5
2006	306	88.4	239	69.0	125	65.4	307	88.7

All patients with heart disease should be on a statin to reduce their cholesterol.

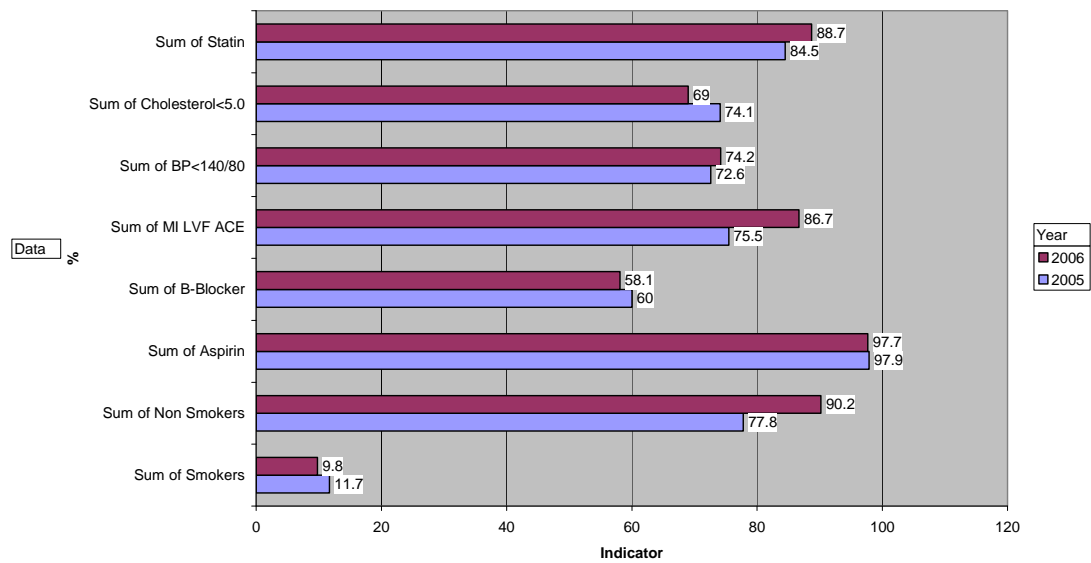
Procedures

	Angio	%	Angioplasty	%	Stent	%	CABG	%
2004	141	40.9	59	17.1	33	9.6	111	32.2
2005	161	46.9	89	25.9	52	15.2	133	38.8
2006	168	48.6	88	25.4	62	17.9	136	39.3

Quality Indicators

	Achieved %	Required %	Points Available	Points Achieved
Register	100	100	6	6
Diagnosed on Exercise test	100	90	7	7
Smoking Status	98	90	7	7
Smokers advised	84	70	4	4
BP last year	96	90	7	7
BP < 150/90	75	70	19	19
Cholesterol last year	93	90	7	7
Cholesterol < 5.0	73	60	16	16
Antiplatelet etc	93	90	7	7
B-Blocker	59	50	7	7
ACE Inhibitor	80	70	7	7
Influenza vaccination	86	85	7	7
Total			101	101

CHD Care 2005-2006



Atrial Fibrillation

Atrial fibrillation means that the heart is beating in an irregular rhythm. This affects how much blood is pumped out of the heart.

Prevalence

	Number	%
2000	76	0.7
2001	96	0.9
2002	111	1.0
2003	131	1.2
2004	139	1.2
2005	152	1.3
2006	147	1.2

Digoxin or Amiodarone

	Number	%
2000	30	39.4
2001	56	58.3
2002	69	62.2
2003	74	56.5
2004	74	53.2
2005	74	48.7
2006	65	44.2

Digoxin and Amiodarone reduce the number of heart beats per minute. This increases the function of your heart.

Antiplatelet/Anticoagulant

	Antiplatelet	%	Anticoagulant	%
2000	29	38.2	23	30.3
2001	40	41.7	56	58.3
2002	48	43.2	46	41.4
2003	50	38.2	58	44.3
2004	53	38.1	67	48.2
2005	64	42.1	73	48.0
2006	59	40.1	81	55.1

Irregular heart beat can lead to the formation of blood clots. Antiplatelets like aspirin and anticoagulants like Warfarin prevent this from happening.

Cardio version

	Number	%
2004	17	12.2
2005	21	13.8
2006	22	15.0

Cardioversion means sending an electric current through the heart to make it beat in a regular rhythm again.

Blood Pressure

	BP last 12 months	%	Bp < 140/80	%
2004	142	96.6	94	63.9
2005	147	96.7	96	63.2
2006	140	95.2	90	61.2

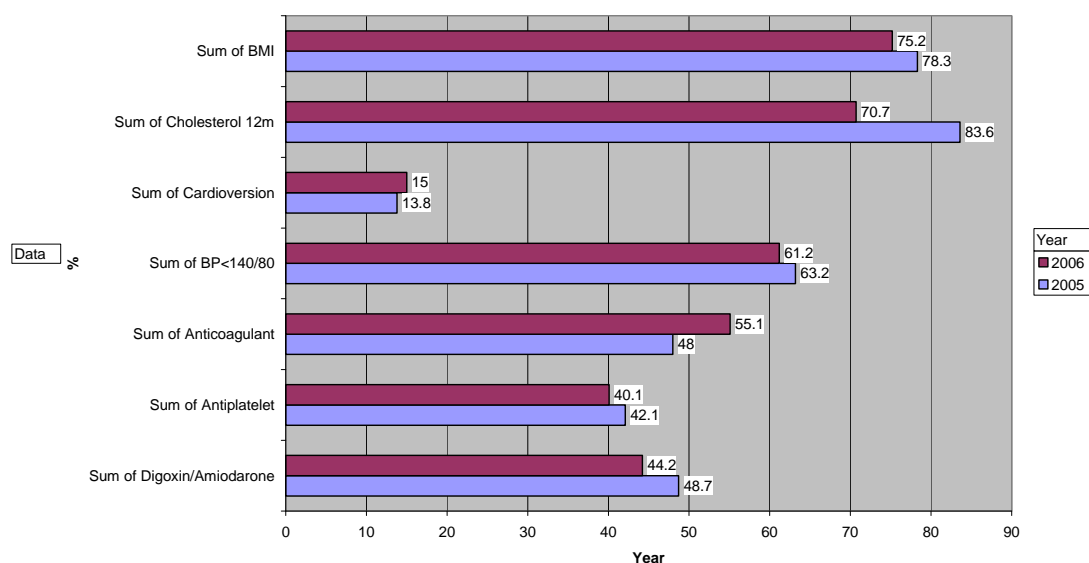
Good blood pressure control increases the function of the heart.

Values last 12 months

	Cholesterol	%	Weight	%	BMI	%
2004	124	84.3	116	78.9	115	78.2
2005	127	83.6	120	78.9	119	78.3
2006	104	70.7	120	81.6	118	75.2

BMI stands for body mass index. The lower your weight, the lower the body mass index, the less your heart has to work.

Atrial Fibrillation Care 2005-2006



Congestive Cardiac Failure

Congestive cardiac failure is enlargement of the heart, also known as Left Ventricular Failure (LVF)

Prevalence

	Number	%
2000	141	1.2
2001	159	1.5
2002	145	1.4
2003	128	1.2
2004	156	1.3
2005	123	1.1
2006	121	0.9

Smoking Status

	Smoker	%	Non Smoker	%
2000	15	10.6	-	-
2001	10	6.7	-	-
2002	15	10.3	-	-
2003	9	7.0	119	93.0
2004	29	18.6	41	26.3
2005	6	4.9	105	85.4
2006	6	5.0	115	95.0

Smoking increases hardening of the blood vessels, which means that your heart has to work harder, therefore increasing the risk of further enlargement.

BMI

BMI > 30	Number	%
2000	19	13.5
2001	13	8.2
2002	33	22.8
2003	36	28.1
2004	25	16.0
2005	37	30.1
2006	36	29.8

A high body mass index increases the workload for your heart, which means that your heart has to work harder, therefore increasing the risk of further heart enlargement

Echocardiogram record

	Number	%
2000	18	12.8
2001	64	66.6
2002	78	70.2
2003	100	78.1
2004	128	82.1
2005	92	74.8
2006	94	77.7

LVF should always be diagnosed by doing an echocardiogram. This was not always done in the past.

ACE-inhibitor

	ACE etc	%	Creatinine	%	ACE,Creat	%
2000	80	56.7	96	68.0	-	-
2001	106	66.7	116	73.0	-	-
2002	123	84.8	106	73.1	84	79.2
2003	118	92.3	105	82.0	94	87.9
2004	144	92.3	110	70.5	92	83.6
2005	108	87.8	107	87.0	92	84.5
2006	101	83.5	100	82.6	83	68.6

All patients with LVF should be on an Ace-Inhibitor to prevent further LVF. An ACE-inhibitor can affect your kidney function, therefore it is important to have an annual blood test.

B-Blocker

	Number	%	B-Blocker CI	%
2000	15	10.6	-	-
2001	14	8.8	-	-
2002	37	25.5	-	-
2003	38	29.7	-	-
2004	45	28.8	28	17.9
2005	47	38.2	30	24.3
2006	48	39.7	32	26.4

In recent years heart specialists have advocated the use of Selective Beta-Blockers in LVF as this improves the long term prognosis of the disease.

Blood Pressure

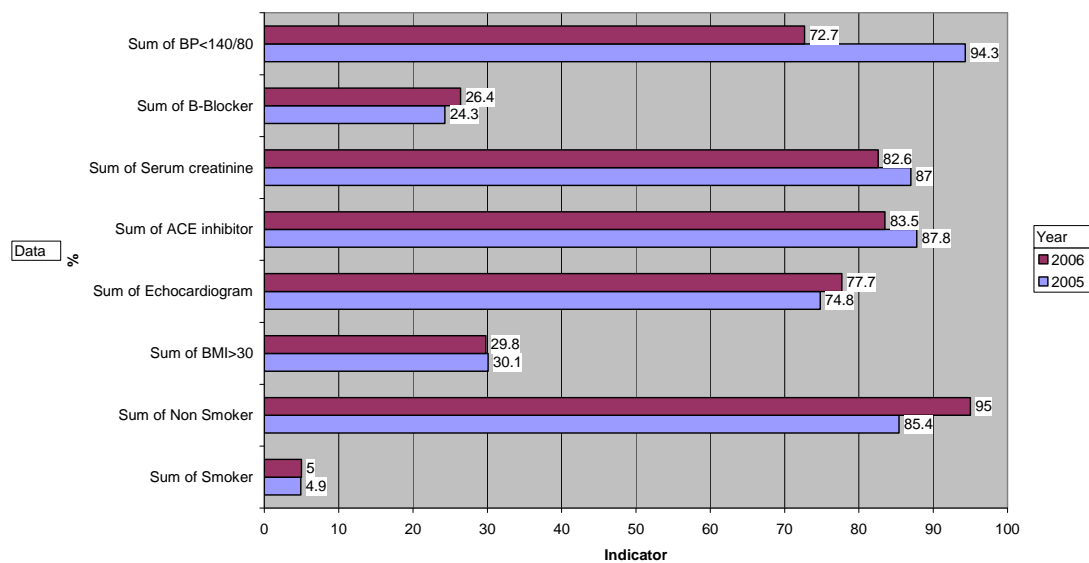
	< 140/80	%	< 130/80	%
2000	-	-	88	62.4
2001	117	73.6	114	71.3
2002	107	73.4	37	25.5
2003	96	75.0	42	32.8
2004	97	62.2	87	55.8
2005	116	94.3	85	69.1
2006	88	72.7	70	57.9

Good blood pressure control increases the function of the heart

Quality Indicators

	Achieved %	Required %	Points Available	Points Achieved
Register	100	100	4	4
Diagnosis confirmed on Echo	100	90	6	6
CHD with LVF on ACE	92	70	10	10
Total			20	20

CCF Care 2005-2006



Hypertension

Prevalence

	Number	%
2000	997	9.7
2001	1184	11.3
2002	1360	12.7
2003	1500	13.8
2004	1583	13.8
2005	1635	14.2
2006	1706	13.4

Lifestyle Management

	BMI>30	%	Alcohol	%	Smoker	%	Non Smoker	%
2000	227	22.8	672	67.4	231	23.2	-	-
2001	278	23.5	409	34.5	147	12.4	-	-
2002	427	31.4	610	44.9	175	12.9	-	-
2003	504	33.6	563	37.5	178	11.9	1322	88.1
2004	525	33.2	741	46.8	164	10.4	315	19.9
2005	543	33.2	733	44.8	157	9.6	1129	69.1
2006	554	32.5	692	40.6	173	10.1	1533	88.9

A high body mass index, smoking and excessive alcohol consumption can lead to high blood pressure.

Blood Pressure

	<130/80	%	<140/80	%	<150/90	%	No record	%
2000	270	27.5	-	-	-	-	222	22.2
2001	398	33.6	681	57.5	-	-	40	3.4
2002	524	38.5	809	59.5	-	-	67	4.9
2003	570	38.0	822	54.8	972	64.8	80	5.3
2004	342	21.6	983	62.1	1161	73.3	58	3.7
2005	376	23.0	678	41.5	1210	74.0	68	4.2
2006	401	23.5	741	43.4	1279	75.0	90	5.3

The lower the blood pressure, the less chance of complications such as stroke, heart attacks and LVF.

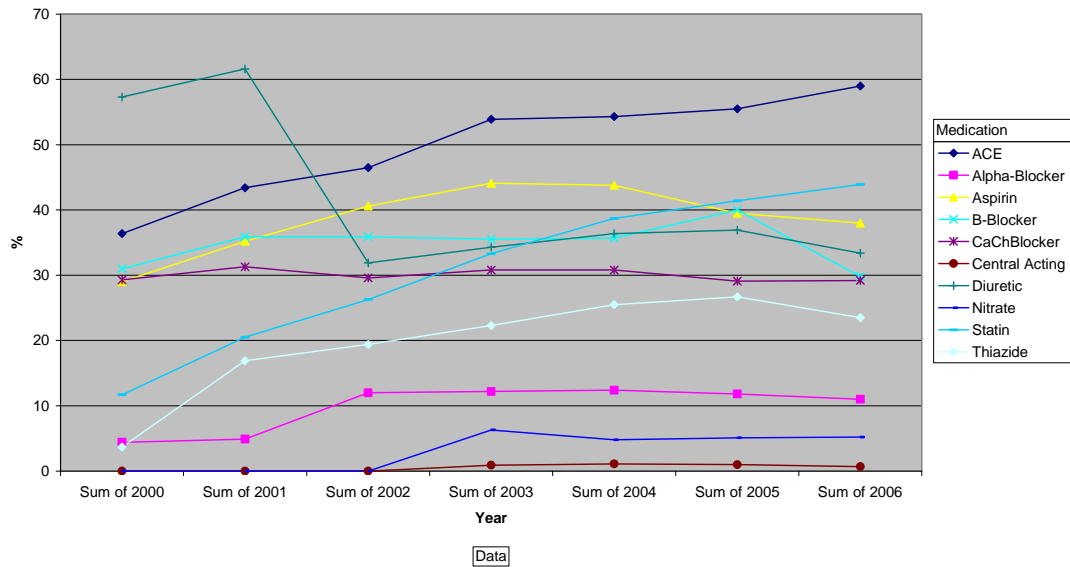
Medication

	Aspirin	%	B-Blocker	%	Calc.Chan.	%
2000	289	29.0	309	31.0	293	29.3
2001	417	35.2	425	35.9	371	31.3
2002	552	40.6	448	35.9	403	29.6
2003	661	44.1	533	35.5	462	30.8
2004	693	43.8	566	35.7	487	30.8
2005	646	39.5	654	40.0	475	29.1
2006	649	38.0	509	29.8	499	29.2

	Thiazide	%	ACE	%	Diuretic	%
2000	137	13.7	363	36.4	297	57.3
2001	200	16.9	514	43.4	545	61.6
2002	264	19.4	632	46.5	434	31.9
2003	334	22.3	809	53.9	515	34.3
2004	404	25.5	859	54.3	576	36.4
2005	436	26.7	908	55.5	603	36.9
2006	401	23.5	1007	59.0	569	33.4

	Alpha Blocker	%	Statin	%	Central Acting	%	Nitrates	%
2000	44	4.4	117	11.7	-	-	-	-
2001	38	4.9	243	20.5	-	-	-	-
2002	163	12.0	358	26.3	-	-	-	-
2003	183	12.2	499	33.3	14	0.9	95	6.3
2004	196	12.4	612	38.7	17	1.1	76	4.8
2005	194	11.8	677	41.4	16	1.0	84	5.1
2006	187	11.0	749	43.9	12	0.7	90	5.2

Medication in Hypertensive Patients 2000-2006



The new guidelines for the management of high blood pressure advocate the use of ACE-inhibitors and calcium channel blockers.

Combinations

2003						
2 Combinations	ACE	B-Blocker	Calcium Channel	Diuretic	Central Acting	Alpha Blocker
Ace	-	243	230	272	8	99
B-Blocker	16.2%	-	124	146	6	60
Calcium Ch.	15.3%	8.3%	-	151	3	43
Diuretic	18.1%	9.7%	10.1%	-	5	67
Central Ac.	0.5%	0.4%	0.2%	0.3%	-	6
Alpha B	6.6%	4.0%	2.9%	4.5%	0.4%	-
2004						
2 Combinations	ACE	B-Blocker	Calcium Channel	Diuretic	Central Acting	Alpha Blocker
Ace	-	254	264	314	11	100
B-Blocker	16.0%	-	136	172	7	65
Calcium Ch.	16.7%	8.6%	-	164	5	53
Diuretic	19.8%	10.8 %	10.4%	-	7	81
Central Ac.	0.6%	0.4%	0.3%	0.4%	-	7
Alpha B	6.3%	4.1%	3.3%	5.1%	0.4%	-

2005						
2 Combinations	ACE	B-Blocker	Calcium Channel	Diuretic	Central Acting	Alpha Blocker
Ace	-	263	256	337	7	108
B-Blocker	16.1%	-	128	202	5	65
Calcium Ch.	15.6%	7.8%	-	156	3	47
Diuretic	20.6%	12.3%	9.5%	-	8	84
Central Ac.	0.4%	0.3%	0.2%	0.5%	-	6
Alpha B	6.6%	4.0%	2.9%	5.1%	0.4%	-
2006						
2 Combinations	ACE	B-Blocker	Calcium Channel	Diuretic	Central Acting	Alpha Blocker
Ace	-	273	285	339	4	114
B-Blocker	16.0%	-	125	175	3	61
Calcium Ch.	16.7%	7.3%	-	160	3	46
Diuretic	19.9%	10.3%	9.4%	-	6	72
Central Ac.	0.2%	0.2%	0.2%	0.4%	-	4
Alpha B	6.7%	3.6%	2.7%	4.2%	0.2%	-

3 Combinations	2003	%	2004	%	2005	%	2006	%
ACE,B-Blocker,Ca CH	67	4.5	79	5.0	64	3.9	69	4.0
ACE,B-Blocker,Diuretic	76	5.1	94	5.9	105	6.4	107	6.3
ACE,B-Blocker,Alpha Blocker	40	2.7	40	2.5	43	2.6	42	2.5
B-Blocker,Ca-Channel,Diuretic	24	1.6	31	2.0	34	2.1	34	2.0
B-Blocker,Ca-Channel,Alpha Blocker	14	0.9	16	1.0	13	0.8	10	0.6
ACE,Calcium Channel,Diuretic	79	5.3	87	5.5	85	5.2	90	5.3
Calcium Channel,Alpha Blocker,Diuretic	14	0.9	19	1.2	19	1.2	18	1.1
ACE,Calcium Channel,Alpha Blocker	20	1.3	87	5.5	85	5.2	25	1.5
Total	334	22.5	453	28.6	448	27.4	395	23.2

4 Combinations	2003	%	2004	%	2005	%	2006	%
ACE,B-Blocker,Calcium Channel,Alpha Blocker	6	0.4	9	0.5	6	0.4	5	0.3
Ace,B-Blocker,Calcium Channel,Diuretic	13	0.9	21	1.3	19	1.2	19	1.1

5 Combinations	2003	%	2004	%	2005	%	2006	%
ACE,B-Blocker,Calcium Channel,Diuretic,Alpha Blocker	1	0.1	1	0.1	2	0.1	2	0.1

Values

	Gluc 2y	%	Chol ever	%	Creat 12m	%
2002	1117	82.1	1234	90.7	925	68.0
2003	1283	85.5	1445	96.3	1083	72.2
2004	1333	84.2	1532	96.8	1141	72.1
2005	1389	85.0	1594	97.5	1144	70.0
2006	1465	85.9	1666	97.7	1189	69.7

	10y CHD ever	%	10yCHD latest >30%	%
2002	1011	74.3	27	2.0
2003	1347	89.8	21	1.4
2004	1227	77.5	19	1.2
2005	1287	78.7	14	0.9
2006	1356	79.4	12	0.7

Coronary Heart Disease risk increases with age and depends on blood pressure control, whether you are diabetic or not, and your cholesterol. A risk of less than 15% is acceptable.

Quality Indicators

	Achieved %	Required %	Points Available	Points Achieved
Register	100	100	9	9
Smoking Status	96	90	10	10
Smokers advised	97	90	10	10
BP 6/12	91	90	20	20
BP < 150/90	70	70	56	56
Total			105	105

Hypertension Care 2005-2006

