

INTRODUCTION**Objective**

The objective of the NHG Guideline on The Prevention Consultation is the prevention of cardiovascular disease, diabetes mellitus type 2 and chronic renal damage through the active provision of a risk estimate linked to appropriate advice or treatment, imbedded in the regular primary care system.

Target group

Adults who are not being treated yet for hypertension, diabetes mellitus, cardiovascular disease, chronic renal damage and hypercholesterolaemia, but who may have an increased risk of one of these conditions.

THE PREVENTION CONSULTATION**Risk score**

A risk questionnaire was developed in preparation for the Prevention Consultation, which can be used to determine whether there is an increased risk of cardiovascular disease, type 2 diabetes and/or chronic renal damage.

- ★ Individuals with a risk score that exceeds the threshold value are advised to have a further consultation with the general practitioner, followed by (depending on the extent of the risk) non-drug and drug treatment of their cardiometabolic risk factors.
- ★ Individuals with a risk score below the threshold value probably do not have an absolute increased risk and therefore there is no indication for further consultation. They will receive information about their risk and advice to promote healthy behaviour.

The first consultation: investigations

Only individuals with a risk score that exceeds the threshold value are eligible for a consultation with the general practitioner:

- ★ check the completion of the questionnaire;
 - ★ measurement of height, weight and waist circumference.
- If a risk score that exceeds the threshold value is confirmed:
- ★ measurement of the blood pressure;
 - ★ laboratory investigations: fasting glucose, total cholesterol and HDL cholesterol.

The second consultation: discussion of risk, guidance and treatment

- ★ The risk profile will be defined in accordance with the NHG Guideline on Cardiovascular Risk Management, for which questions will also be asked about lifestyle factors.
- ★ The SCORE risk function for ten-year risk of death from cardiovascular disease and the reference values for disrupted fasting glucose serve as tools. If applicable, guidance and treatment can take place in accordance with the relevant NHG Guidelines (refer to *flow chart*).
- ★ Treatment and guidance of individuals without cardiovascular disease and/or diabetes depends on the risk factors that are present and can consist of lifestyle advice or drug treatment as described in the NHG Guidelines.
- ★ Individuals who are not found to have any risk factors, other than those already known from the risk score, based on the results will receive information about their risk and advice to promote healthy behaviour.

RISK ESTIMATE REPEAT FREQUENCY

For individuals with a score below the threshold value, the advice is to set the repeat frequency of the questionnaire at three to five years depending on the risk factors.

Risk score

		Men	Women
		number of points	
1. Age	30 – 45 years	0	0
	45 – 50 years	13	10
	50 – 55 years	17	16
	55 – 60 years	22	23
	60 – 65 years	33	29
	65 – 70 years	37	37
	70 – 75 years	46	49
2. BMI	< 25 kg/m ²	0	0
	25 – 30 kg/m ²	4	4
	> 30 kg/m ²	12	7
3. Waist circumference	♂ < 94 cm ♀ < 80 cm	0	0
	≥ 94 cm 80-88 cm	3	2
	> 88 cm		6
4. Smoking	Yes	9	9
	No	0	0
5. Father, mother, brother or sister with cardiovascular disease before the age of 65 years	Yes	1	4
	No	0	0
6. Father, mother, brother or sister with diabetes mellitus type 2	Yes	4	3
	No	0	0
Score			

Score ≥ 30 points (men) or ≥ 35 points (women): Refer patient for consultation with the general practitioner for further determination of the risk of cardiovascular disease, diabetes mellitus type 2 and chronic renal damage. Provide targeted lifestyle advice if risk factors are present.

Score < 30 points (men) or < 35 points (women): Further consultation is not indicated. Provide targeted lifestyle advice if risk factors are present.

Flowchart