Continuous Quality Improvement (CQI) Initiative Practice Checklist

Activity: Cardiovascular Disease (CVD)

Specifically targeting cardiovascular disease (CVD) prevention. Continuous Quality Improvement (CQI) in cardiovascular disease management is a systematic, continuous effort to enhance patient outcomes. It involves identifying areas of need, implementing changes, and measuring the impact of these changes on patient health. By adopting a CQI framework, practices can ensure that they not only meet but exceed the standards of care for patients at risk of CVD.

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| **Step 1** | **Learn about the new cardiovascular disease (CVD) risk calculator**Watching the ‘CVD prevention streamlined’ webinar, you will discover the latest clinical updates and explore holistic approaches to CVD prevention. The session covers everything from heart health checks to lifestyle management and effective patient communication. It emphasizes integrating local referral pathways and leveraging quality improvement incentives for enhanced patient care.   Learn practical applications, such as:  * Adopting the latest CVD guidelines and risk calculator.
* Implementing systematic heart health checks.
* Utilizing resources like the Heart Health Check Toolkit and the My Health for Life program.

[Access the webinar here](https://www.youtube.com/watch?v=I-mudUBl_8o&list=PLhrygLMD00Etz1WZrASSvFp38zcW8Ybq_&index=3) | **Completed**[ ]  | **Staff initials** |
| **Step 2** |

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| **Implementing Heart Health Checks and CQI in CVD Management** **Implement Systematic Heart Health Assessments*** Utilise Existing Health Assessment Items: Employ health assessment items like [699/177](https://www.heartfoundation.org.au/heart-health-check-toolkit/what-is-a-heart-health-check) to evaluate patients' cardiovascular risk.
* Integrate Assessments into Routine Care: Regularly include heart health assessments during patient visits to ensure continuous monitoring and early detection of CVD risk.

**Adopt and Update CVD Guidelines*** Stay Informed: Regularly update your practice with the latest CVD prevention and management guidelines to maintain evidence-based care.
* Educate Staff: Ensure that all healthcare providers are knowledgeable about the current guidelines and understand how to apply them in practice.

**Engage the Whole Practice*** Team-Based Approach: Cultivate a collaborative environment where every staff member, from the reception to clinicians, is involved in the CVD prevention strategy.
* Define Roles and Responsibilities: Clearly outline everyone's role in CVD prevention and management to enhance the effectiveness of your team-based approach.

**Leverage Technology*** Adopt Technological Tools: Implement tools like [Primary Sense](https://practicesupport.org.au/toolbox/continuous-quality-improvement/primary-sense) and the [Heart Foundation Heart Health Check Toolkit](https://www.heartfoundation.org.au/heart-health-check-toolkit) to facilitate the identification and management of patients at risk.

**Conduct Targeted Outreach*** Heart Foundation Resources: Utilize the [Heart Foundation's templates](https://www.heartfoundation.org.au/heart-health-check-toolkit/conducting-heart-health-checks) for heart health assessments and management. These resources include specific information for referral programs and supporting Aboriginal and/or Torres Strait Islander peoples.
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| **Step 3** | **Choose your CQI activity**We offer a range of tools and resources aimed at enhancing the care you provide, focusing on the prevention of cardiovascular disease (CVD):   1. Simple BMI PDSA: This template guides you through recording BMI in your practice. It helps you identify patients at risk of developing cardiovascular disease, and this measurement is also necessary to meet accreditation requirements.

 [Simple BMI PDSA example](https://view.officeapps.live.com/op/view.aspx?src=https%3A%2F%2Fpracticesupport.org.au%2Fweb%2Fassets%2Fimages%2FBNPHN_BMI_PDSA-example.docx&wdOrigin=BROWSELINK)  1. My Health for Life PDSA: Encourage healthier living with our "My Health for Life" (MH4L) program. Our template makes referring patients to this program easier, helping them change behaviours to lower CVD risks.

 [My Health for Life PDSA example](https://view.officeapps.live.com/op/view.aspx?src=https%3A%2F%2Fpracticesupport.org.au%2Fweb%2Fassets%2Fimages%2FBNPHN_MH4L_PDSA-example.docx&wdOrigin=BROWSELINK)  1. Mini Audit and Template: Our Mini Audit will help you evaluate your practice against evidence-based standards and pinpoint improvement areas. The prefilled PDSA template simplifies implementing care strategies, leading to significant patient health and operational enhancements.

 [CVD risk mini audit example](https://view.officeapps.live.com/op/view.aspx?src=https%3A%2F%2Fpracticesupport.org.au%2Fweb%2Fassets%2Fimages%2FBNPHN_CVD-Risk_Mini-Audit-example_website.docx&wdOrigin=BROWSELINK)[Mini audit heart health check PDSA](https://view.officeapps.live.com/op/view.aspx?src=https%3A%2F%2Fpracticesupport.org.au%2Fweb%2Fassets%2Fimages%2FBNPHN_CVD-Risk_PDSA-example.docx&wdOrigin=BROWSELINK)   1. Choose your adventure: Tailor your quality improvement efforts to match your practice's unique needs and goals. This option gives you the freedom to innovate and adapt as needed. Contact your Quality Improvement Engagement Officer for support!

 [Heart Foundation quality improvement supporting information, tools and templates](https://www.heartfoundation.org.au/heart-health-check-toolkit/quality-improvement)  | **Completed**[ ] [ ] [ ] [ ]  | **Staff initials** |
| **Step 4** | **Review the range of resources available online**[Heart Foundation heart health information for clinicians](https://www.heartfoundation.org.au/heart-health-check-toolkit/toolkit-contents)– templates for assessment and management, team roles and responsibilities, recalling and engaging patients, risk management and quality improvement support and information.  [My Health for Life](https://www.myhealthforlife.com.au/) – program information for health professionals and patients    | **Completed**[ ]  | **Staff initials** |