Indicator development programme

NICE indicator guidance

# Cardiovascular disease prevention: cardiovascular risk assessment for people newly diagnosed with hypertension or T2DM

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# Indicator NM132

The percentage of patients aged between 25 and 84 years with a new diagnosis of hypertension or type 2 diabetes, recorded in the preceding 12 months (excluding those with pre-existing cardiovascular disease, chronic kidney disease, familial hypercholesterolaemia or type 1 diabetes) who have had a consultation for full formal cardiovascular disease risk assessment between 3 months before or 3 months after date of diagnosis.

## Indicator type

General practice indicator suitable for use in the Quality and Outcomes Framework.

## Rationale

The aim of this indicator is to identify people for intervention (lifestyle modification and statin therapy) to prevent cardiovascular events. The 3-month timeframe has been chosen to allow practices enough time to carry out any required tests. NICE quality standard 100 highlights a full formal risk assessment using the QRISK3 tool as a national priority for quality improvement.

## Source guidance

[NICE’s guideline for cardiovascular disease: risk assessment and reduction, including lipid modification](https://www.nice.org.uk/guidance/cg181) (2014, updated 2023) recommendations 1.1.7 and 1.1.8

## Specification

Numerator: The number of patients in the denominator who have had consultation for a full formal cardiovascular disease risk assessment between 3 months before or 3 months after date of diagnosis.

Denominator: The number of patients aged between 25 and 84 years with a new diagnosis of hypertension or type 2 diabetes, recorded in the preceding 12 months (excluding those with pre-existing cardiovascular disease, chronic kidney disease, familial hypercholesterolaemia or type 1 diabetes).

Calculation: Numerator divided by the denominator, multiplied by 100.

Definitions:

* Cardiovascular disease is defined as angina, previous myocardial infarction, revascularisation, stroke or TIA or symptomatic peripheral arterial disease.
* Full formal cardiovascular disease risk assessment. NICE guidance recommends QRISK3 for full formal cardiovascular disease risk assessment however the indicator allows for additional coded tools to be used dependent on local practice.

Exclusions: None.

Personalised care adjustments or exception reporting should be considered to account for situations where the patient declines, does not attend or if indicator is not appropriate.

Expected population size:

The indicator would be appropriate to assess performance at individual general practice level.

## Further information

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