ANNALS OF FAMILY MEDICINE

Online Supplementary Material

Krones T, Keller H, Sadowski E, et al. Absolute cardiovascular disease risk and shared decision making in primary care: a randomized controlled trial. *Ann Fam Med*. 2008;6(3):218-227.

http://www.annfammed.org/cgi/content/full/6/3/218/DC1

arriba®	Absolute and Relative Risk Reduction in General Practice	Men
1	**Agreement**: determine patient's individual risk for myocardial infarction or stroke, involve the patient in choosing options for risk reduction	
2	**Risk subjective:** address patient's fears, expectations, preferences, questions	
3.1	**Risk objective:** calculate risk and total points	

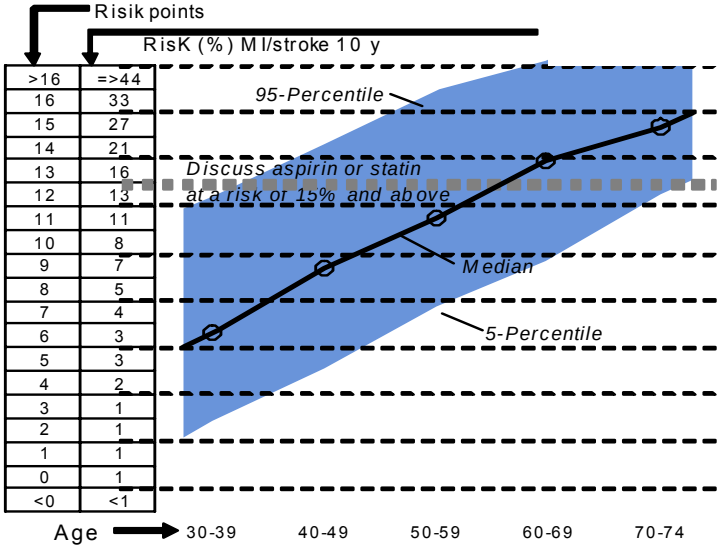
If manifest atherosclerosis (ie, MI, stroke, PAD) → high risk (~ 50% in 10 years). Continue with 3.3

Age (years)		**20-34**	**35-39**	**40-44**	**45-49**	**50-54**	**55-59**	**60-64**	**65-69**	**70-74**	**75-79**
Basal risk age		- 9	- 4	0	3	6	8	10	11	12	13
Smoker - yes		8		5		3		1		1	
Total Cholesterol (mmol/L)	**<4.1**	0		0		0		0		0	
	4.2 – 5.1	4		3		2		1		0	
	5.2 – 6.1	7		5		3		1		0	
	6.2 – 7.1	9		6		4		2		1	
	7.2 – 8.4	11		8		5		3		1	
	>8.5	**Familial hyperlipidamia probable**									

HDL - Cholesterol (mmol/L)	**>1.5**	**1.3-1.4**	**1.1-1.2**	**<1.0**
	-1	**0**	**1**	**2**

Blood pressure systolic (mm Hg)	**<120**	**120 - 129**	**130 - 139**	**140 - 159**	**160 - 179**	**≥180**
Without antihypertensives	0	0	1	1	2	**Lowering of blood pressure recommended**
With antihypertensives	0	1	2	2	3	

3.2	**Risk objective:** Compare total risk with population



Additional risks:
- **Family history**

If manifest CVD in first-grade relatives (women under 65 y, men under 55 y): **=> risk x 1.5**

- **Diabetes** (if known)**:**

HbA_{1c} <6: **risk normal**
HbA_{1c} 6.1-8: **risk x 1.2**
HbA_{1c} 8.1-10: **risk x 1.6**

Acknowledgment:
N. Donner-Banzhoff, MHSc; U. Popert; MD; A. Sönnichsen, MD; Department of Family Practice, University of Marburg

Population data: National Health Survey RKI

Risk equation: Framingham study adapted for ATPIII
Version 4.1 (January 2008)

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arriba®	**Absolute and Relative Risk Reduction in General Practice**	Women

1	**Agreement**: determine patient's individual risk for myocardial infarction or stroke, involve the patient in choosing options for risk reduction
2	**Risk subjective:** address patient's fears, expectations, preferences, questions
3.1	**Risk objective:** calculate risk and total points

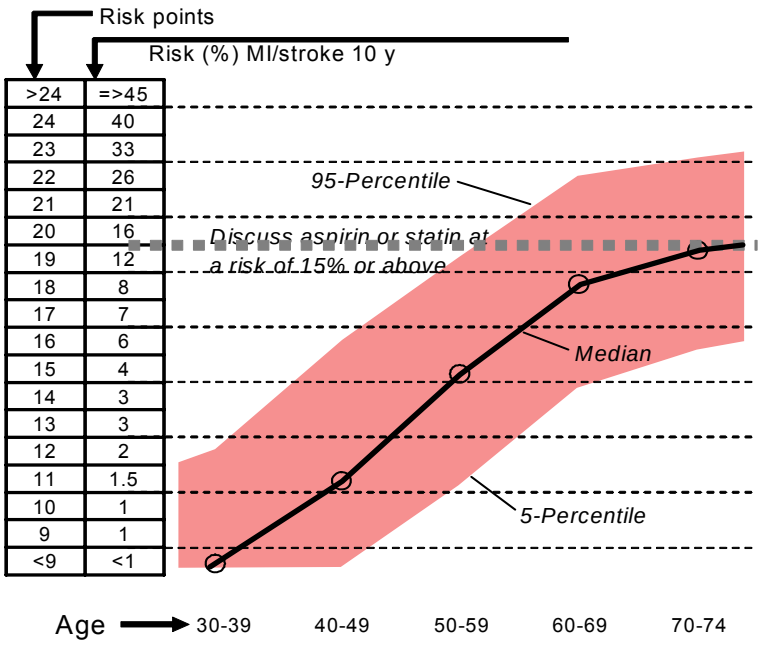
If manifest atherosclerosis (ie, MI, stroke, PAD)
→ high risk (~ 50% in 10 years). Continue with 3.3

Age (years)		**20-34**	**35-39**	**40-44**	**45-49**	**50-54**	**55-59**	**60-64**	**65-69**	**70-74**	**75-79**
Basal risk age		- 7	- 3	0	3	6	8	10	12	14	16
Smoker - yes		9		7		4		2		1	
Total Cholesterol (mmol/L)	**<4.1**	0		0		0		0		0	
	4.2 – 5.1	4		3		2		1		1	
	5.2 – 6.1	8		6		4		2		1	
	6.2 – 7.1	11		8		5		3		2	
	7.2 – 8.4	13		10		7		4		2	
	>8.5	**Familial hyperlipidamia probable**									

HDL - Cholesterol (mmol/L)	**>1.5**	**1.3-1.4**	**1.1-1.2**	**<1.0**
	-1	**0**	**1**	**2**

Blood pressure systolic (mm Hg)	**<120**	**120 - 129**	**130 - 139**	**140 - 159**	**160 - 179**	**≥180**
Without antihypertensives	0	1	2	3	4	**Lowering of blood pressure recommended**
With antihypertensives	0	3	4	5	6	

3.2	**Risk objective:** Compare total risk with population



Additional risks:
● **Family history**
If manifest CVD in first-grade relatives
(women under 65 y,
men under 55 y):
=> risk x 1.5

● **Diabetes** (if known)**:**
HbA_{1c} < 6: **risk normal**
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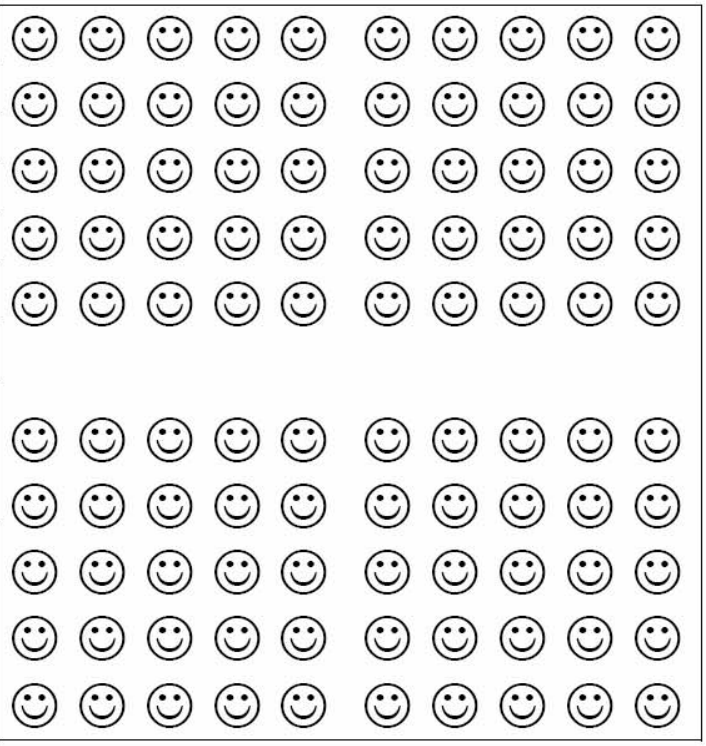
arriba®	Name:_____ Date: _____Physician: _____	**Counseling sheet**

3.3 Risk objective: Illustration of probability

Picture 100 people with the same point values as yours. Out of these, in the next 10 years ..... will suffer from or even die due to a heart attack or a stroke;
..... will stay healthy.

If the same 100 people take the same preventive measures over the next 10 years, ... will not be affected; despite preventive measures ..... will sicken or die.

Risk points:	
Age:	
Smoking:	
Total Cholesterol (mmol/l):	
HDL-Cholesterol (mmol/l):	
Blood pressure (syst.):	
Total:	
Additional risks (family history, diabetes – see decision aid part 1)	
10 year risk:	



4 Information about options (Prevention)

Preventive measures	Relative risk reduction	Individual plan
Smoking cessation	**Approx. 35%**	
Exercise 2-3x per week > 30 minutes	**Approx. 35%**	
Fish 2x per week or Omega-3 fatty acids	**Approx. 15%**	
Antihypertensive drugs	**Approx. 25%**	
Aspirin 100mg per day	**Approx. 20%**	
Statin	**Approx. 20-25%**	

5 Both physician and patient evaluate together options for risk reduction: alternatives, advantages, disadvantages

6 Agreement between physician and patient regarding treatment: i.e. behavior modification, medication and follow up

Date of follow up?

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