

Country Heart Attack Prevention (CHAP) Project

Heart Health for Life



The CHAP project is co-funded by NHMRC Partnership Grant (GNT 1169893)

ACKNOWLEDGEMENT OF COUNTRY

We acknowledge that the CHAP Team is spread across many of the traditional lands.

We pay respect to all Traditional Owners of these lands and those who under custodial law are charged with nurturing and protecting country.

We pay respect to Elders past, present and emerging.



The CHAP Clinical Manual: Module 1



INITIAL ASSESSMENT AND GOAL SETTING

- 6 Minute Walk Test (with the Borg scale to score)
- CHA2DS2-VASc
- Specific Activity Questionnaire (SAQ)
- Nutrition (Heart Healthy Eating)
- Medication Adherence Questionnaire (MAQ)
- PhQ2 and PhQ9
- Cardiac Anxiety Questionnaire Scale
- EQ-5D-5L
- Brief Health Literacy Screening Tool (BRIEF)
- MLHFQ/KCCQ-12
- Atrial Fibrillation Severity Scale
- STOP-Bang
- SMART goal setting

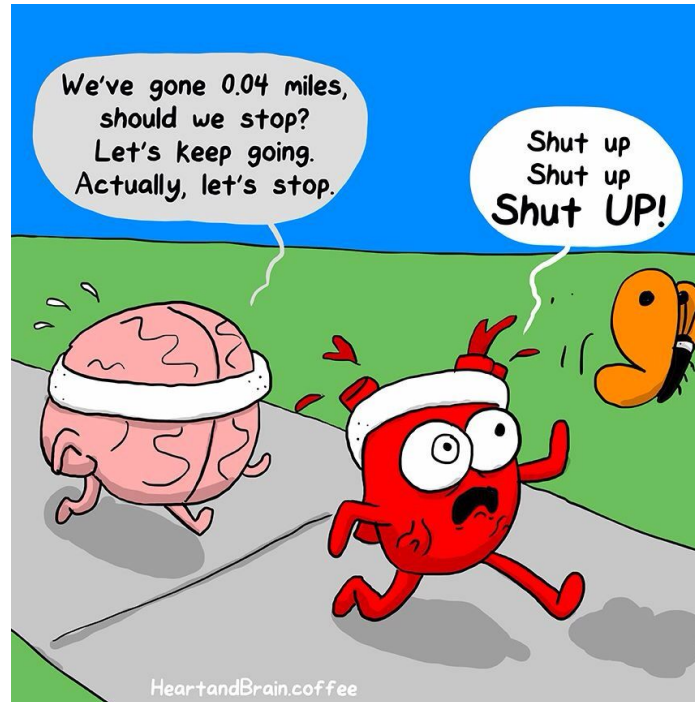
The CHAP Clinical Manual: Module 1

FOR EACH MEASURE IN MODULE 1

- Page in manual
- Modules the measure appears in
- What information the measures is collecting
- Structure of the questionnaire/measure
- Why this measure was selected over others
- Ideal or normal scores
- Interpretation of scores
- Action to take if scores indicate concern
- Measures of meaningful change at re-assessment
- Resources, for clients and clinician

6 Minute Walk Test (6MWT)

- Pages 141-146 of the manual
- Modules 1, 3, 10



CHA₂DS₂-VASc Score

- Page 140
- Modules 1, 10
- Used to estimate 1 year risk of a stroke event
- 7 items collect information on age, sex and medical history in yes/no question format to generate a risk score
- Accurately predicts long-term risk of stroke in AF patients, it's free to use and can be self-administered
- Scores range from 0-9 points
- A score of 0 is ideal, scores of 1 or greater indicate a prescription for anticoagulation medication may be needed
- www.mdcalc.com/cha2ds2-vasc-score-atrial-fibrillation-stroke-risk

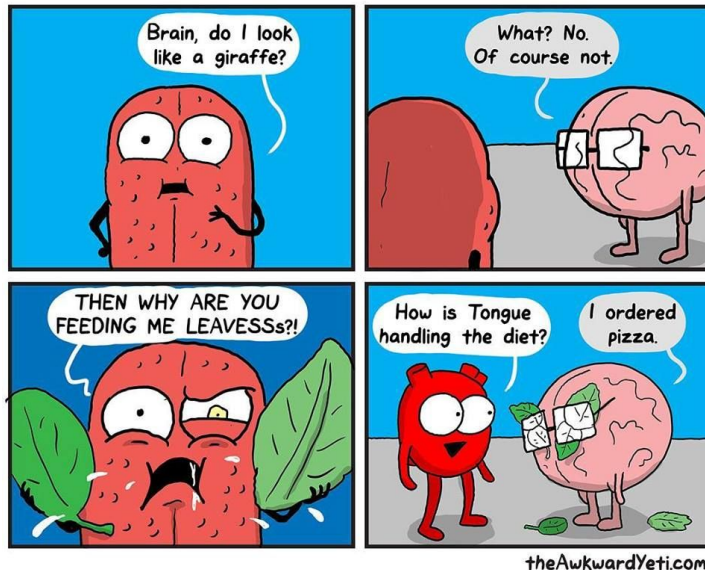
Specific Activity Questionnaire (SAQ)



- Page 147
- Modules 1, 3, 9, 10
- Used for assessing functional capacity in persons with cardiac disease (esp. when exercise testing isn't feasible)
- List of 13 daily activities with corresponding METs that get consecutively more vigorous as the scale goes on,
- Respondents report yes/no if an activity that could be completed without heart symptoms
- Moderately good measure of functional capacity in cardiac patients, free to use and traditionally self-admin
- Range of scores are 2.00-9:00 METs
- No "normal" score, value lies in re-testing
- Referral to an exercise physiologist or occupational therapist, via GP
- 1-MET score increase conferred an approximate 10% increase in survival for men.

Nutrition

(Heart Foundation Heart Healthy Eating)

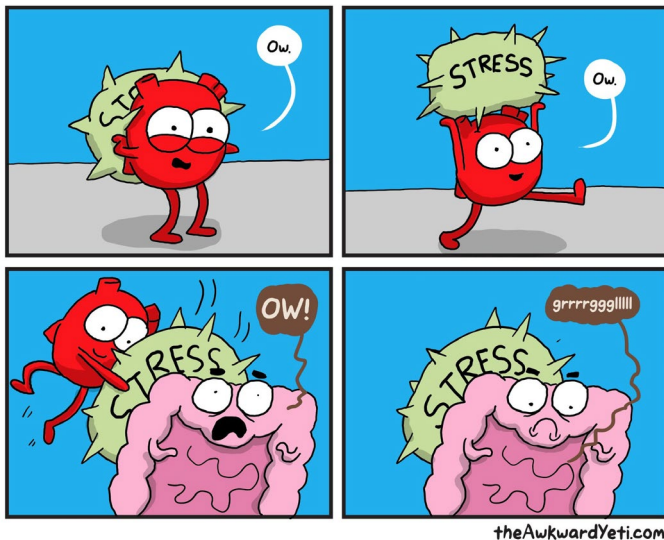


- Page 148
- Modules 1, 10
- Collecting basic information on serves of veg, fruit, grains, plant-based proteins, use if added salt and takeout habits
- 6 items, each question has categories for responses with recommendations ties to the Heart Foundation heart healthy eating guidelines
- No overall score from these questions
- The manual lists what an ideal response might be
- Referral to a dietician, via GP
- CHAP website will have links to resources for clients, including a link to the CSIRO Health Diet Score tool

Medication Adherence Questionnaire (MAQ)

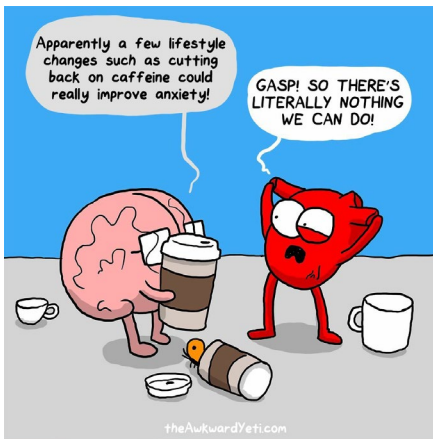
- Modules 1, 6, 10
- Collecting basic information on medication taking habits, measures adherence, behaviours
- 4 items, asking if they remember to take their medication, take breaks from their medication, accidentally skipped doses recently and if they deliberately skip doses if they feel better
- All items are yes/no questions
- 3-4 points on this scale indicates low adherence
- One of the most commonly used self-reported measures of medication non-adherence, short while still collecting reasons for non-adherence
- Referral to a community pharmacist, depending on reason for non-adherence

PHQ-2 & PHQ-9



- Pages 149-150
- Modules 1, 8, 10
- Used to screen for likely depression in individuals in at-risk populations (but it is not a diagnostic tool)
- 2-part structure: 2 yes/no questions, then 9 items relating to how they felt in the last 2 weeks, scored on a 0-3 scale
- High sensitivity to identify individuals with major depression, evaluated to be diagnostically valid
- Designed to be self-administered
- Scores range from 0-27
- A score greater than 9 could indicate moderate to severe depression
- Referral to GP, other services. Websites listed in the CHAP manual for clients looking for more information

Cardiac Anxiety Questionnaire Scale



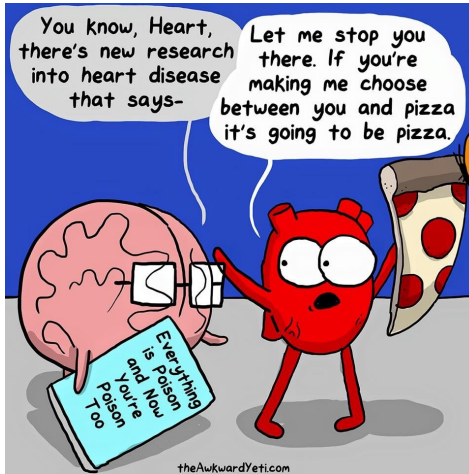
- Page 151
- Modules 1, 8, 10
- Specifically designed to measure heart-focused anxiety (HFA), including heart-related events, sensations, and functioning.
- 18 items across 3 subscales (fear, avoidance and cardiac related sensations) scored on a 5-point frequency scale (never to always)
- Has demonstrated ability to differentiate cardiac anxiety from regular anxiety, designed to be self-administered
- Possible scores range from 0-72, the mean of these scores (0-5) is used for analysis
- Higher scores indicate greater anxiety, a score of 0-1 is low anxiety, 1-1.5 intermediate anxiety and 1.5+ is high
- Referral to a psychologist, via GP

EQ-5D-5L



- Page 152
- Modules 1, 8, 10
- Used to collect a quantitative self-judged measurement of an individual's current health status
- 6 items in total: first 5 items cover dimensions (mobility, self-care, usual activities, pain/discomfort and anxiety/depression) measured on a 5-point severity scale. 6th item is a self-rated 0-100 scale rating their health today from worst (0) to best (100)
- Commonly used, was part of the SA Health Omnibus Survey, free to use, designed to be self-administered
- Responses to the questions are transformed to 0-100 point scale
- The EQ-5D-5L is a population measure of value to us. For the client, comparison to the re-test scores will be important for them

Brief Health Literacy Screening Tool (BRIEF)

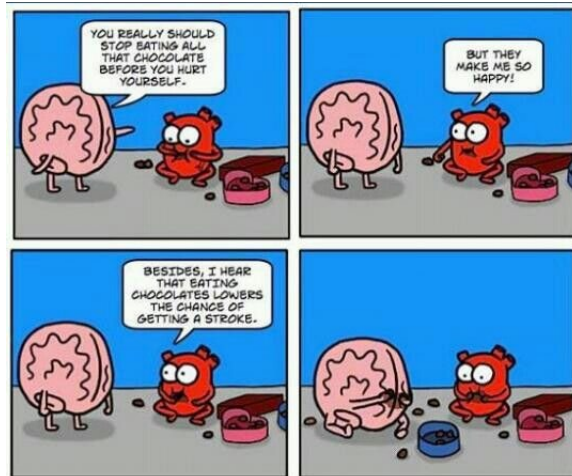


- Page 153
- Modules 1, 2, 10
- Measures the capacity for individual patients to access and understand basic health information, seek support, and fill out forms.
- 4 items, rated on a 5-point frequency scale
- Has similar sensitivity and accuracy as longer tools, free to use, designed to be self-administered
- Scores range from 4-20
- A score of 4-12 indicates limited health literacy
- Clients with low HL should be guided towards resources with a focus on illustrations and video (the CHAP website will provide many suitable video resources)
- <https://healthliteracy.bu.edu/brief>

Kansas City Cardiomyopathy Questionnaire (KCCQ-12)

- Pages 154-155
- Modules 1, 8, 10
- Designed for patients with heart failure, measures the impact of heart failure on the patient's life.
- 12 items across 3 domains (physical limitations, quality of life, and social limitations), scored on Likert scales
- Validated, performs as well as longer scales, designed to be self-administered
- Responses to the questionnaire are scaled to be 0-100
- A score of less than 50 would indicate poor to fair health
- The greatest value of this score is in the re-test
- At retesting, a change of 5, 10 or 20 points up/down indicates a small, moderate, or large clinically meaningful change, respectively

Atrial Fibrillation Severity Scale (AFSS)

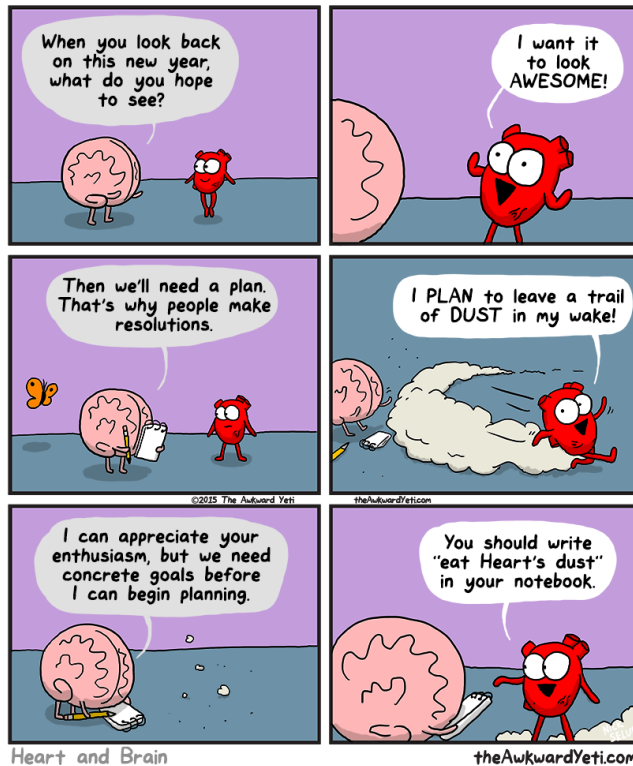


- Page 156-157
- Modules 1,, 10
- Assessment AF disease burden, measures both the freq and severity of symptoms attributable to AF, and the impact of those symptoms on overall wellbeing
- 21 items over 3 domains, categorical responses
- Evaluated for validity and reliability, specifically designed for AF, designed to be self-administered
- There's no scale, the manual indicates what is an ideal score for each item
- Referral to a psychologist, via GP

STOP-Bang Questionnaire

- Page 161
- Modules 1, 10
- Used by individuals to determine if they are at risk of obstructive sleep apnoea (OSA)
- 8 items, all scored as yes/no
- Widely accepted as a reliable and accurate tool for screening for OSA and predicting risk of respiratory complications and adverse events, free to use, designed to be self-administered
- Scores range between 0 to 8 points, with higher scores equated to higher risk of OSA
- 0-2 indicates low risk, 3-4 intermediate risk, 5-8 high risk
- Referral for testing via their GP
- <http://www.stopbang.ca/osa/screening.php>

SMART Goal Setting



- Based on client's assessment information and scores
- Specific, **M**odifiable, **A**chievable, **R**ealistic and **T**imeframe
- Guided by client's values, areas of concern and what's achievable given their current health and situation
- Plans to make these goals a reality may involve referrals to support services

Country Heart Attack Prevention (CHAP) Project

Heart Health for Life



The CHAP project is co-funded by NHMRC Partnership Grant (GNT 1169893)