

# Mind THE GAP

## Lipid optimisation



Dr Tathagata Sadhu

GP -Medicus Health Partners & Clinical Lead- Enfield Unity PCN

### Aim

To ensure that at least 50% of patients with history of Cardiovascular Disease (CVD)/ stroke who have not had lipid profile checked in the past 2 years to have a blood test and lipid management reviewed as per NICE secondary prevention guidelines.

### Method

EMIS search undertaken, and patients identified with overdue bloods for more than 2 years. These patients were recalled by admin staff and booked to have the blood tests either by practice-based phlebotomist or in hospital. After receiving results, patients are booked for review- either face to face or remotely with clinical pharmacist with input from senior clinician (GP) if necessary.

### Summary of Results

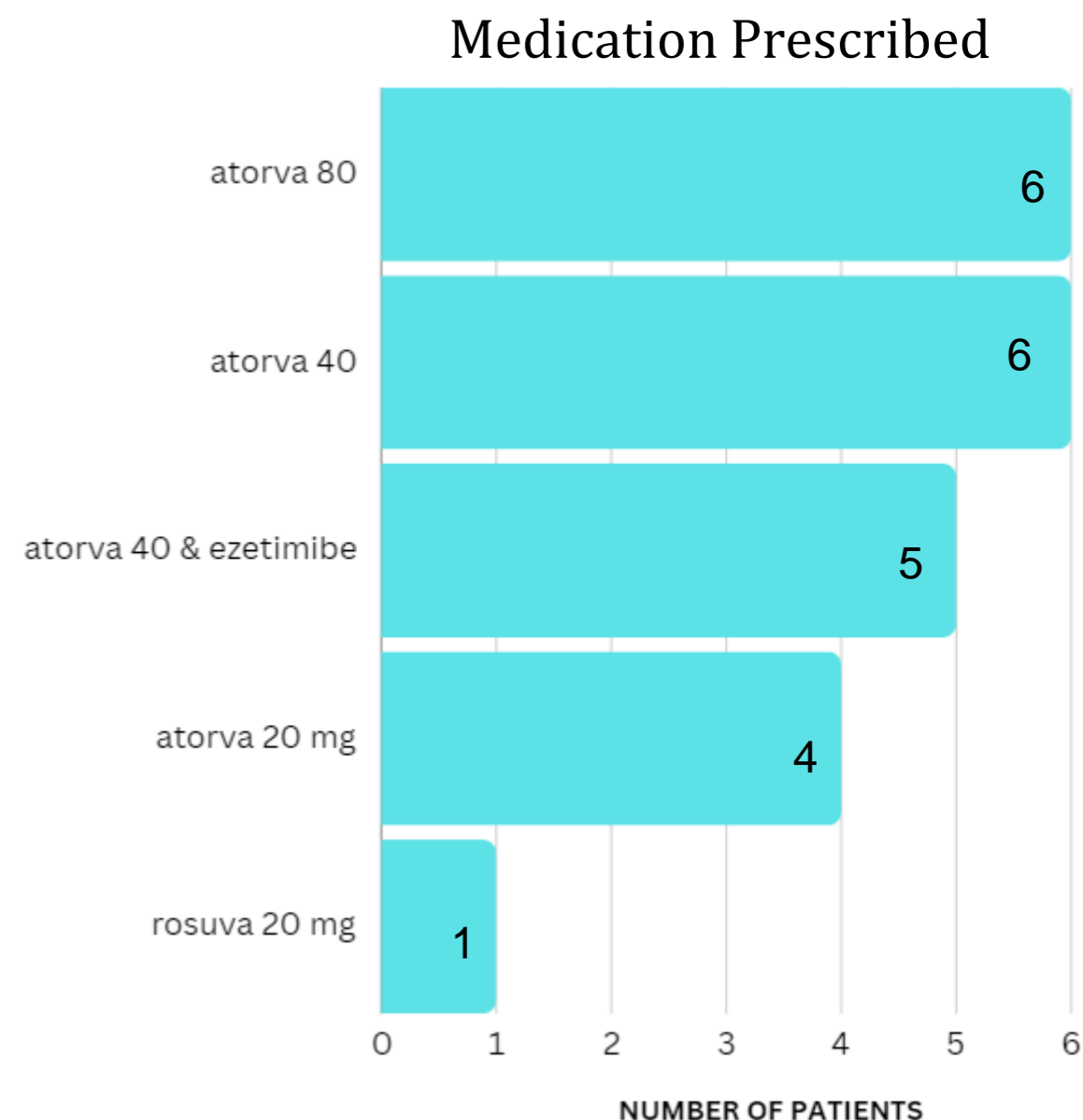
**30** patients identified in EMIS search

**22** patients attended appointment for blood tests and follow up appointment. Medication optimisation for lipid management as per NICE guidelines

**16** patients met the NICE guidelines for LDL-C levels ( $<2.0\text{mmol/L}$ ) for secondary prevention.

**3** patients were unsuitable for up titration due to frailty, multimorbidity and change in diagnosis / coding errors.

**3** patients will need further bloods after medication optimisation/up titration



### Sustaining the Change

Incorporate lipid management as part of the NCL Long Term Conditions model of care framework.

Disseminate the lipid management pathway among the clinical team across the PCN practices.

### Learnings

Clinicians empowered with lipid optimisation pathway framework which involved choices for patients and NOT ONLY statins as part of the management plan.

Offering choices to patients with statin reluctance / partial statin intolerance opened conversation about shared decision-making empowering patients to make choices.

Reducing health inequalities by focussing on a cohort of patients who are seldom heard in an area of significant deprivation.

Building dedicated teams ( team within a team ) gave a sense of ownership of the project to a group of clinicians to deliver change.

Clinicians are more confident in discussing newer therapies including PCSK-9 inhibitors and initiating inclisiran in primary care.

#### Staff feedback

“The session on management of lipid profile results was very helpful” .

#### Staff feedback

“Confident in discussing newer therapies in lipid management based on the pathway”.

#### Contact Details

@UCLPartners

@UCLPartners

@UCLPartners

uclpartners.com

**UCLPartners**  
Health Innovation



Daiichi-Sankyo

Funded by an independent grant from Daiichi Sankyo UK Ltd