

## CVD EF3 Carry out assessment with individuals at risk of developing Cardiovascular Disease

### OVERVIEW

This standard is about assessing individuals at risk of developing Cardiovascular Disease. Users of this standard will need to ensure that practice reflects up to date information and policies. Version No 1

### KNOWLEDGE AND UNDERSTANDING

You will need to know and understand:

1. how to ask questions, listen carefully and summarise back
2. how to present information and advice in ways which are appropriate for different people
3. how information obtained from individuals should be recorded and stored
4. who might see information obtained from individuals
5. the principle of confidentiality and what information may be given to whom
6. basic cardiovascular anatomy, physiology and biochemistry
7. the principle of informed consent, and how to obtain informed consent from individuals
8. how to carry out a clinical examination of individuals
9. how to measure individuals' weight, height, waist and body mass index
10. how to measure individuals' blood pressure
11. how to measure individuals' blood cholesterol level
12. how to measure individuals' blood glucose level
13. how to measure blood creatinine level
14. how to test renal function
15. the importance of respecting individuals' privacy, dignity, wishes and beliefs, and how to do so
16. the importance of minimising any unnecessary discomfort, and how to do so
17. the nature of Cardiovascular Disease, its different forms and its physical, psychological and social effects on individuals and their families
18. the factors which determine the risk of Cardiovascular Disease and the relative impact of these factors
19. how factors in people's lifestyles (ie physical activity, smoking, diet, stress, alcohol consumption) can affect their risk of developing Cardiovascular Disease
20. how to interpret physical indicators of risk of Cardiovascular Disease and symptoms
21. how to interpret the results of tests and measurements for individuals at significant risk of developing Cardiovascular Disease

22. how to calculate individuals' levels of risk of developing Cardiovascular Disease
23. appropriate tools and methodologies to measure individuals' physical indicators of risk of Cardiovascular Disease
24. validated tools to assess individuals' level of risk of Cardiovascular Disease, and how to use them effectively
25. people's health and wellbeing needs and the overall context in which they live
26. your own role and its scope
27. your own responsibilities and accountability.

## PERFORMANCE CRITERIA

You must be able to do the following:

1. explain clearly to individuals
  1. your own role and its scope, your responsibilities and accountability
  2. the information that will be obtained and stored in records and with whom this information might be shared
  3. what is involved in the assessment
2. respect individuals' privacy, dignity (i.e. using the individual's name of choice, being courteous and polite), wishes and beliefs (e.g. who may work with the individual, who else may need to be present, preparation for certain activities)
3. minimise any unnecessary discomfort and encourage individuals' full participation in the assessment
4. obtain individuals' informed consent to the assessment process
5. use appropriate tools and methodologies to measure individuals' physical indicators of risk of Cardiovascular Disease
6. find out about factors in individuals' family history and lifestyle that may affect their levels of risk
7. find out any symptoms individuals have that may indicate they have Cardiovascular Disease
8. find out about any other conditions individuals have that may affect their levels of risk
9. calculate individuals' level of risk based on your measurements and findings
10. refer people to other practitioners when their needs are beyond own role or scope of practice.

## ADDITIONAL INFORMATION

This National Occupational Standard was developed by Skills for Health. This standard links with the following dimension within the NHS Knowledge and Skills Framework (October 2004): Dimension: HWB1 Promotion of health and wellbeing and prevention of adverse effects on health and wellbeing. This standard has replaced CHD EF3.