











IDOCC Cardiovascular Disease Flow Sheet

Patient Name: _____ M F		History:					
Date of Birth: _____ FRS: _____		<input type="checkbox"/> Hypertension	<input type="checkbox"/> Obesity	<input type="checkbox"/> Dyslipidemia	<input type="checkbox"/> Stroke/TIA		
Diagnosis: _____		<input type="checkbox"/> CHF	<input type="checkbox"/> Cardiomyopathy	<input type="checkbox"/> COPD	<input type="checkbox"/> Atrial Fibrillation		
		<input type="checkbox"/> Depression	<input type="checkbox"/> Alcohol abuse	<input type="checkbox"/> Substance abuse	<input type="checkbox"/> Other arrhythmia		
		<input type="checkbox"/> Liver dysfunction	<input type="checkbox"/> Renal dysfunction	<input type="checkbox"/> Arthritis	<input type="checkbox"/> Cancer		
Screening & Management		Dates & notes:					
Lifestyle: Ask, Advise, Assess, Assist, Arrange	HTN BP	BP every 3- 6 months or as indicated Targets: <140/ <90 mmHg or <130/ <80 mmHg if DM, CKD	BP: _____	BP: _____	BP: _____	BP: _____	BP: _____
	Tobacco Use	Ask about tobacco use at every visit. Amount? Counselling? Pharmacotherapy? Referral?	<input type="checkbox"/> Yes <input type="checkbox"/> No	<input type="checkbox"/> Yes <input type="checkbox"/> No	<input type="checkbox"/> Yes <input type="checkbox"/> No	<input type="checkbox"/> Yes <input type="checkbox"/> No	<input type="checkbox"/> Yes <input type="checkbox"/> No
	Weight Managt	Measure weight & waist circumference annually Targets: - WC: men < 40" (102cm), women <35" (88 cm) (see Guidelines p. 10 for ethnic specific values) - BMI: 18.5 to 24.9 kg/m ² - Weight Loss: reduce weight by 5-10%	Waist: _____ BMI: _____	Waist: _____ BMI: _____	Waist: _____ BMI: _____	Waist: _____ BMI: _____	Waist: _____ BMI: _____
	Phys Activity	Screen annually: Duration & type of exercise Target: 30- 60 minutes moderate activity 4-7 days/week					
	Other	Alcohol , stress etc					
PVD		Screen annually using Edinburgh Claudication Questionnaire (see Guidelines p. 57)					
Laboratory	Lipids	Fasting lipid profile annually or as indicated. See below under statins for targets.	Ordered: _____ LDL-C: _____ TC/HDL: _____	Ordered: _____ LDL-C: _____ TC/HDL: _____	Ordered: _____ LDL-C: _____ TC/HDL: _____	Ordered: _____ LDL-C: _____ TC/HDL: _____	Ordered: _____ LDL-C: _____ TC/HDL: _____
	Glyc Cont	FBS annually to screen for diabetes	Ordered: _____ FPG: _____	Ordered: _____ FPG: _____	Ordered: _____ FPG: _____	Ordered: _____ FPG: _____	Ordered: _____ FPG: _____
	eGFR ACR	eGFR and ACR annually or as indicated - If proteinuria or CKD: ACR < 40 DM ACR target <2 ♂, <2.8 ♀ - target: eGFR>60	Ordered: _____ eGFR: _____ ACR: _____	Ordered: _____ eGFR: _____ ACR: _____	Ordered: _____ eGFR: _____ ACR: _____	Ordered: _____ eGFR: _____ ACR: _____	Ordered: _____ eGFR: _____ ACR: _____
	Other						
Medications	Anti-platelets	- ASA 81-325 mg qd - Clopidogrel 75 mg qd with ASA for 12 months after acute coronary syndrome or stent placement.	<input type="checkbox"/> ASA <input type="checkbox"/> Clopidogrel	<input type="checkbox"/> ASA <input type="checkbox"/> Clopidogrel	<input type="checkbox"/> ASA <input type="checkbox"/> Clopidogrel	<input type="checkbox"/> ASA <input type="checkbox"/> Clopidogrel	<input type="checkbox"/> ASA <input type="checkbox"/> Clopidogrel
	ACE/ARB	- ACE if HTN, DM, CKD, left ventricular EF < 40%; consider for all others - ARB if intolerant					
	Beta Blockers	Indefinitely if MI, acute coronary syndrome or left ventricular dysfunction, with or without heart failure symptoms.					
	Statins	Treat to target: High risk (FRS >20%): 1° target: LDL-C <2.0 mmol/L or ↓ by at least 50%; 2° target: TC/HDL-C <4.0 Mod risk (FRS 10-19%): if LDL-C >3.5 mmol/L or TC/HDL-C >5.0 → Lower LDL-C <2mmol/L or ↓ by at least 50% Low risk (FRS <10%): LDL-C >5.0 mmol/L or TC/HDL-C >6.0 → Lower LDL-C by at least 50%					
	Flu Vac	Flu vac. annually Pneumo. Vac. 10 yrs					
Self Managt		Discuss self management goals annually MedsCheck					

(Pre) & Diabetes	HbA1c targets <7% q3-6 mos					
	Hypoglycemic Episodes	Y/N	Y/N	Y/N	Y/N	Y/N
	Fasting Glucose Meter/Lab comparison Calibrated Y/N	Y/N	Y/N	Y/N	Y/N	Y/N
	Dilated Eye Exam annual	Y/N	Y/N	Y/N	Y/N	Y/N
	Neurological Exam Normal/Abnormal					
	Foot Exam yearly (Normal / Abnormal) (128Hz tuning fork / 10g monofilament)					
	PVD:Edinburg Claudication Score (Normal / Abnormal)					
	DM Fee Code K030 (Max 4/yr)					