

Student-led community cardiovascular disease prevention

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Aims

The Health Olympics is a student-led society with the aim of delivering primary prevention of cardiovascular disease in the community.

Methods

Under consultant supervision, medical students perform cardiovascular risk assessments at community health promotion events. Each participant's relevant parameters are measured and used to calculate their 10-year cardiovascular risk. Participants are then appropriately counselled with individualised lifestyle advice.

Results

This project identifies individuals with undiagnosed or poorly controlled cardiovascular risk factors, and provides tailored lifestyle advice. Over the past 2 years, over 250 people attended events held in public places, mostly on weekends. Over half of participants were of Asian ethnicity. 33% (157) had high cardiovascular disease risk scores of >20%, of which 45% (71) were not receiving primary prevention therapy.

Conclusions

Cardiovascular disease is the most common cause of death, disability and hospital admissions in the UK. This represents a major health and economic burden, and the importance of cardiovascular disease prevention has been recognised by NICE.

The society benefits both the students involved, and the participants. This project has been recognised by the GMC and endorsed by local health leaders.

Conflict of interest statement

The authors have no conflict of interest. ■

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