



Diagnosis, Prevention and Management of Coronary Artery Disease

Patient Tracking Tool for Secondary CVD

Name: _____

Date of Birth: _____ Age: _____ Sex: _____

Pre-existing: CVD conditions: _____ Diabetes: _____ Other: _____

RISK INTERVENTIONS	INITIAL STATUS	PATIENT GOAL	DATE:	DATE:	DATE:
Smoking Complete avoidance/ Cessation including ENDS	Smoker Non-smoker		Smoker Non-smoker	Smoker Non-smoker	Smoker Non-smoker
Blood Pressure < 130/80 mm Hg < 140/90 mm Hg with no diabetes & no kidney disease	mmHg				
Cholesterol Initial screening w/lipid panel/therapy based on risk calculation (Screen for familial lipdemia to identify higher risk individuals)					
Physical Activity 150 min/wk (moderate over at least 5 days) or 75 min/wk (vigorous over at least 3 days) plus muscle strengthening (2 or more days/wk)	Duration: Frequency:				
Weight Mgmt. BMI: < 25 Height: Waist Circumference: Men < 40" Women < 35"	Height: Weight: BMI: Waist Circ:				
Diabetes Management* HbA1c < 7.0%	HbA1c: FBG:				
Antiplatelet Agents/ Anticoagulants**	Yes/No	Compliant? Rx	Y/N Rx	Y/N Rx	Y/N Rx
Ace Inhibitors	Yes/No	Compliant? Rx	Y/N Rx	Y/N Rx	Y/N Rx
Beta-blockers	Yes/No	Compliant? Rx	Y/N Rx	Y/N Rx	Y/N Rx
Depression Screening	Yes/No		Y/N	Y/N	Y/N

*Goals should be individualized based on age/life expectancy, duration of diabetes, comorbid conditions, individual patient considerations and other factors.

**Consider annual reassessment of the need for antiplatelet/anticoagulant therapy.

METABOLIC SYNDROME INCLUDES ANY 3 OF THE 5 DIAGNOSTIC MEASURES: Waist Circumference (men ≥40", women ≥35"); **BP** ≥130/≥85 mm Hg; **FBG** ≥100 mg/dL; **Triglycerides** ≥150 mg/dL; **HDL cholesterol** (men <40 mg/dL, women <50 mg/dL)