



**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: \_\_\_\_\_

<b>RISK INTERVENTIONS</b>	<b>INITIAL STATUS</b>	<b>PATIENT GOAL</b>	<b>DATE:</b>	<b>DATE:</b>	<b>DATE:</b>
<b>Smoking</b> Complete avoidance/ Cessation including ENDS	Smoker Non-smoker		Smoker Non-smoker	Smoker Non-smoker	Smoker Non-smoker
<b>Blood Pressure</b> < 140/90 mm Hg for ages < 60 < 150/90 mm Hg for ages ≥ 60 with no diabetes & no kidney disease	mmHg				
<b>Cholesterol</b> Initial screening w/lipid panel/therapy based on risk calculation (Screen for familial lipdemia to identify higher risk individuals)					
<b>Physical Activity</b> 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:				
<b>Weight Mgmt.</b> BMI: < 25 Height: Waist Circumference: Men < 40" Women < 35"	Height:  Weight:  BMI:  Waist Circ:				
<b>Diabetes Management*</b> HbA1c < 7.0%	HbA1c:  FBG:				
<b>Antiplatelet Agents/ Anticoagulants**</b>	Yes/No	Compliant? Rx	Y/N Rx	Y/N Rx	Y/N Rx
<b>Ace Inhibitors</b>	Yes/No	Compliant? Rx	Y/N Rx	Y/N Rx	Y/N Rx
<b>Beta-blockers</b>	Yes/No	Compliant? Rx	Y/N Rx	Y/N Rx	Y/N Rx
<b>Depression Screening</b>	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)

*Guidelines are intended to be flexible. They serve as reference points or recommendations, not rigid criteria. Guidelines should be followed in most cases, but there is an understanding that, depending on the patient, the setting, the circumstances, or other factors, care can and should be tailored to fit individual needs.*