

Document Title:	Cardiovascular Disease (Adults Only) Project 3.b.i
Approving Committee:	Clinical Integration Committee
Approval Date:	TBD
Document Objective/Summary:	This document serves to outline best practices

The NYP/Q PPS will implement Project 3.b.i- Cardiovascular Disease in Adults. To ensure that there is consistency across the PPS in preventative care and screening, the PPS will adopt the recommendations from the U.S. Preventative Task Force on hypertension and lipid screening. Participating providers in this project will utilize these guidelines to manage patients and screen for cardiovascular disease as clinically appropriate.

U.S. Preventative Service Task Force Recommendations	
Hypertension Screening	<ul style="list-style-type: none"> • Adults aged ≥ 40 and persons at increased risk for high blood pressure should be screened annually • Adults aged 18 to 39 without risk factors should be rescreened every 3-5 years • Use the mean of 2 measurements taken while the patient is seated, allow for ≥ 5 min between entry into the office and blood pressure measurement, use an appropriately sized arm cuff, and place the patient's arm at the level of the right atrium. Multiple measurements over time have better positive predictive value than a single measurement. • Ambulatory and home blood pressure monitoring can be used to confirm a diagnosis of hypertension after initial screening.
Lipid Screening	
Men 35 and Older	The USPSTF strongly recommends screening men aged 35 and older for lipid disorders.
Men 20-35 at Increased Risk for CHD	The USPSTF recommends screening men aged 20-35 for lipid disorders if they are at increased risk for coronary heart disease.
Women 45 and Older at Increased Risk for CHD	The USPSTF strongly recommends screening women aged 45 and older for lipid disorders if they are at increased risk for coronary heart disease.
Women 20-45 at Increased Risk for CHD	The USPSTF recommends screening women aged 20-45 for lipid disorders if they are at increased risk for coronary heart disease.
Men 20-35, Women Not at Increased Risk	The USPSTF makes no recommendation for or against routine screening for lipid disorders in men aged 20 to 35, or in women aged 20 and older who are not at increased risk for coronary heart disease.