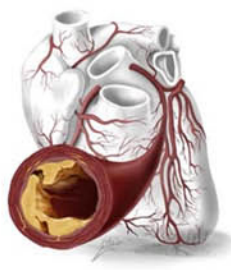


CVD Risk Initial-visit Assessment

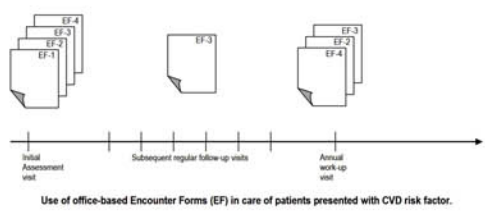
Next Appt. / / 20....
For



Indication for use of this chart (mark):

- BMI ≥ 30
- T. Chole ≥ 240
- FBS ≥ 100
- BP ≥ 140/90

File no. Sex: M F
 Name:
 Tel:
 DOB / Age /
 Job:



For newly discovered High BP

Date	BP ₁	BP ₂	Average
1 st / /			
≥ 2 wks / /			
≥ 2 wks / /			

At rest, no smoking or coffee in last 30 min. 1-3 min apart

Current Symptoms:

- Hirustism*
- Palpitation + Sweating*
- Easy bruising
- Sleep apnea
- Headache
- Muscle cramps
- Fatigability
- Claudication
- Polyuria
- Polydipsia
- Polyphagia
- Blurred vision
- Dizziness
- Numbness
- Recurrent infections (UTI, Thrush, Tenia, ...)
- Others:

PMH: (When?)

- Pre-eclampsia
- Gest. DM
- ODM
- Dyslipidaemia
- Angina
- Dyspnea
- Syncope
- Stroke
- OTIA
- Br. Asthma
- COPD
- HTN
- CCU admission
- Coronary catheterization
- Gout
- Impotence

Family Hx: (Who / at what age?)

- HTN
- Renal Disease
- IHD
- Premature CV Death
- ODM
- Dyslipidaemia
- Stroke

Drug Hx:

- Anti HTN
- OCP
- NSAID
- Corticosteroids
- Decongestants
- Amphetamine (Job)
- Thyroid replacement
- Antidepressants
- Antipsychotics

Social Hx:

- Dietary Habits (Salt – Fat)
- Tobacco
- Alcohol
- Recent wt. gain
- Physical inactivity
- Stress

Physical Exam:

BP	Lt. arm =	Rt. arm =	Standing (Elderly/DM) =	Pulse =			
General	Wt. =	Ht. =	BMI =	Waist =			
	<input type="checkbox"/> Xanthelasmata	<input type="radio"/> <i>Hirustism</i>	<input type="radio"/> Neurofibromatosis	<input type="radio"/> <i>Cushinoid</i>	<input type="radio"/> <i>Acromegaly</i>	<input type="radio"/> <i>Thyroid</i>	<input type="radio"/> <i>Striae</i>
CVS	<input type="radio"/> Precordium	<input type="radio"/> Heart Sounds	<input type="radio"/> Carotid Bruit	<input type="radio"/> Radio-femoral Pulses			
Chest	<input type="radio"/> Bronchospasm	<input type="radio"/> HF					
Abd	<input type="radio"/> Bruit	<input type="radio"/> Masses					
LL	<input type="radio"/> Edema	<input type="radio"/> Pulses	<input type="radio"/> Vibration	<input type="radio"/> Pin Prick			
CNS	<input type="radio"/> Focal Neurologic deficit						
Eye	<input type="radio"/> V. acuity	<input type="radio"/> Fundi					

Investigations:

- CBC
- FBS
- Chol
- LDL
- HDL
- Tg
- U+E
- Cr
- Uric Acid
- Ca
- Urinalysis
- ECG
- ?TFT
- CRP

Mark with if done or requested. Mark with if positive. Elaborate marked in space provided. Fill results in annual chart EF4 and flow chart EF3 where appropriate. Use EF2 for stratification of CVD risk. *Italics indicates possible secondary cause.*