STANDARD 3

Early initial assessment of individual patient needs, which informs agreed personalised goals that are reviewed regularly

- The initial assessment shall commence within 10 working days of receipt of referral
- The initial assessment is deemed complete when documentation of all the following has taken place:
    - Demographic information and social determinants of health;
    - Medical history, current health status and symptoms, together with a review of any relevant investigations;
    - Lifestyle risk factors (exposure to tobacco, adherence to a cardioprotective diet, body composition, physical activity status and exercise capacity);
    - Psychosocial health (anxiety, depression, illness perception, social support, psychological stress, sexual wellbeing and quality of life);
    - Medical risk management (control of blood pressure, lipids and glucose, use of cardioprotective therapies and adherence to pharmacotherapies)
- Additional parameters should be assessed on an individual basis and may include psychosocial factors such as anger, hostility, substance misuse; occupational distress
- Even if the initial assessment cannot be completed in its entirety (e.g. exercise capacity assessment temporarily contraindicated) this shall not delay the assessment of the remaining elements or the commencement of a formal CPRP
- The initial assessment shall identify each individual's needs, using validated measures that are culturally sensitive and also take account of associated co-morbidities
- The assessment shall identify any physical, psychological or behavioural issues that have the potential to impact on the patient's ability to make the desired lifestyle changes
- The assessment shall include formal risk stratification for exercise utilising all relevant patient information (e.g. LVEF, history of arrhythmia, symptoms, functional capacity)
- The written care plan should include a defined pathway of care which meets the individual patient needs and participation preferences & choices
- Patients shall receive on-going assessment throughout their CPRP and a regular review of their goals, with adjustments agreed and documented where required