

## **PS1.019**

### **The role of family doctor in cardiovascular risk factors' screening in Istrian county: the importance of user-friendly IT support**

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**Objective:** To find out if user friendly IT support could motivate family doctors for screening and monitoring risk factors for CV diseases in patients from 40-65 years old without CV diseases who visited their family doctor from November 2014 to December 2015 in Istrian County, Republic of Croatia.

**Inclusion Criteria:** All family doctors in Istrian County were contacted to screen their patients with CV risk factors. Target group were patients from 40 to 65 yrs with no CV disease evidenced. Family doctors who responded had additional education on CV prevention. Additional IT programme within patients' medical e-card was created to determine SCORE factor from existing anthropological, laboratory and risk factor data. After examining these patients, SCORE factor has been calculated and entered SCORE (Systematic COronary Risk Evaluation) according to ESC 2007.

**Results:** 86 family doctors out of 114 responded to the invitation and participated in education; 55 family doctors out of 86 actively participated in survey doing both screening and interventions needed; 2.415 patients were included (1.125 men and 1.290 women). 9 doctors included more than 120 patients, 5 doctors included 70-119 patients, 41 doctors less than 70 patients.

Patients were structured as follows: abdominal obesity in 1.342 patients (669 - M; 673-F); 696 smokers (360 -M; 336-F); 1.215 physically inactive (527 -M; 688-F); 1214 under stress (519 men, 695 women).

SCORE factors in non diabetics: 1-4: 1.928 (780 men; 1148 women); 5-9: 206 (165 men; 41 women); 10: 35( 34 men; 1 women).

**Conclusion:** During 2014 each family doctor was visited by an average of 76% of his patients. By opportunistic screening of CV risk factors, family doctor can cover substantial number of patients yearly. User-friendly IT support (including reminders) can facilitate screening and evidencing of CV risk factors, so that family doctor's intervention continuously improves long-term reducing of CV diseases.