

5. Cardiovascular	
PATIENT SECTION	GP/NURSE SECTION
<p>5.1 Have you had of the following symptoms in the last 12 months?</p> <p><input type="checkbox"/> Chest pain</p> <p><input type="checkbox"/> Palpitations</p> <p><input type="checkbox"/> Shortness of breath at rest or lying down</p> <p><input type="checkbox"/> Excessive SOB with exertion</p> <p><input type="checkbox"/> Increased ankle/leg swelling</p> <p><input type="checkbox"/> Episodes of dizziness/feeling lightheaded</p> <p><input type="checkbox"/> Episodes of transient weakness/facial droop/slurred speech</p> <p><input type="checkbox"/> Other (details) _____</p> <p>How have these symptoms impacted on your day to day life?</p> <p>_____</p> <p>_____</p>	<p>Examination Findings</p> <p>Sitting BP _____</p> <p>Supine BP _____</p> <p>HR _____</p> <p>Auscultation:</p>
<p>5.2 Risk factors : Do you have any of the following?</p> <p><input type="checkbox"/> Smoking history</p> <p><input type="checkbox"/> Previous heart attack or stroke</p> <p><input type="checkbox"/> Family history of heart attacks or strokes</p> <p><input type="checkbox"/> Diabetes or family history of diabetes</p> <p><input type="checkbox"/> Symptoms of frequent thirst, increased frequency of urination, or changes in sensation?</p> <p><input type="checkbox"/> Obesity</p>	<p>Most recent:</p> <p>BSL _____</p> <p>TG _____</p> <p>C'ol _____</p> <p>Does person need:</p> <p><input type="checkbox"/> Fasting BSL/TG/Cholesterol (recommended yearly)</p> <p><input type="checkbox"/> Dietician review</p> <p><input type="checkbox"/> Discussion re: lifestyle changes</p>
<p>5.3 Do you do any regular exercise? <input type="checkbox"/> Yes <input type="checkbox"/> No</p> <p>Describe exercise program _____</p> <p>_____</p>	

Notes:

Heart disease is a leading cause of death in persons with SCI. They are at increased risk of cardiovascular disease and hence it is recommended that SCI patients have annual cardiovascular review.

- BP should be measured annually instead of biannually from the age of 18. If biological risk factors and established disease is present, BP should be monitored every 6 months. Review risk factors for heart disease from 40 years of age and stroke from 55 years of age. Lifestyle risk factor counselling should be done at the same time. See Hypertension management guide for doctors, Heart Foundation 2004 for more information
- Check triglycerides, cholesterol and fasting blood sugar level to screen for diabetes every 1-2 years from 45 years of age. Screening is advised every 3 years in the normal population. It should be done more frequently in persons with SCI as they are more likely to have impaired glucose metabolism due to changes in body composition and diminished activity level that contribute to insulin resistance.
- Assess nutritional history, BMI & waist circumference. Screening of healthy people without risk factors is recommended every 5 years from age 45 years. Persons with SCI have a higher risk and are more likely to have low HDL than the average population and should thus have screening every 1-2 years. Persons with diabetes, cardio- or cerebrovascular disease, an absolute cardiovascular risk >15% over the next 5 years, hypercholesterolemia or chronic kidney disease should be screened yearly.