

DETECTING FAMILIAL HYPERCHOLESTEROLAEMIA IN GENERAL PRACTICE



A study of familial hypercholesterolaemia (FH) funded by the Lishman Health Foundation has resulted in the development of a model of care for GPs to use for patients who have, or may have, the inherited condition.

The model of care outlines the most effective ways to identify and treat people with the condition in the primary care setting. It guides GPs in the diagnosis, referral and ongoing care of these patients and their family members, who may also have the condition, to help them reduce their risks of cardiovascular disease (CVD).

This FH case identification and 'cascade screening' approach is of significant benefit not only to the patients concerned but also to public health generally by reducing the frequency and impact of cardiovascular disease in the community.

The South West study conducted by Dr Andrew Kirke and his team using different FH screening approaches, showed that detection of new cases using general practitioner and laboratory services in the community could be very successful.

Three methods of case detection were tested: pathology laboratory database search, workplace health checks and general practice database search. People identified at risk by each of the three screening methods were offered detailed assessment for FH using the Dutch Lipid Clinic Network Criteria score (DLCNCS).

A total of **1316**
participants

underwent detailed
assessment for FH.

The proportion of at-risk
people identified
for further assessment is
shown at right.

- GP (659 of 2494, 26.4%), workplace assessment (60 of 268, 22.4%) and pathology database (597 of 4517, 13.2%) $p < 0.001$.
- Eighty-six (6.5%) were identified as clinical FH (DLCNCS > 5) of which 59 had genetic testing and 11 of 59, 18.6%, were confirmed to have a mutation causing FH.
- Pathology database detected the greatest number of clinical FH (51 of 86, 59.3%) and mutation positive participants (8 of 11, 72.7%).

Those found to have FH were treated and managed by their GPs.

To find out more about the study and the FH model of care, see (<https://lishmanhealthfoundation.org.au/resources/familial-hypercholesterolaemia>)



The Lishman Health Foundation welcomes research proposals and partnerships.

Please contact us at admin@vlfoundation.com or phone 0475 705 417 if you have a research idea you would like to pursue with us.

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