Innovative hyperlipidemia screening protocol focusing on 10-year risk of atherosclerotic cardiovascular disease

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The campus wide screening protocol was developed and implemented in September 2016.

A patient questionnaire form (Figure 1) was used to determine all patients’ eligibility for a point-of-care lipid panel.

Tables depicting patients’ 10-year ASCVD risk score were designed to include all possible risk factor combinations, with age in 5 year increments (Figure 2).

The total amount of point-of-care lipid panels and total cholesterol tests utilized, test strips ordered, and overall cost of supplies were gathered from each of the school’s student organizations and the student services department.

Patients gained autonomy to implement lifestyle changes and empowerment to have an active role in their direction of care.

Students had the opportunity to apply their clinical knowledge to a patient centered setting.

Limitations of the study included lack of a follow-up questionnaire assessing patients’ medical literacy and potential errors regarding the use of point-of-care tests for student trainers versus patients.

In comparison to the 2015-2016 academic year, the new protocol resulted in an overall cost savings of $6,741.25 (95.1%) for point-of-care cholesterol screenings.

Counseling patients on their 10-year ASCVD risk allowed them to understand and identify their individual risk factors, and discern the severity of their condition.

Re-evaluation of a patient’s eligibility for a lipid panel is warranted due to a recent update to the ACC ASCVD Risk Estimator; the new update emphasizes that a patient’s cholesterol has the same impact on their 10-year ASCVD risk score with or without statin therapy.

The authors have nothing to disclose.

This project was approved by the University of Hawai‘i Institutional Review Board.