

## NHS Health Checks Waveney Referral pathways

CHOLESTEROL		
Total serum cholesterol: HDL ratio	4.4 – 6.0	Advise on diet and exercise to maintain health
	>6.0	Refer to GP for fasting blood test
Total cholesterol	>7.5mmol/l	Refer to GP for fasting blood test
PULSE RHYTHM CHECK		
Pulse Rhythm	Regular	No action
	Irregular	Refer to GP for further tests
BLOOD PRESSURE		
Blood Pressure (mmHg) (where systolic and/ or diastolic raised)	<140/90	Advise on exercise, alcohol and weight to maintain health
	≥140/90	Refer to GP for further tests
	≥180/110	Refer to GP same day
BODY MASS INDEX		
BMI Measurement	≤24 (≤22 if S Asian* or Chinese)	Advise on exercise and diet to maintain health
	25 - 29 (23 – 27.4 if S Asian* or Chinese)	Offer referral to Active NoW
	≥30 (≥27.5 if S Asian* or Chinese)	Refer to GP
PHYSICAL ACTIVITY		
GP Physical Activity Questionnaire	Inactive	Offer referral to Active NoW
	Moderately Inactive	Offer referral to Active NoW
	Moderately Active	Offer referral to Active NoW
	Active	Advise on physical activity to maintain health
TOBACCO		
Smoking Status	Non-Smoker	No action
	Ex-Smoker	Offer referral to NHS Smoking Helpline - Go Smoke Free
	Current Smoker	Offer referral to NHS Smoking Helpline - Go Smoke Free
	Smoking tobacco and using ECigarettes	Offer referral to NHS Smoking Helpline - Go Smoke Free
ALCOHOL		
Audit C Initial Assessment; (where score is above 5, Full AUDIT)	0-7	COHOL Audit C Initial Assessment; (where score is above 5, Full AUDIT) 0 - 7 Low risk, brief lifestyle advice to remain healthy
	8-15	Increasing risk, offer referral to Turning Point
	16-19	Higher risk, refer to GP for onward referral and support as necessary
	≥20	Refer to GP to access to alcohol treatment services Turning Point
Q RISK RESULT		
QRisk2 Result (age/gender appropriate)	<10%	Brief lifestyle advice to remain healthy
	10% - 19%	Signpost to Active NoW
	≥20%	Refer to GP for further testing
DEMENTIA		
Dementia Awareness	No concerns	Advise on healthy lifestyle to remain healthy
	Concerns about memory	Advise an appointment with GP for assessment
DIABETES		
Leicester Risk Score	<16	Advice on healthy lifestyle to remain healthy
	=>16	Refer on for HBA1C test