**Table 1: QScore summary - intervention/outcome/risk/guideline matrix**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Outcome** | **intervention** | **Risk assessment tool** | **NHS targets/NICE guidelines** | **Evidence/validation/publication** |
| **Cardiovascular disease** | * smoking cessation; weight loss;
* BP control
* lipid control
 | [www.qrisk.org](http://www.qrisk.org) | NHS Health ChecksQOFNICE (CG67) | BMJ<http://www.qrisk.org/BMJ-QRISK2.pdf><http://www.bmj.com/content/340/bmj.c2442.full.pdf> |
| **Type 2 diabetes** | * Exclude undiagnosed diabetes
* Weight loss
* Exercise
* medication
 | [www.qdscore.org](http://www.qdscore.org) | NHS Health Checks | BMJ<http://www.bmj.com/content/338/bmj.b880.full><http://onlinelibrary.wiley.com/doi/10.1111/j.1464-5491.2011.03237.x/abstract> |
| **Chronic kidney failure** | * Lifestyle measures including smoking
* avoid medicines which might damage the kidney (such as NSAIDs)
* more energetic treatment to lower blood pressure
* more frequent follow up of kidney function to allow earlier referral if things are deteriorating.
 | [www.qkidney.org](http://www.qkidney.org)  | NHS Health Checks | BMC<http://www.biomedcentral.com/content/pdf/1471-2296-11-49.pdf> |
| **Osteoporotic fracture** | * regular weight bearing exercise Stop smoking reduce your alcohol intake Make sure you have enough calcium and vitamin D in your diet
* Reduce risk of falling - removal removing loose rugs or small objects at home; Check eye sight; GP review of dizziness including medication review (eg antihypertensives, tricyclics)
* Hip protectors
* Vitamin d3 and calcium
* Bisphophonates
 | [www.qfracture.org](http://www.qfracture.org) | NICE draft osteoporosis & fragility risk<http://www.nice.org.uk/nicemedia/live/13281/54850/54850.pdf> | BMJ<http://www.bmj.com/content/339/bmj.b4229.full.pdf><http://www.bmj.com/content/340/bmj.c2442.full.pdf> |
| **Venous thromboembolism** | * Prophylaxis/anticoagulation
* review of medication which increases risk (COP, HRT, antipsychotics, tamoxifen)
 | [www.qthrombosis.org](http://www.qthrombosis.org) | NICE (CG92) | BMJ <http://www.bmj.com/content/343/bmj.d4656> |
| **Adverse effects of statins*** **Myopathy**
* **Acute renal failure**
* **Serious liver dysfunction**
 | * Review of dose as effects increase with dose
* Increased monitoring of U&E, LFT and CK for high risk
 | [www.qintervention.org](http://www.qintervention.org) | NICE (CG67) | BMJ and Heart<http://www.bmj.com/content/340/bmj.c2197.full><http://heart.bmj.com/content/early/2010/05/20/hrt.2010.199034.full> |
| **Early diagnosis of cancer (lung, colorectal, pancreas, ovary, gastro-oesophageal)** | * Referral & investigation of high risk symptomatic patients to make earlier diagnosis
 | [www.qcancer.org](http://www.qcancer.org)  | NICE 2010Cancer Reform StrategyNAEDI | Series of papers for each cancer in press with the BJGP and BMJ. Looks at predictive value of alarm symptoms eg weight loss, appetite loss, anaemia, haemoptysis, haematemesis, dysphagia, rectal bleeding, haematuria |