



Preventing Heart Attacks and Stroke Events through Surveillance

Preventing Heart Attacks and Stroke Events through Surveillance (PHASES) is a statewide quality improvement initiative supporting general practices to **identify and manage cardiovascular disease (CVD) risk earlier** using Primary Sense data and practical, practice friendly workflows. The program focuses on prevention, early intervention, and optimising care for patients most at risk.

Why PHASES matters

Cardiovascular disease remains a leading cause of death in Australia. Many heart attacks and strokes are **preventable** when cardiovascular risk is identified early and managed consistently in primary care.

PHASES supports general practice to shift care **upstream** – from reactive treatment to proactive prevention – using real time data. The program has a strong focus on improving outcomes for people at higher risk, including First Nations peoples and those living in rural and regional communities.

What PHASES supports practices to do

PHASES focuses on two high impact actions shown to reduce cardiovascular events:

- > **increase Heart Health Check screening rates**
- > **improve use of guideline-based treatment** for patients with, or at high risk of, CVD.

Using Primary Sense reports, practices are supported to identify priority patient cohorts, including:

- > patients with cardiovascular risk factors but no prior event
- > patients with established CVD not on optimal treatment
- > patients on treatment but not meeting targets
- > patients with missing or incomplete risk factor data.

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NQPHN acknowledges the Aboriginal and Torres Strait Islander peoples as Australia's First Nation Peoples and the Traditional Custodians of this land. We respect their continued connection to land and sea, country, kin, and community. We also pay our respect to their Elders past, present, and emerging as the custodians of knowledge and lore.



How PHASES works in practice

PHASES is designed to integrate into existing workflows and minimise administrative burden. Practices are supported through a structured quality improvement approach that may include:

- › reviewing baseline CVD data using Primary Sense
- › selecting a targeted improvement focus
- › implementing practical actions such as recalls, reminders, and opportunistic prompts
- › monitoring progress and outcomes over time.

Engagement can be **facilitated or self directed**, depending on practice preference and capacity.

Support available to practices

Participating practices receive access to:

- › Primary Sense's CVD Risk Screening, Recall, and Treatment reports
- › practical tools, templates, and recall resources
- › education and interpretation support
- › ongoing PHN engagement and quality improvement assistance.

PHASES aligns with existing **Clinical Audits, MBS items, PIP QI activities, and accreditation requirements**, supporting both clinical quality and sustainable practice operations.

The impact

When PHASES is implemented well, outcomes include:

- › earlier identification of cardiovascular risk
- › improved adherence to guideline-based treatment
- › better patient outcomes and quality of life
- › fewer avoidable CVD related hospital presentations.

Interested in participating?

PHASES is delivered in partnership with Primary Health Networks and is available to eligible general practices using Primary Sense. Practices can engage at different stages, with support tailored to local needs and priorities.