



## CRIB SHEET FOR CHECK AND TEST APPOINTMENT (ESTABLISHED LTCs) - VERSION 2

- This crib sheet that follows has been designed to support the right tests for patients with the long-term conditions that fall into the LTC LCS specification.
- Complex patients with multiple conditions may have conditions that fall outside of this guidance.
- For the benefit of the patients please consider if they may be due other checks for other reasons.

Examples of conditions or medications requiring extra checks include:

Conditions and Medications	Additional Checks Required
Prostate cancer on PSA surveillance	PSA
Hypothyroidism	TFTs
On antipsychotic medication	Cholesterol + HbA1c + ECG
On methotrexate	UEs + LFTs + FBCs
On DOACs (i.e., edoxaban, apixaban, rivaroxaban, dabigatran)	UEs + FBC + LFTs
Coeliac disease	FBC + Ferritin + Folate + B12 + CA + Vit D + Coeliac Serology + LFTs
Older complex patients	Consider adding FBC especially if previously abnormal

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	Bloods						Urine	Physical Checks				History	Lifestyle	Other	
	FBC	U+E	LFT (or ALT)	Standard Lipid Profile	HbA1C	AST	TSH	Urine ACR	BP <sup>1</sup>	Pulse Rate + Rhythm	Foot check	Height, weight + BMI	CVD Family History	Alcohol, Smoking, Exercise + Diet	Condition Specific (see notes below)
CVD		✓		✓	✓			✓	✓	✓		✓		✓	
AF on DOAC	✓	✓	✓						✓	✓		✓	✓	✓	
Hypertension		✓		✓	? <sup>2</sup>			✓	✓	✓		✓	✓	✓	
Hyperlipidaemia (On Statin)			✓ <sup>3</sup>	✓ <sup>3</sup>					✓	✓		✓	✓	✓	
Diabetes Type 1	? <sup>5</sup>	✓	✓	✓	✓		✓	✓	✓	✓	✓	✓	✓	✓	Ask Eye Screen. See notes if low BMI or anaemic <sup>4</sup>
Diabetes Type 2 <sup>6</sup>	? <sup>5</sup>	✓	✓	✓	✓		✓	✓	✓	✓	✓	✓	✓	✓	Ask Eye Screen. See notes if anaemic + metformin <sup>6</sup>
CKD 1-3A		✓		✓				✓	✓	✓		✓	✓	✓	
CKD 3B -5	✓	✓		✓	✓			✓	✓	✓		✓	✓	✓	Add bicarbonate Cholecalciferol 20000 iu / week?
NAFLD	✓		✓	✓		✓			✓	✓		✓	✓	✓	
COPD									✓	✓		✓	✓	✓	CAT + MRC + %O <sub>2</sub> + Oedema
Asthma										✓		✓	✓	✓	ACT + Peak Flow + Inhaler Technique
HF		✓							✓	✓		✓	✓	✓	NYHA + Depression Screening + Clinical Exam <sup>7</sup>

<sup>1</sup> **Blood pressure** – BP checks in heart failure and in elderly patients, check for postural hypotension (lying and standing BP)

<sup>2</sup> **Hypertension** – Consider HbA1c if obese or not done in last 3 years or previously raised and not done for 12 months

<sup>3</sup> **Hyperlipidaemia** – Bloods at 3 months and 12 months only. If 40% reduction in non-HDL cholesterol achieved, no need to keep repeating in primary prevention

<sup>4</sup> **Type 1 Diabetes** – Consider other autoimmune conditions. If low BMI or weight loss, complete coeliac screen. If anaemic, consider B12 and IF Ab testing

<sup>5</sup> **Diabetes** – Consider FBC as HbA1c not accurate in anaemia and may indicate need to check B12 in metformin use

<sup>6</sup> **Type 2 Diabetes** – Ask about neuropathic symptoms. If on metformin and anaemic, consider B12 testing

<sup>7</sup> **Heart Failure** – Ankles, chest, JVP should be examined. If not completed in Check and Test, follow-up with clinician, if symptomatic with reduced LVEF consider ferritin and iron studies

## KEY TO DISEASE IMPACT SCORES IN CHECK AND TEST APPOINTMENTS

**CAT** = COPD Assessment Test available in a range of languages online at [Clinical Practice \(catestonline.org\)](http://Clinical Practice (catestonline.org))

**MRC** = Medical Research Council Dyspnoea Scale (for COPD)

Grade	Degree of breathlessness related to activities
1	Not troubled by breathlessness except on strenuous exercise
2	Short of breath when hurrying on the level or walking up a slight hill
3	Walks slower than most people on the level, stops after a mile or so, or stops after 15 minutes walking at own pace
4	Stops for breath after walking about 100 yds or after a few minutes on level ground
5	Too breathless to leave the house, or breathless when undressing

**ACT** = Asthma Control Test available for children and adults at [Welcome to the Asthma Control Test](#)

**NYHA** = The New York Heart Association's functional classification of heart failure based on severity of symptoms and limitation of physical activity

Class	Description
I	No limitation of physical activity. Ordinary physical activity does not cause undue fatigue, breathlessness, or palpitations
II	Slight limitation of physical activity. Comfortable at rest but ordinary physical activity results in undue breathlessness, fatigue, or palpitations
III	Marked limitation of physical activity. Comfortable at rest but less than ordinary physical activity results in undue breathlessness, fatigue, or palpitations
IV	Unable to carry out any physical activity without discomfort. Symptoms at rest can be present. If any physical activity is undertaken discomfort is increased