

The Assertive Cardiac Care Trial (ACCT) *[Information for GPs and Practice Manager]*



We are calling on our primary care colleagues to join the Department of General Practice research team as part of a national initiative to address the unmet physical health needs in this community.

Why?

People who live with severe mental illnesses have increased chances of cardiovascular disease (CVD) and die 10-25 years earlier than the general population; but it is possible to change this.

What is the trial?

The Assertive Cardiac Care Trial (ACCT) is a NHMRC funded, randomised controlled trial to implement a coproduced model of assertive cardiac care to improve heart health for people who live with severe mental illnesses.

The trial involves eligible patients being invited to a Healthy Heart check to determine absolute CVD risk by General Practitioners.



Eligible participants will then be randomly allocated to one of two groups. One group of people will work with a trained research nurse who provides supplementary care in collaboration with a GP over 12-month period.

How would my practice contribute to the trial?

Practice staff will assist to identify eligible patients aged 35-74 years with an existing diagnosis of SMI from the practice medical records. Your practice may have a small number of eligible patients who are eligible, this is fine. GPs will maintain clinical responsibility for their patients.

What are the benefits of participation?

- GPs have the opportunity to obtain 40 Category 1 RACGP CPD points;
- You'll receive a practice plaque to acknowledge you're (for use in practice accreditation)
- You'll have the opportunity to join the networks of the newly funded ALIVE National Centre for Mental Health Research Translation and receive member benefits.
- A research nurse will support the heart health needs of intervention participants over 12 months;
- Patients have an opportunity to focus on their physical health from a person-centred approach and potentially reduce their CVD risk.
- Your clinic will be part of a National Initiative to improve the physical health of people with severe mental illness

Is my practice eligible? If your practice:

- can assist to identify and support us to contact eligible participants for the trial;
- has consent from GPs to take part and conduct the heart health assessments at baseline and 12 months (this is MBS reimbursable).