

# CVD Patient Tracking Form



Learn and Live<sup>SM</sup>

Patient Name \_\_\_\_\_

Patient Age \_\_\_\_\_

Patient Sex \_\_\_\_\_

Pre-existing  CVD conditions  Diabetes  Other \_\_\_\_\_

Indicate acceptable range in gray areas.

Risk Interventions		Initial Status	Patient Goal	Date	Date	Date	Date
Smoking Complete Cessation		Smoker		Smoking	Smoking	Smoking	Smoking
		Non-smoker		Not Smoking	Not Smoking	Not Smoking	Not Smoking
Blood Pressure Goal • ≤ 140/90 mm Hg or • < 130/80 mm Hg if diabetes or chronic kidney disease		mm Hg					
		mm Hg					
LIPIDS Primary Goal • LDL <100 mg/dL  Secondary Goal • HDL >40 mg/dL for men; HDL >50 for women • TG <150 mg/dL	Test sent out <input type="checkbox"/>	LDL	mg/dL				
			mg/dL				
		HDL	mg/dL				
			mg/dL				
			mg/dL				
Physical Activity Goal Minimum Duration 30 min.  Frequency 3–4 times/week optimal: daily	DUR.	Min					
		Min					
FRQ.	times/wk						
	times/wk						
Weight Management BMI: 18.5–24.9 kg/m <sup>2</sup> Waist Circumference: Men < 40" Women < 35"  Height:	Weight	lbs					
		lbs					
	BMI	kg/m <sup>2</sup>					
kg/m <sup>2</sup>							
Diabetes Management Near Normal: • Glucose • HbA1c (<7)	Glucose	mg/dL					
		mg/dL					
HbA1c	%						
	%						
Antiplatelet Agents/ Anticoagulants		Yes / No	Compliant?	Y / N	Y / N	Y / N	Y / N
			Rx	Rx	Rx	Rx	Rx
ACE Inhibitors Post-MI		Yes / No	Compliant?	Y / N	Y / N	Y / N	Y / N
			Rx	Rx	Rx	Rx	Rx
Beta-Blockers Post-MI		Yes / No	Compliant?	Y / N	Y / N	Y / N	Y / N
			Rx	Rx	Rx	Rx	Rx