



New one-stop guideline for cardiovascular health in Canada

83 recommendations from 11 guideline groups makes it easier for primary care

On behalf of Patrice Lindsay RN, PhD, Director, Health Systems, Heart & Stroke, we are pleased to share the following announcement:

Heart & Stroke is proud to be a collaborating partner in the release of a new one-stop guideline which takes a 360-degree approach to managing cardiovascular health in Canadian patients, with 83 recommendations in one easy-to-use reference. The guideline was published today in *CMAJ* (*Canadian Medical Association Journal*) <https://www.cmaj.ca/content/194/43/E1460>

An update to a 2018 publication, the Canadian Cardiovascular Harmonized National Guideline Endeavour (C-CHANGE) guideline includes 48 new or revised recommendations out of the 83 from 11 cardiovascular-focused guideline groups across the country.

Aimed at primary care and other health care providers, the C-CHANGE guideline contains actionable recommendations for Canadian adults with or at risk of cardiovascular disease, including:

1. People with obesity, diabetes or hypertension
2. People with dyslipidemia, atherosclerotic vascular disease or heart failure
3. People with atrial fibrillation, stroke or dementia

The guideline also includes health behaviour recommendations for all Canadians to address risk factors for these conditions, such as dietary, tobacco cessation and physical activity considerations.

What's different with this guideline?

More than 50% of the guideline contains new or revised recommendations from the previous 2018 version. This guideline is also more comprehensive and holistic in caring for patients with multimorbidity.

Partnership has expanded to include Health Canada's Dietary Guideline, the Canadian Consensus Conference on Diagnosis and Treatment of Dementia, and the Canadian Cardiovascular Society/Canadian Heart Rhythm Society Guideline for the management of atrial fibrillation. It also includes a subsection on depression given its frequent co-existence and impact on cardiovascular disease.

"Canadian Cardiovascular Harmonized National Guideline Endeavour (C-CHANGE) guideline for the prevention and management of cardiovascular disease in primary care: 2022 Update" is published November 7, 2022.

For more information about the Heart & Stroke Canadian Stroke Best Practice Recommendations visit www.strokebestpractices.ca.

Join the conversation

Follow us at

[@HeartandStroke](https://twitter.com/HeartandStroke)