#### **Information for clinicians:**

Cardiometabolic target area	Resource description	Author	Link
Physical activity guidelines	The National Australian Physical Activity guidelines. Includes activity targets and examples of suitable activities for children, youth, adults and the elderly. Screen time guidelines also covered.	Australian Government: Department of Health	www.health.gov.au/internet/main/publishing.nsf/Content/health-pubhlth-strateg-phys-act-guidelines
Diet, lifestyle weight and waist	<ul> <li>The Australian Dietary Guidelines and associated resources provide information on the types and amounts of foods, food groups and dietary patterns that aim to: <ul> <li>Promote health and wellbeing</li> <li>Reduce the risk of diet-related conditions</li> <li>Reduce the risk of chronic disease</li> </ul> </li> <li>Contains information for all age groups</li> <li>The Guidelines are for use by health professionals, policy makers, educators, food manufacturers, food retailers and researchers.</li> <li>Printable poster and brochure resources are also available from this website</li> </ul>	Australian Government: National Health and Medical Research Council (NHMRC)	https://www.nhmrc.gov.au/guidelines-publications/n55
	Australian Absolute Cardiovascular Disease Risk Calculator and Guidelines. The guidelines make recommendations for assessing and managing absolute CVD risk in adults aged over 45 years (35 years for Aboriginal or Torres Strait Islander peoples) who are without known CVD. Please refer to lifestyle recommendations section for relevant targets.	National Vascular Disease Prevention Alliance (NVDPA)	http://www.cvdcheck.org.au/index.php ?option=com_content&view=article&id =47&Itemid=27





Glucose regulation	American Diabetes Association Standards of Medical Care in Diabetes. Updated annually.	American Diabetes Association	http://care.diabetesjournals.org/content/39/Supplement_1
	Guideline for General Practice management of type 2 diabetes. Although this information is accessible to non-experts, they are aimed at the practicing health professional. Covers diagnosis, prevention and management of chronic kidney disease, patient education, blood glucose control, primary prevention, management of foot complications,  Covers all age groups	RACGP and Diabetes Australia	http://www.racgp.org.au/your- practice/guidelines/diabetes/ or https://www.diabetesaustralia.com.au/ best-practice-guidelines
Blood pressure	This hypertension management guideline includes revised treatment targets for various patient populations and information on diagnosis, management and follow-up of people with hypertension. The guide has been endorsed by:  • The Royal Australian College of General Practitioners  • NPS  • The Internal Medicine Society of Australia and New Zealand  • Kidney Health Australia  • The National Stroke Foundation.	The Australian Heart Foundation	http://heartfoundation.org.au/for- professionals/clinical- information/hypertension
Fasting lipids	Australian Absolute Cardiovascular Disease Risk Calculator and Guidelines. The guidelines make recommendations for assessing and managing absolute CVD risk in adults aged over 45 years (35 years for Aboriginal or Torres Strait Islander peoples) who are without known CVD. Please refer to the lipid recommendation section for targets.	National Vascular Disease Prevention Alliance NVDPA	http://www.cvdcheck.org.au/index.php ?option=com_content&view=article&id =47&Itemid=27





Psychotropic		
prescription targets		
for people with ID		

Prescribing psychotropic medication to people with an intellectual disability- final report and recommendations. This report discusses guidelines on assessing and

managing people with an ID and the use of pharmacological interventions. It further makes recommendations on implementing the guidelines.

The Royal Australian & New Zealand College of Psychiatrists.

https://providers.dhhs.vic.gov.au/sites/dhhsproviders/files/2017-08/Prescribing-psychotropic-medication-to-people-with-an-intellectual-disability.doc

Using medication to manage behaviour problems among adults with a learning disability. A quick reference guide.

This guide has been produced to provide advice to people who are considering prescribing medication to manage behaviour problems among adults with a learning disability The University of Birmingham (Shoumitro, D., Clarke, D., Unwin, G) http://thenadd.org/wp-content/uploads/DATABID%20QRG%20final%20version%2015.01.2007.pdf

Problem behaviours in adults with intellectual disability: An international guide for using medication.

This guide is an international adaptation of the UK prescribing guide described above

The World Psychiatric Association (WPA) Section Psychiatry of Intellectual Disability (SPID) http://www.wpanet.org/uploads/Sections/Psychiatry\_Intellectual/WPA-SPID-International-Guide.pdf

#### Preventative activity

The Guidelines for preventive activities in general practice 8th edition (the red book) is a synthesis of evidence-based guidelines from Australian and international sources and provides recommendations for everyday use in general practice

**RACGP** 

http://www.racgp.org.au/your-practice/guidelines/redbook/





Tuberous Sclerosis surveillance and management guidelines Surveillance and management guidelines for TSC International consensus guidelines for the surveillance and management of TSC, including cardiometabolic management

Tuberous Sclerosis Australia https://tsa.org.au/guidelines-tsc/



