

What is a chronic disease?

A chronic disease is a long-term health condition that needs ongoing treatment and management. Cardiovascular disease and diabetes are considered chronic diseases.

Benefits of the programme

The programme is designed so that you and your GP (family doctor) can work together on reducing your risk of developing cardiovascular disease, diabetes or both.

The Prevention Programme supports you by providing:

- an annual review with your GP and practice nurse
- a review of your medication
- a plan to help you manage your risk factors
- health promotion advice
- appropriate medical treatment
- referrals to support services, if required
- care in your community, close to your home



Annual Chronic Disease Management Prevention Programme



Order code: HPC01400



Who is the Chronic Disease Management (CDM) Prevention Programme for?

Adults aged 45+ with a medical card, a GP visit card or a Health Amendment Act card at high risk of cardiovascular disease or diabetes.

Adults aged 18+ with a medical card, a GP visit card or a Health Amendment Act card and diagnosed with hypertension.

Any adult aged 18+ with gestational diabetes or pre-eclampsia since January 1, 2023.

How do I register for the programme?

Your GP will ask if you want to join the programme.

If you say yes, your GP or practice nurse will register you and set up an appointment for your review.

How does the programme work?

The programme is free and includes one set review in every 12-month period. Each review includes one visit with the practice nurse followed by a visit with your GP. You may see both during the same visit or at different times.

Your GP or practice nurse will give you advice on lifestyle changes that will help you manage your risk factors.

They will also refer you to support services if you need them. For example, they may refer you to help to stop smoking or to manage your weight.

Your review will include tests such as blood tests. There is no charge to you for any tests that are part of your Prevention Programme review.

You can still visit your GP as normal outside of the scheduled programme reviews.

What is my care plan?

When you have your review, you can work with your GP to set your own goals. After each review, you will get a written care plan. This care plan will help you learn about your risk factors and the steps you can take to improve your self management.

What information is kept about me?

As part of the CDM Prevention Programme, your GP or practice nurse will record certain information about you at each set review.

This includes your:

- name and age
- chronic disease risk factors
- medical history
- details of any symptoms or tests you have had since your last visit

Your GP will send certain personal information to us at the end of each review.

This includes your name, address, medical card, GP visit card, Health Amendment Act card or PPSN number and medical history.

Your personal information is stored safely and confidentially in line with data protection regulation. You will have full and open access to the personal information we keep about you, and you can request it from us at any time.

How does the HSE use my information?

We will use your information to help improve our understanding of chronic diseases. Your personal information will be anonymous: we will make sure you cannot be identified. This information will improve our ability to detect, treat and prevent chronic diseases. It will help us to deliver an improved service to people with a risk of developing cardiovascular disease, diabetes or both.

More information about how we use and store your information is in our Privacy Statement. This is available at your GP practice.

Can I leave the programme?

It is your choice to take part or not. You can leave the programme at any time by letting your GP know. This means that you will no longer receive set reviews and other care planning under the programme. You can always re-join the programme again later if you wish.

Where can I get more information?

If you have any questions about the programme, speak to your GP or practice nurse. More information is available at

[hse.ie/cdm](https://www.hse.ie/cdm)