

# The ADDFAM study: Realising the potential of the family history in risk assessment and primary prevention of Coronary Heart Disease (CHD) in primary care

<b>Submission date</b> 21/08/2007	<b>Recruitment status</b> No longer recruiting	<input type="checkbox"/> Prospectively registered <input checked="" type="checkbox"/> Protocol
<b>Registration date</b> 08/10/2007	<b>Overall study status</b> Completed	<input type="checkbox"/> Statistical analysis plan <input checked="" type="checkbox"/> Results
<b>Last Edited</b> 16/01/2018	<b>Condition category</b> Circulatory System	<input type="checkbox"/> Individual participant data

## Plain English summary of protocol

Not provided at time of registration

## Contact information

### Type(s)

Scientific

### Contact name

Dr Nadeem Qureshi

### Contact details

Division of Primary Care  
The University of Nottingham  
Graduate Medical School  
Derby City General Hospital  
Uttoxeter Road  
Derby  
United Kingdom  
DE22 3DT  
+44 (0)1332 724677  
nadeem.qureshi@nottingham.ac.uk

## Additional identifiers

### Protocol serial number

HSR/36A

# Study information

## Scientific Title

The ADDFAM study: Realising the potential of the family history in risk assessment and primary prevention of Coronary Heart Disease (CHD) in primary care

## Acronym

ADDFAM - Added Value of ADDing FAMily history to CVD risk calculations

## Study objectives

The project will assess the clinical value and utility of a systematic approach to incorporate family history information into Coronary Heart Disease (CHD) risk assessment in primary care, from the perspective of the users of this service; the health care practitioners providing this service, and the National Health Service. Principal research questions:

1. What is the extra proportion of patients who will be defined as being at higher risk of CHD and who would benefit from intensive lifestyle advice and medications, when systematically collected family history is incorporated into CHD risk assessment?
2. Will changes in self-reported behaviour, anxiety and social/contextual experience be different in those whose CHD risk assessment is assessed using standard risk assessment complemented with systematic collection of family history compared with those whose risk is assessed using standard CHD risk assessment alone?
3. What is the cost-effectiveness of systematic family history collection as part of CHD risk assessment?

## Study hypotheses:

1. The increase in the number of patients defined as being at high risk of CHD by inclusion of systematic family history collection will identify a cost-effective approach to target limited primary care CHD prevention resources.
2. Patients in whom family history is systematically collected will be more likely to change their behaviour than those who do not have this information collected.

To evaluate these hypotheses, the project will include:

1. An exploratory randomised study (including validated quantitative measures, qualitative semi-structured interviews and focus groups) to evaluate the impact of systematic family history recording on patients' and primary care professionals' experience, and
2. Develop an economic model of the costs and benefits of incorporating family history into CHD risk assessment.

Please note that as of 21/09/10 the start and end dates of this trial have been updated from 01/04/2006 and 01/12/2008 to 01/03/2007 and 02/04/2009 respectively.

## Ethics approval required

Old ethics approval format

## Ethics approval(s)

Ethics approval granted by Multi-centre Research Ethics Committee (MREC) for Scotland on 15/05/2006. REC reference number 06/MRE10/9

## Study design

Randomised controlled trial

## **Primary study design**

Interventional

## **Study type(s)**

Prevention

## **Health condition(s) or problem(s) studied**

Coronary Heart Disease (CHD)

## **Interventions**

A pragmatic exploratory cluster randomised controlled trial with a nested qualitative semi-structured interview and focus group study, in two centres (Nottingham and Exeter). 1400 patients will be invited to participate. Estimate 1000 will complete CHD risk assessment and 600 complete the final postal survey at 6 months, 300 in each arm of the study.

For the cluster RCT, pairs of practices will be matched according to deprivation and ethnic minority population. One practice within each pair will be randomly allocated to either the family history arm of the study or standard CHD risk assessment arm.

Participants in the intervention arm of the RCT will receive standard CHD risk assessment complemented by systematic collection of family history, whilst participants in the control arm will only receive standard CHD risk assessment (as recommended by Joint Cardiac Societies: JBS2).

All study participants receive a health heart advice leaflet with information on smoking, exercise and diet.

All study participants at "high" risk (i.e. 20% or more risk of CardioVascular Disease (CVD) over the next 10 years) have a follow-up consultation with the nominated clinician at the surgery. In the consultation, patients have their CHD risk explained and given lifestyle advice and, when clinically indicated, statins will be offered. Patients in the intervention arm will also have the impact of premature CHD family history on the CVD risk score explained.

## **Intervention Type**

Other

## **Phase**

Not Applicable

## **Primary outcome(s)**

The increase in the proportion of patients falling in the "high" risk group resulting from the inclusion of family history in the CHD risk assessment.

## **Key secondary outcome(s)**

The secondary outcome measures given below will be compared between patients recruited to the intervention (family history) and control (standard assessment) arms of the study. Quantitative data will be taken at initial visit and by postal survey at 2 weeks and 6 months from all respondents. The principal measures include:

1. Proportion of people who have stopped smoking
2. Proportion of patients in action/maintenance exercise stage
3. Fat intake score measured using Dietary Instrument for Nutrition Education (DINE)

questionnaire

4. Anxiety score measured using 6-item Spielberger State-Trait Anxiety Inventory (STAI)

5. Changes in short-term health status (SF-6D)

**Completion date**

02/04/2009

## Eligibility

**Key inclusion criteria**

Practices: To be within either Trent Primary Care Trusts (PCTs) in East Midlands or PCTs in Central Cornwall, Plymouth and Exeter

Participants: To be registered patients at the above practices and be between 30 and 65 years of age

**Participant type(s)**

Patient

**Healthy volunteers allowed**

No

**Age group**

Adult

**Sex**

All

**Key exclusion criteria**

General Practices outside of these defined areas will be excluded

Participants exclusion criteria:

1. Patients noted to have a previous history of atherosclerotic disease (this includes CHD, CerebroVascular Accident [CVA] and peripheral vascular disease)
2. Previous history of diabetes mellitus
3. Patients already on statin therapy or other lipid lowering medication
4. Patients considered by the General Practitioners to be inappropriate to recruit due to psychosocial reasons

**Date of first enrolment**

01/03/2007

**Date of final enrolment**

02/04/2009

## Locations

**Countries of recruitment**

United Kingdom

England

**Study participating centre**  
**Division of Primary Care**  
Derby  
United Kingdom  
DE22 3DT

## Sponsor information

**Organisation**  
University of Nottingham (UK)

**ROR**  
<https://ror.org/01ee9ar58>

## Funder(s)

**Funder type**  
Government

**Funder Name**  
Department of Health, the Research into Genetics Based Health Services programme (ref: HSR /36A) (UK)

## Results and Publications

### Individual participant data (IPD) sharing plan

**IPD sharing plan summary**  
Not provided at time of registration

### Study outputs

Output type	Details	Date created	Date added	Peer reviewed?	Patient-facing?
<a href="#">Results article</a>	results	21/02/2012		Yes	No
<a href="#">Protocol article</a>	study protocol	12/10/2009		Yes	No
<a href="#">Participant information sheet</a>	Participant information sheet	11/11/2025	11/11/2025	No	Yes
<a href="#">Study website</a>	Study website	11/11/2025	11/11/2025	No	Yes

