

Appendix 2 (as provided by the authors): Instruments used to evaluate outcomes in the study of the use of nurse-led clinics in cardiovascular risk management.

| Outcome | Instrument | Analysis |
|---|--|---|
| Smoking | 2 items; validated questionnaire ¹ | Proportion of smoking patients; proportion of patients meeting national recommendation (= no smoking) |
| Fat intake | 35 items; validated questionnaire ² | Mean sum score; proportion of patients meeting national recommendation (= dietary fat intake: Saturated fat: males maximum 28 gram and females 22 gram per day. |
| Fruit and vegetables | 8 items; validated questionnaire ³ | Mean sum score; proportion of patients meeting national recommendation (= 200 gram fruit or 2 pieces a day; 200 gram vegetables or four serving spoons a day) |
| Physical activity | Modified Dutch version of the CHAMPS, 15 items; validated questionnaire, Dutch version has not been validated ^{4,5} | Mean; proportion of patients meeting national recommendation (= physical activity: Accumulate 30 minutes or more of moderate-intensity physical activity (gardening, brisk walking, bicycling, housework, dancing) on at least five, preferable all, days of the week.) |
| Alcohol | Quantity-frequency method; 2 items; validated questionnaire ⁶ | Proportion of patients meeting national recommendation (= males: ≤ 3 alcohol units per day, females: ≤ 2 alcohol units per day) |
| 10-year mortality risk of cardiovascular diseases | Based on patient's sex, age, systolic blood pressure, cholesterol ratio, and smoking behaviour, using SCORE ⁷ for patients without diabetes, and the UK PDS risk engine ⁸ for patients with diabetes | Mean; proportion of patients having high risk ($\geq 10\%$ risk or having diabetes) |

References

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