

SCORE2 and SCORE2 OP: Evaluation and Management of Cardiovascular Risk in Patients with Hypercholesterolemia Discharged from Internal Medicine Departments

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Background: The SCORE2 and SCORE2-OP calculators are a validated tool for cardiovascular risk stratification. However, in Internal Medicine Departments, its use is often overlooked, resulting in a lack of precise guidance for treating physicians on LDL-C targets to maintain during follow-up.

Aim: To analyze the use of the score in patients with hypercholesterolemia admitted to the internal medicine ward and evaluate the adequacy of discharge recommendations regarding cardiovascular risk management.

Patients and Methods: Retrospective observational study of 172 adult patients with hypercholesterolemia admitted to the internal medicine ward between January and November 2024. We assessed whether the OP score was calculated and whether guidance on LDL-C target values was provided. Six-month follow-up for major cardiovascular events (MACE) was performed.

Results: Only 28% of patients received an OP score assessment. Of those discharged, 65% did not receive guidance on maintaining LDL-C levels. Patients with a documented OP score and an established LDL-C target showed a significant reduction in MACE ($p < 0.05$).

Discussion: Failure to apply the OP score and the lack of recommendations on lipid control represent a critical issue in cardiovascular risk management in internal medicine. Systematic integration of the OP score could improve clinical outcomes and continuity of care.

References

1. European Society of Cardiology. ESC CVD Risk Calculation App
<https://escardio.org/Education/ESC-Prevention-of-CVD-Programme/Risk-assessment/esc-cvd-risk-calculation-app>.

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