

Making the Most of CMAT

QUICK TIPS

When creating a new cohort, remember to always start with the coarse cohort on display and remove all filters

Any new cohorts you have created will be found in the cohort drop down menu

CMAT has proved to be of great value to many practices nationwide and has been selected by a number of PCTs to support a variety of CVD related programmes (LES included). It can be used for a wide range of QOF, clinical and commissioning activities. The following gives you 15 ideas on how you can use CMAT.

What do you want to do?	How to do it!
NHS Health Checks/PCT LES	<ol style="list-style-type: none"> select one of the pre-set cohorts depending on which risk calculator you use (= >20% 10 year risk patients with no CVD) <p>OR</p> <ol style="list-style-type: none"> create a bespoke cohort of patients aged for example between 40 & 74 yrs with no CV disease right click on an age and type in the filter for box >39 and <75 press enter taking each disease column in turn that YOU wish to exclude, right click on a tick in that disease column and select filter excluding selection click on save cohort from this saved cohort add any additional filters from the appropriate risk score columns
Identify patients age >15 without smoking status	<p>right click on an age and type in the filter for box >15 press enter right click on a blank in the smoking status column and select filter by selection click on save cohort</p>
CKD prevalence	<p>right click on a tick in CKD column and select filter excluding selection right click on the eGFR column and type in the filter for box <60 press enter to prioritise this list right click again in the eGFR column and select sort ascending click on save cohort</p>
Secondary prevention existing CVD and DM with TC>4	<p>select preset cohort – existing CVD and DM with TC>4</p>

What do you want to do?	How to Do It!
Secondary prevention existing CVD or DM with TC>4	select preset cohort – existing CVD or DM with TC>4
Diabetes Prevalence	select preset cohort – not on DM register with fasting glucose >6.1 mmol
Obesity Prevalence	<ol style="list-style-type: none"> right click on a tick in the obesity column and select filter excluding selection right click on the BMI column and type in the filter for box >30 = patients not on the register with a recorded BMI >30 click on save cohort <p>OR</p> <ol style="list-style-type: none"> right click on a tick in the obesity column and select filter excluding selection right click on a tick in the anti-obesity drug column and select filter including selection = patients not on the register that are taking anti-obesity drugs click on save cohort <p>OR</p> <ol style="list-style-type: none"> right click on a tick in the obesity column right click on a blank in the BMI column and select filter by selection = patients on the obesity register without a recorded BMI click on save cohort
Identify pts with a recorded high risk score and review treatment	right click on a blank in the recorded % column select filter excluding selection scroll down the list to view patients with high scores and scroll across to see most recently recorded values and associated drugs prescribed
Prescribed nitrates not on CHD register	right click on a tick in the CHD column and select filter excluding selection right click on a tick in the nitrate column and select filter by selection click on save cohort
Prescribed digoxin not on HF or AF register	right click on a tick in the HF column and select filter excluding selection right click on a tick in the AF column and select filter excluding selection right click on a tick in the digoxin column and select filter by selection click on save cohort
Prescribed warfarin not on AF register	right click on a tick in the AF column and select filter excluding selection right click on a tick in the warfarin column and select filter including selection click on save cohort

What do you want to do?	How to Do It!
<p>Prescribed oral hypoglycaemics not on DM register</p>	<p>right click on a tick in the DM column and select filter excluding selection right click on a tick in the oral hypoglycaemic column and select filter including selection click on save cohort</p>
<p>Prescribed dipyridamole not on Stroke/TIA register</p>	<p>right click on a tick in the Stroke/TIA column and select filter excluding selection right click on a tick in the dipyridamole column and select filter including selection click on save cohort</p>
<p>Increase Hypertension Prevalence</p>	<ol style="list-style-type: none"> select the pre set cohort potential BP register to show potential patients based on raised values <p>OR</p> <ol style="list-style-type: none"> close the DPR and select run standard reports on working data select potential BP register to show potential patients based on medication
<p>Identify patients with multiple CVD conditions</p>	<p>from the main menu select run standard reports on working data select multiple cardiometabolic risk factor patients this report lists patients with multiple diseases in order of those with the most CV diseases first the report can be printed but no filtering is possible</p>

If you require further information or technical assistance please contact our support team on 0800 587 4035.