

## Appendix 1. Summary table of barriers and facilitators

### Barriers to effective management of FH in general practice

|                 |  |
|-----------------|--|
| System level    | Remote locations/reduced access to care                          |
|                 | Lack of lipid specialists outside urban areas                    |
|                 | Electronic health record capability for updating/data extraction |
|                 | Lack of funding for extra work by GP                             |
| Practice level  | Overburdened practices   |
| Clinician level | Lack of awareness about FH                                       |
|                 | Lack of genetic counselling skills                               |
|                 | Reluctance to contact relatives if not patients                  |
| Patient level   | Poor health literacy   |
|                 | Inheritance not understood                                       |
|                 | Poor communication within families                               |
|                 | Poor adherence to ongoing treatment                              |

### Facilitators for effective management of FH in general practice

|                 |  |
|-----------------|--|
| System level    | Ease of access to GP services  |
|                 | Access to lipid specialists/shared care                                |
|                 | FH registry/aid to cascade testing                                     |
|                 | Increased funding and incentives, including chronic disease care plans |
|                 | Telehealth   |
|                 | Guidelines for FH management   |
|                 | Pathology prompts of FH risk   |
|                 | Quality assurance schemes  |
|                 | Academic service partnerships  |
| Practice level  | Champion GP to drive process   |
|                 | Onsite pathology services  |
|                 | Cascade team visiting practices  |
|                 | Credentialling   |
| Clinician level | Educational sessions (increase awareness/understanding of FH)          |
|                 | DLCNC score process contributing to increased understanding            |
| Patient level   | Increased awareness of FH  |
|                 | Supportive families  |
|                 | Resources targeted to patient health literacy needs                    |

*DLCNC, Dutch Lipid Clinic Network Criteria; FH, familial hypercholesterolaemia; GP, general practitioner*