



Hints and Tips for running a successful Hypertension Case Finding Service

Are you ready?

1. Have you got access to both an ordinary BP meter and an Ambulatory BP (ABPM) meter?
2. Do they both meet NICE guidelines?
3. Have you practised using both meters?
4. Do you understand what actions you need to take depending on the outcome? Use the flow diagram – you may want to print a copy off and put it on the wall of your consultation room. <https://psnc.org.uk/wp-content/uploads/2021/09/Pathway-flow-diagram-ABPM-pathways-combined.pdf>
5. Please ensure that even if only one of the diastolic or systolic readings is slightly off the target e.g., 141/90 instead of 140/90 you should still recommend that they are fitted for an ABPM. (Fact – ‘The age adjusted risk of stroke death increased by 1% for every 1mmHg increase in untreated systolic BP)
6. Please use the Hypertensive Case Finding Service on PharmOutcomes or the reporting service you have been asked to use by your Head Office to document results etc.
7. Ensure you highlight on the reporting form if the patient refuses an ABPM
8. Have leaflets/information readily available in consultation room.
9. Have you briefed your team?

Advice for patients having an Ambulatory BP meter fitted

1. Suggest that they have a bath or shower before they come in for the fitting
2. Advise the patient to wear loose fitting short sleeved clothing and to remove any tight fitting jewellery.
3. Attach cuff to non-dominant arm if possible
4. Remind the patient to carry on with their normal daily routines whilst wearing the monitor

Referrals from GP practices

1. Have you informed your local GP practice? This is a great opportunity to build your relationship by offering a great service that supports both the patient and the practice. Ensure you tell the key stakeholders such as the practice pharmacists, the lead GP (or the GP leading Cardiovascular)
2. Could you get a 10 min slot at their practice meeting to explain the benefits of the service?
3. You may want to consider agreeing with your local GP practices which patients they may want to send to you e.g., people that need regular checks e.g., weekly, women (over 18) before their planned pill check.
4. The referrals from GP practices can be informal but if your practice wants to formalise it there are forms on the PSNC website <https://psnc.org.uk/wp-content/uploads/2021/10/Referral-form-from-GP-practice-to-community-pharmacy.pdf>





Self-referral or proactive referrals

1. Use your healthy living zone to give out key messages – remember the more eye catching the messaged the more chance people will look at it. Messages could include
 - 5.5 million undiagnosed hypertensives in England- Are you one of them?
 - Did you know hypertension is the biggest risk factor for cardiovascular disease and is one of the top 5 risk factors for all premature death and disability in England?
 - Do you know the age adjusted risk of stroke death increases by 1% for every 1mmHg increase in untreated systolic BP?
2. National organisations may have free posters etc to support campaigns
 - <https://www.bloodpressureuk.org/know-your-numbers/know-your-numbers-resources/>
3. National Campaigns such as “Know your Numbers week” takes place in September. In 22 it will be from 5th – 11th September.
 - Could you do a combined campaign with all the pharmacies/practices in your PCN or just locally showing the benefits of having a healthcare professional taking their BP
4. The PSNC has excellent resources available including:
 - Excellent poster informing people your pharmacy is offering “Free Blood Pressure Checks” <https://psnc.org.uk/wp-content/uploads/2021/10/Pharmacy-Blood-Pressure-Poster-2021.pdf>
 - Flyers for prescription bags – ask your team to highlight all patients over 40 with no obvious hypertension <https://psnc.org.uk/wp-content/uploads/2021/09/Small-flyers-Hypertension-service.pdf>
 - Patient leaflet to promote the service <https://psnc.org.uk/wp-content/uploads/2021/10/BP-check-leaflet.pdf>
 - Hints and Tips sheet <https://psnc.org.uk/wp-content/uploads/2021/09/PSNC-Briefing-042-21-Briefing-for-pharmacy-teams-on-Hypertension-Case-Finding-Service.pdf>
5. Keep conversations with your customers/patients simple – i.e., Talk about checking their blood pressure, only take a few mins – could do it whilst waiting for prescription.

