



## Community Pharmacy Hypertension Case Finding Service

### Aims of the service

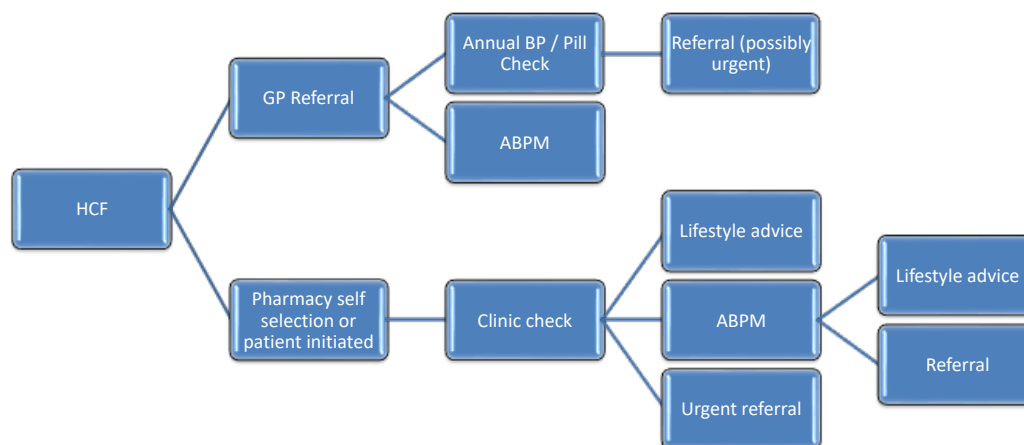
Community pharmacies can now provide blood pressure monitoring services to support identification of hypertensive patients and reviews of existing patients as part of the Nationally commissioned Hypertension Case-Finding (HCF) service.

- **Pharmacy identified**
  - People aged 40 years or older with high blood pressure who have previously not had a confirmed diagnosis of hypertension.
    - At the discretion of the pharmacist, people under the age of 40 may also be included in the service.
  - Stage 1 – opportunistic blood pressure checks (clinic blood pressure)
  - Stage 2 – for readings above 140/90mmHg the pharmacist will provide a 24 hour ambulatory blood pressure monitor (ABPM)
    - For readings over 180/120mmHg the pharmacist will urgently onward refer
- At the **request of a general practice**, undertake ad hoc normal and ambulatory blood pressure measurements (ABPM).
  - Requests can be informal
    - Patients can just be asked to attend a pharmacy for a clinic BP check or an ambulatory BP check.
    - Examples include BP check as part of an oral contraceptive pill check for over 18's, people who require regular checks, specific cohorts of patients as defined by the practice by age, disease etc.
- Provide another opportunity to promote healthy behaviours to patients.

Pharmacists will follow NICE guidelines and clearly defined pathways (click [here](#) for pathway). Results will be shared with the patient and sent electronically to the patients registered surgery.

**The service will support the work that both general practices and wider Primary Care Network (PCN) teams are undertaking on cardiovascular disease prevention and management, under the PCN Directed Enhanced Service**

Diagram to show the stages of the HCF service





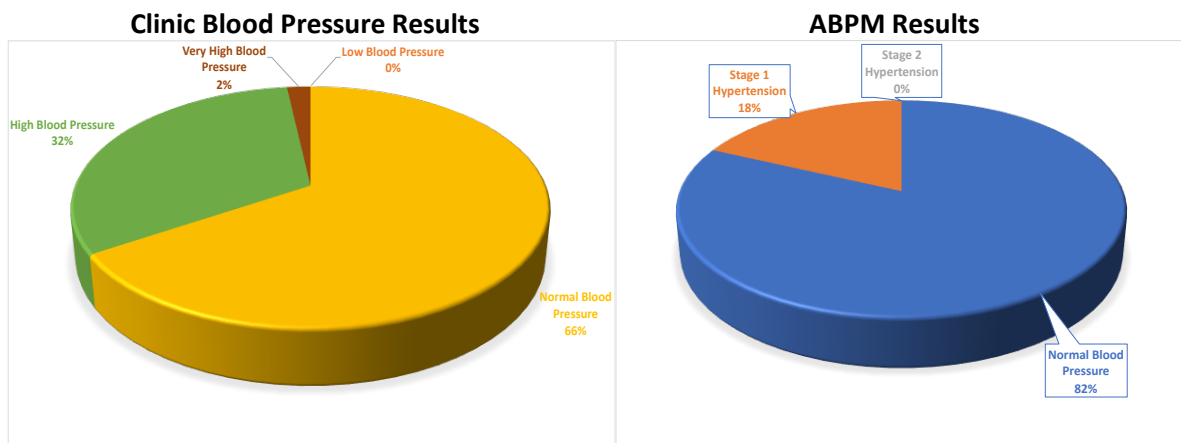
## Rollout across Avon LPC

Currently, more than 70% of pharmacies across Avon can offer this service and there is a [link](#) to a Google map indicating the status of each with pharmacies “live” are depicted in green.

There is a short e learning module available for GP/PCN team members which can be accessed using this [link](#).

## Initial Results

At the end of April 2022, 291 BP readings had been completed locally and the results as can be seen below.



### Key themes for Clinic Blood Pressure and ABPM Results

- **2%** of people were found to have extremely high BP and required an urgent referral (>180/90)
  - One patient who was proactively approached by the pharmacy was identified as having readings of 209/110 and 183/111, they were referred to their GP and started on medication
  - The patient returned to thank the pharmacist for in their words “saving their life”
- **32%** of clinic BP patients were identified as having high blood pressure
  - Following an ABPM, **82%** had a normal BP
  - **Less than 6% of patients referred to their local surgery**

Therefore, extrapolating this data:

- For every **1,000** people checked
  - **20** will have Very High Blood Pressure
  - 320 will require a pharmacy ABPM
    - Of which, only **54** will have Hypertension
  - **Equals – Only 74 referrals to GP Practices**

For more information on this service, please contact Judith Poulton on [Judith.avonlpc@gmail.com](mailto:Judith.avonlpc@gmail.com) or 07720 573468.

