



Hypertension Case-finding Service



Sign Up

Essential equipment

Contractors must have an approved IT system for records and claims through API. Consultation room with table/bench appropriate for resting arm and IT within consultation room. The pharmacy contractor must ensure they have access to both a blood pressure monitor and an ABPM device.

Essential Training

Be familiar with the NICE Guideline (NG136) Hypertension in adults: diagnosis and management. Training in using equipment.

Essential activity

Engage with local practices and/or PCNs. Provide service throughout opening hours. Be provided by trained member of staff.



Patient Identification

1. Opportunistic case-finding

Focus on adults over 40 with no previous diagnosis of hypertension. Patients under 40 can be included at discretion of pharmacist or technician.

2. Adults specified by General Practice

Patients can be referred for both clinic and ambulatory measurements. Referral pathway to be agreed locally. Includes those with and without hypertension diagnosis. People who require daily monitoring of blood pressure for any length of time are not eligible for this service.



Process

Clinic Blood Pressure Measurement

1. Measurement taken in consultation room, or other location authorised by commissioner, following best practice guidelines in NG136
2. Results should be provided to and discussed with patient
3. Next steps depend on readings obtained (see Annex C):
Low 90/60mmHg – refer for same day if symptomatic, advise check within one year if not, **Normal** up to 139/89mmHg – recommend check in five years or 1 year if borderline, **High** 140/90 mmHg-179/119mg – ABPM indicated, if patient declines advise to see GP within 3 weeks, **Very High** 180/120 or higher – immediate referral to GP or to A&E if acutely unwell and Irregular pulse – refer directly to GP

ABPM

1. To be used when patient specified by general practice OR when 'High BP' recorded as above.
2. ABPM should be fitted and set to record two readings an hour between the person's waking hours. The minimum is 14 readings, or seven hours wear. Follow Annex D
3. Next steps (see Annex D): **stage 1** hypertension – see GP within three weeks, **stage 2** hypertension – see GP within one week and **stage 3** hypertension – see GP on same day.



Service Exit

At the end of consultations there should be a brief discussion around promoting healthy behaviours as per NG136.

Notification of readings and next steps required should be sent to GP surgery through the approved IT system required. In the case of same day referrals, a phone call should be made if during surgery opening hours. If IT issues arise then results must be sent via alternative secure system as a temporary measure.

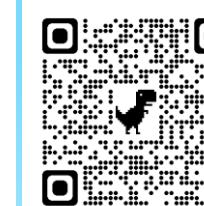
Payment for claims submitted through API to MYS are as follows:
Clinic Blood Pressure Check: £15
ABPM reading: £45



Service specification



CPE

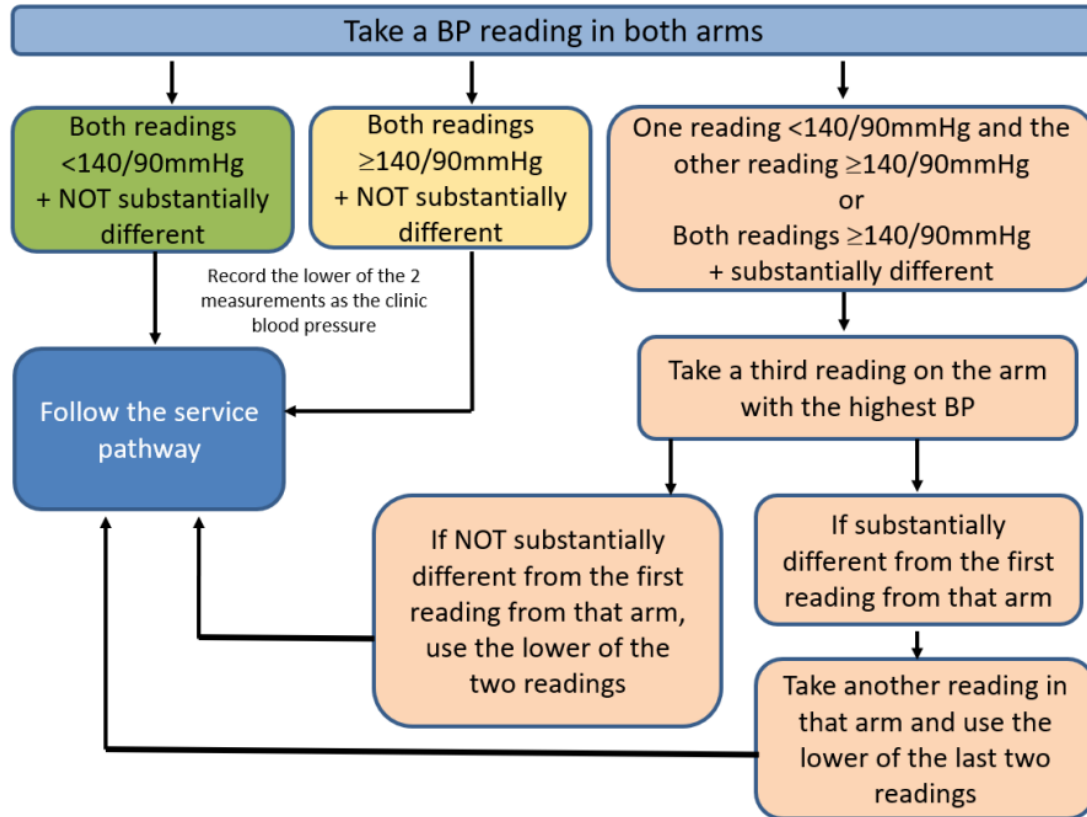


NICE NG136

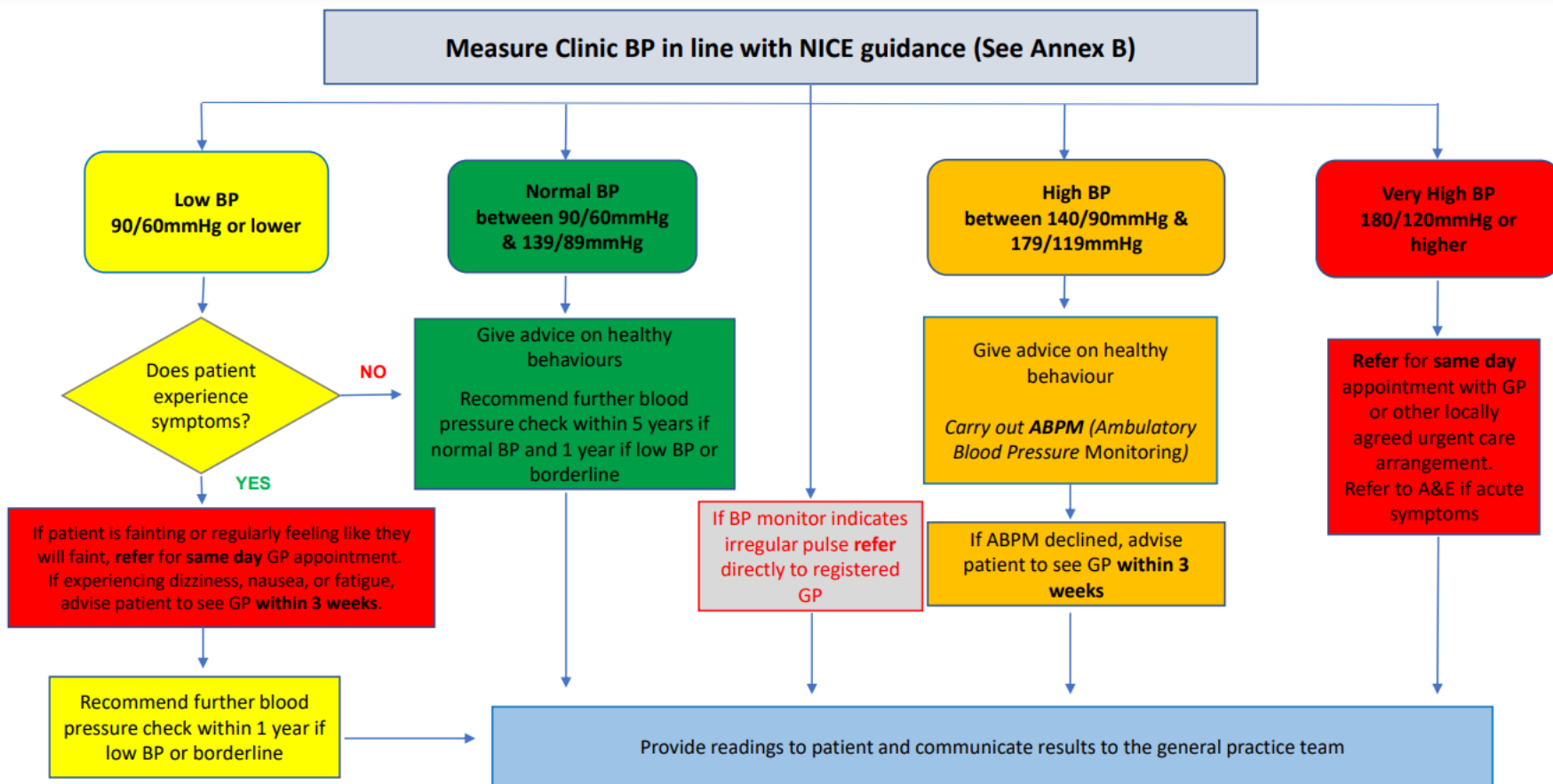
NOTE: To facilitate system working, check with local practices to see if they have a form for patients to use to home monitor if they refuse ABPM.

Annex B: Guidance on clinic blood pressure check

Measure BP in line with NICE guidance

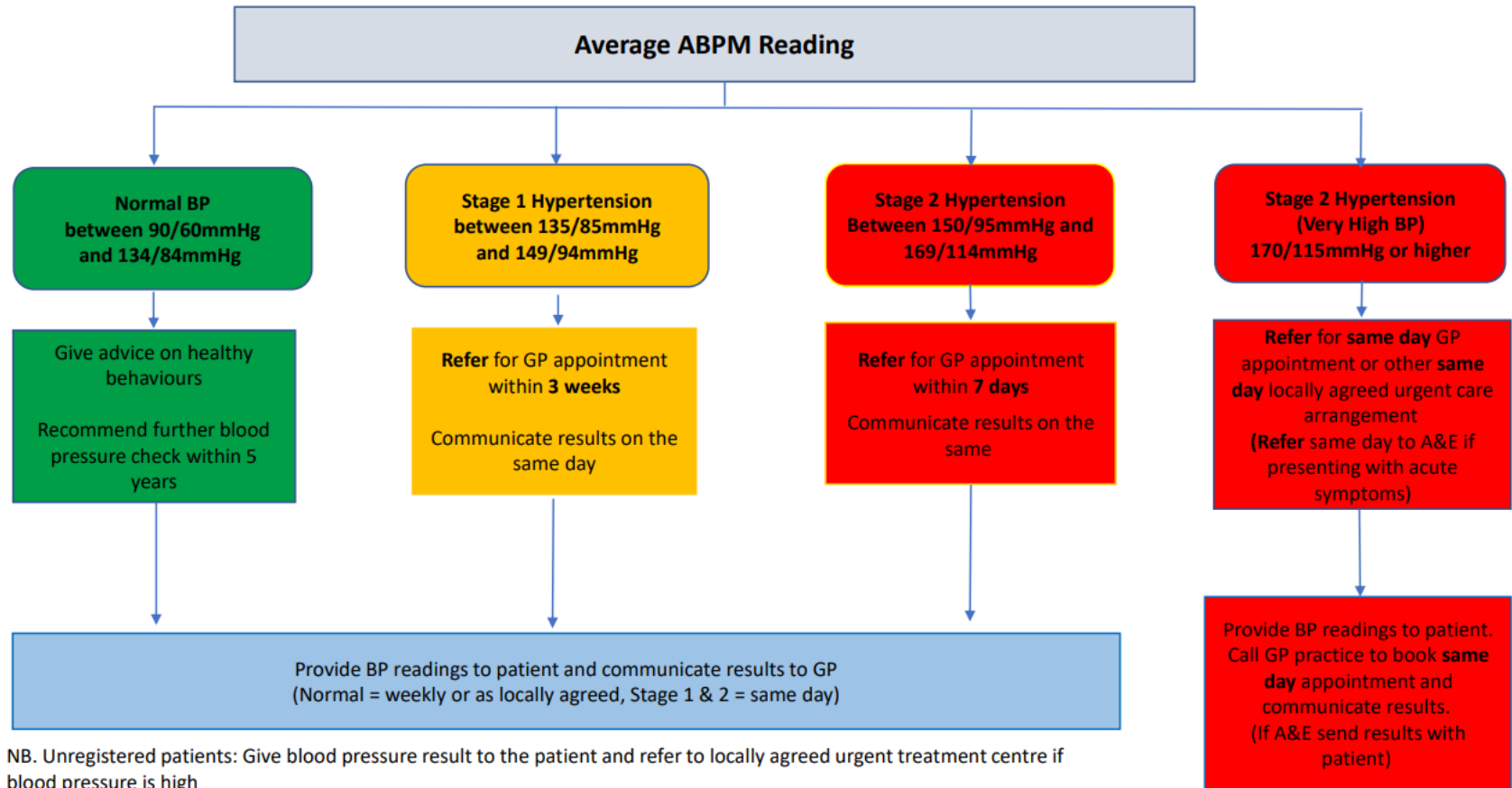


Clinic Blood Pressure	Low blood pressure: Lower than 90/60mmHg
	Normal blood pressure: between 90/60mmHg & 139/89mmHg
	High blood pressure: between 140/90mmHg & 179/119mmHg
	Very high blood pressure: 180/120mmHg or higher



END

Annex C: Clinic BP flowchart



NB. Unregistered patients: Give blood pressure result to the patient and refer to locally agreed urgent treatment centre if blood pressure is high

END

END

ABPM flowchart