

# Hypertension Case-finding Service



## The Service

Risk identification and prevention of cardiovascular disease through clinic BP readings and ABPMs as indicated.



## 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



[Service  
specification](#)



[NICE NG136](#)



## 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

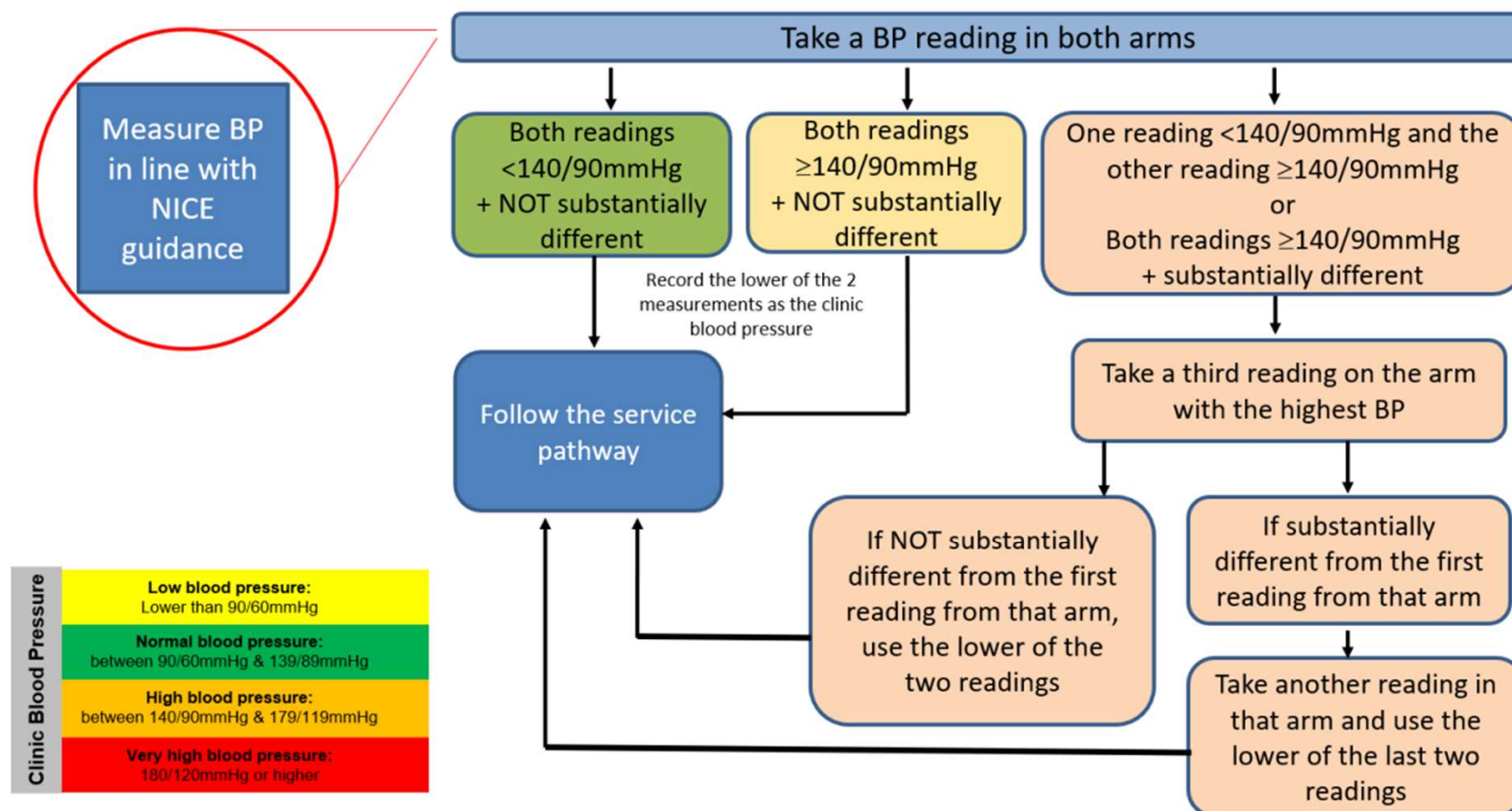
1. To be used when patient specified by general practice OR when 'High BP' recorded as above.
2. ABPM should be fitted and set to record two readings an hour between the person's waking hours. The minimum is 14 readings, or seven hours wear.
3. Next steps (see Annex D): **stage 1** hypertension – see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

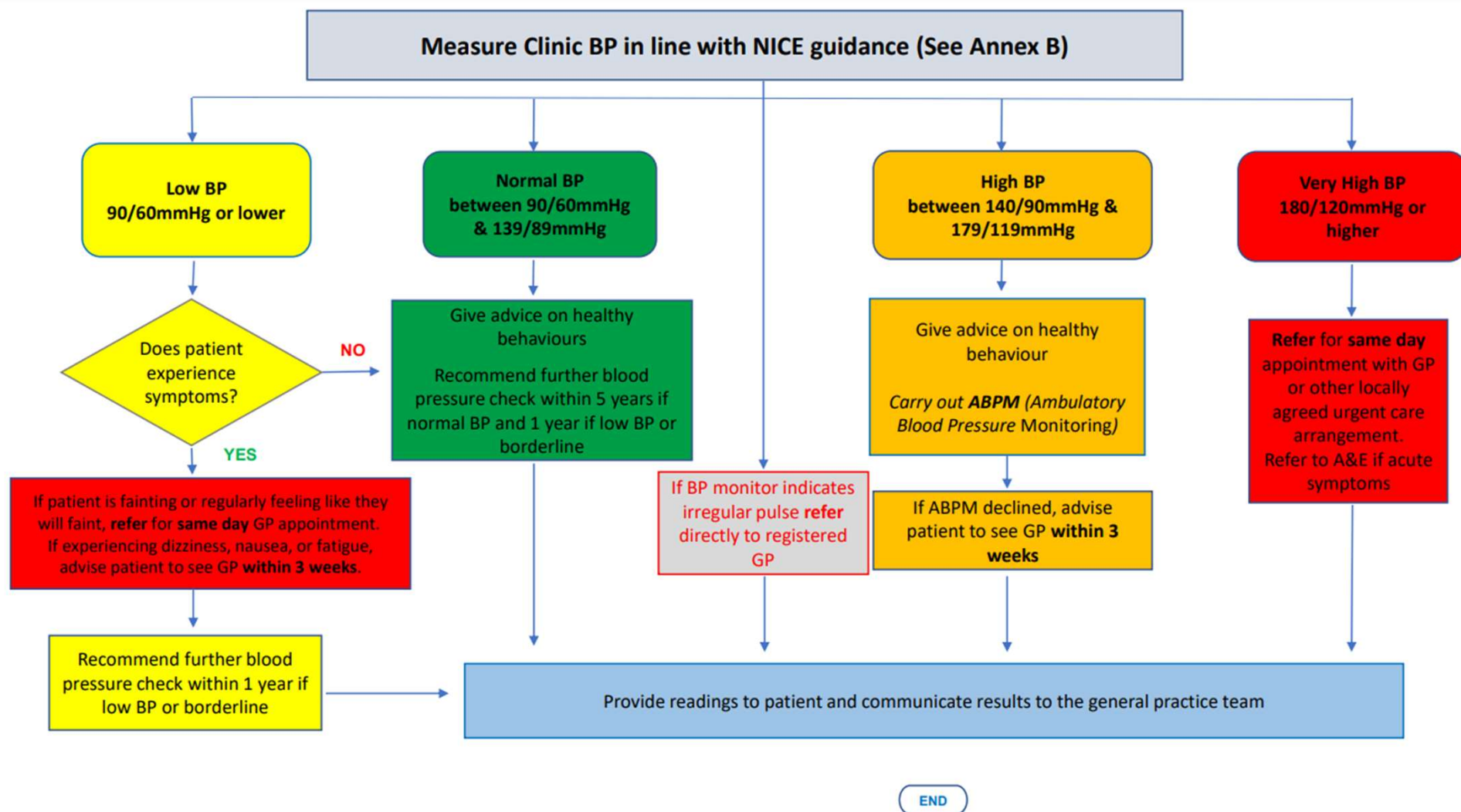


## Service Exit

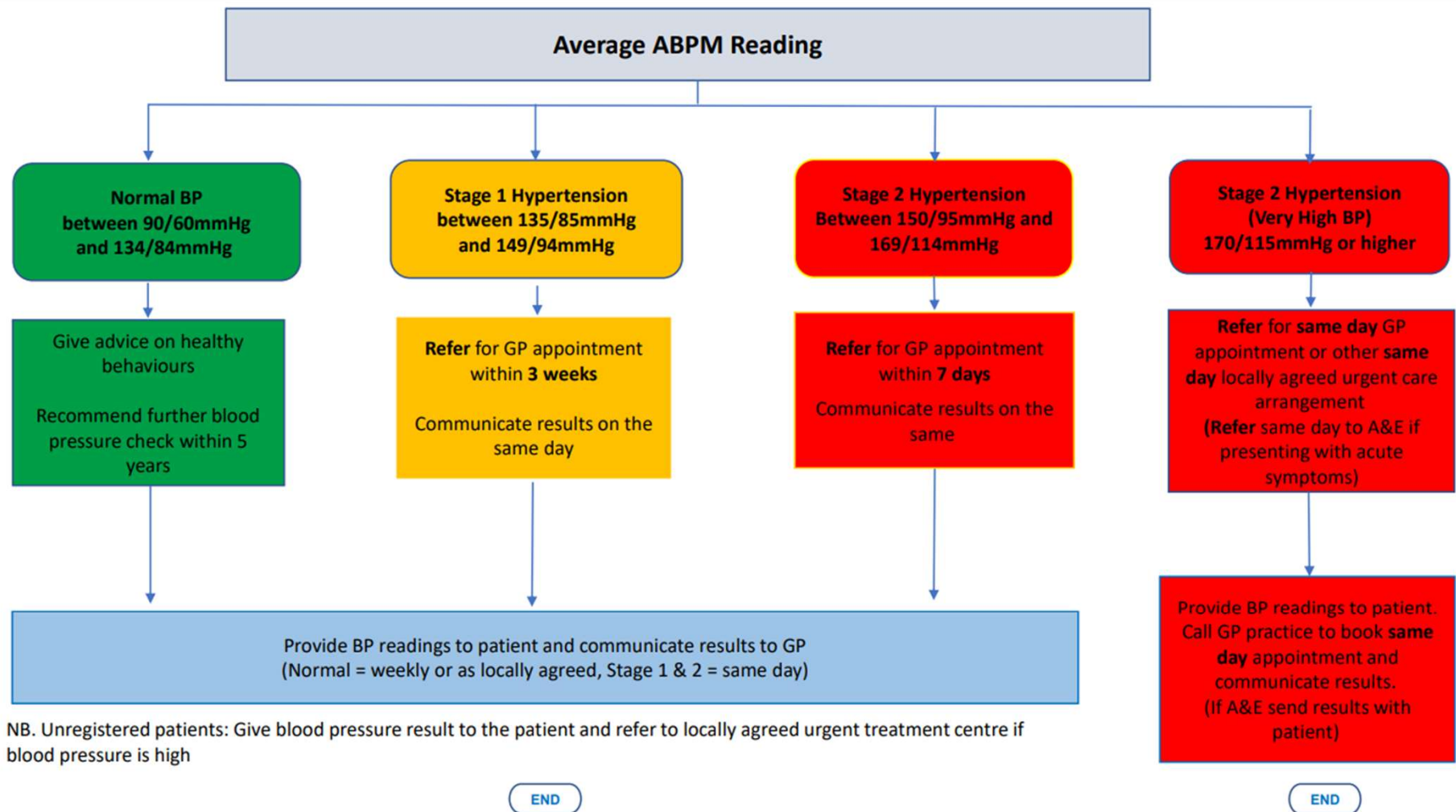
At the end of consultations there should be a brief discussion around promoting healthy behaviours as per NG136  
Notification of readings and next steps required should be sent to GP surgery through the approved IT system required. In the case of same day referrals, a phone call should be made if during surgery opening hours.  
If IT issues arise then results must be sent via alternative secure system as a temporary measure

## Annex B: Guidance on clinic blood pressure check





## Annex C: Clinic BP flowchart



## ABPM flowchart