Health Innovation East

National Blood Pressure Optimisation Programme Implementation Booklet

Part of the Health Innovation Network

Office for Life Sciences

NHS

Purpose

This guide aims to provide information to support implementation of a population health management approach to blood pressure management within primary care.

Contents

National Blood Pressure Optimisation Programme

Blood Pressure Optimisation Programme

Since January 2022, the Health Innovation Network (HIN) network has delivered the NHSE national blood pressure optimisation programme which aims to transform the prevention of CVD by optimising the clinical care and self-management of people with hypertension.

Health Innovation East (HIE) has been supporting primary care in the implementation of PHM search tools such as the UCLP Proactive Care Frameworks for hypertension in the EoE. The aim has been to support primary care staff to optimise clinical care and self-management of people with hypertension through:

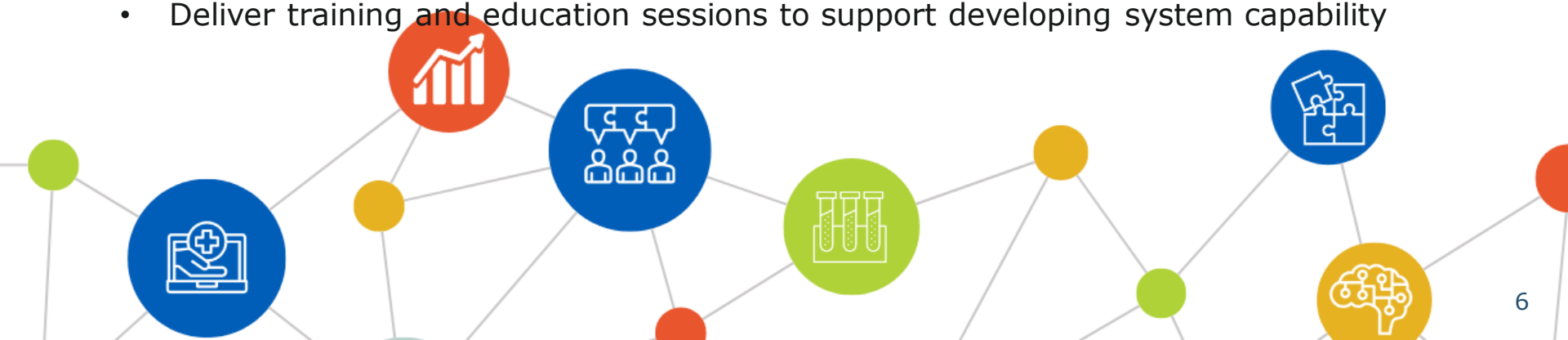
- Risk stratification to prioritise highest risk patients
- Guidance on how to use the wider workforce to support management and remote care
- Adapting frameworks for local implementation/pathways
- Supporting patients to maximise the benefits of remote monitoring and virtual consultations where appropriate
- Support the uptake of the Blood Pressure @ home opportunities across ICSs, to support with patients self-monitoring @ home and send reading remotely.

Overview

Our role is to support local systems to ensure people with hypertension are appropriately monitored and have their blood pressure and broader cardiovascular risk optimised to prevent heart attacks, strokes, and dementia at scale.

Objectives:

- Support PCN's/practices to increase the detection and optimisation of people through case-finding interventions (e.g. Eclipse Live, UCLP Proactive Care Frameworks, Ardens…)
- Support primary care to reduce health inequalities by targeting 20% of the most deprived populations and other local priority groups.
- Deliver training and education sessions to support developing system capability

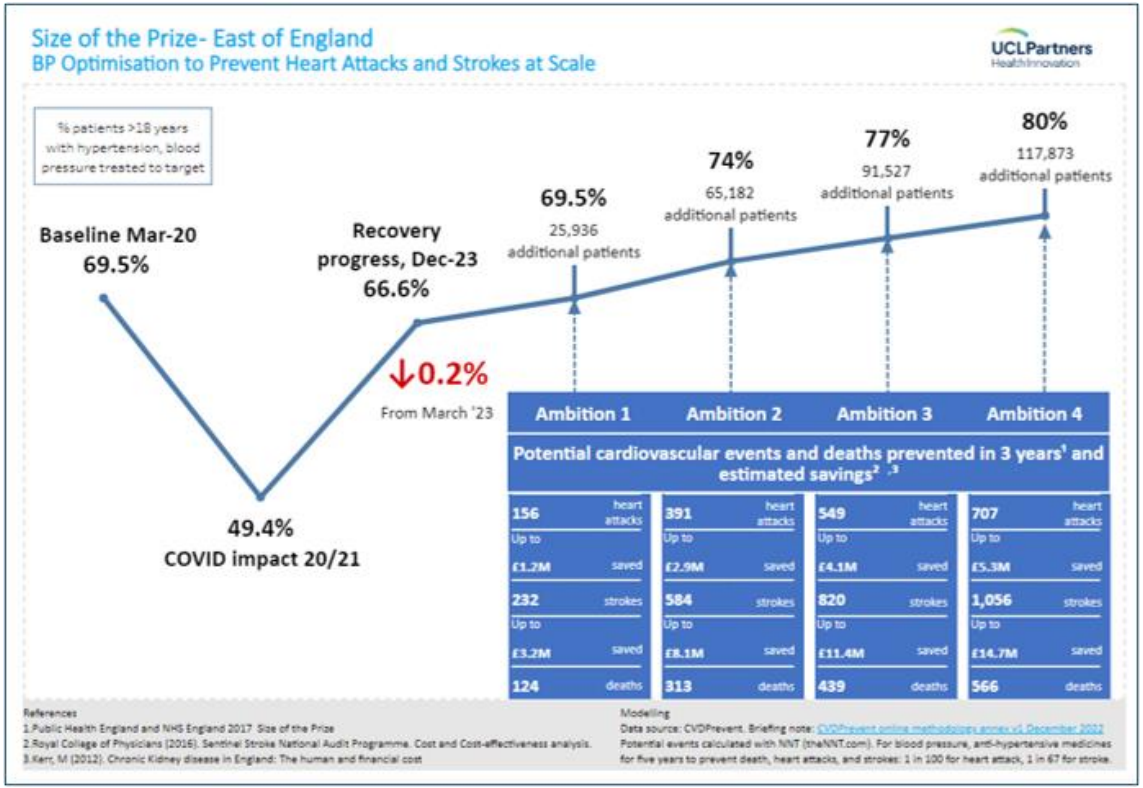


Size of the Prize

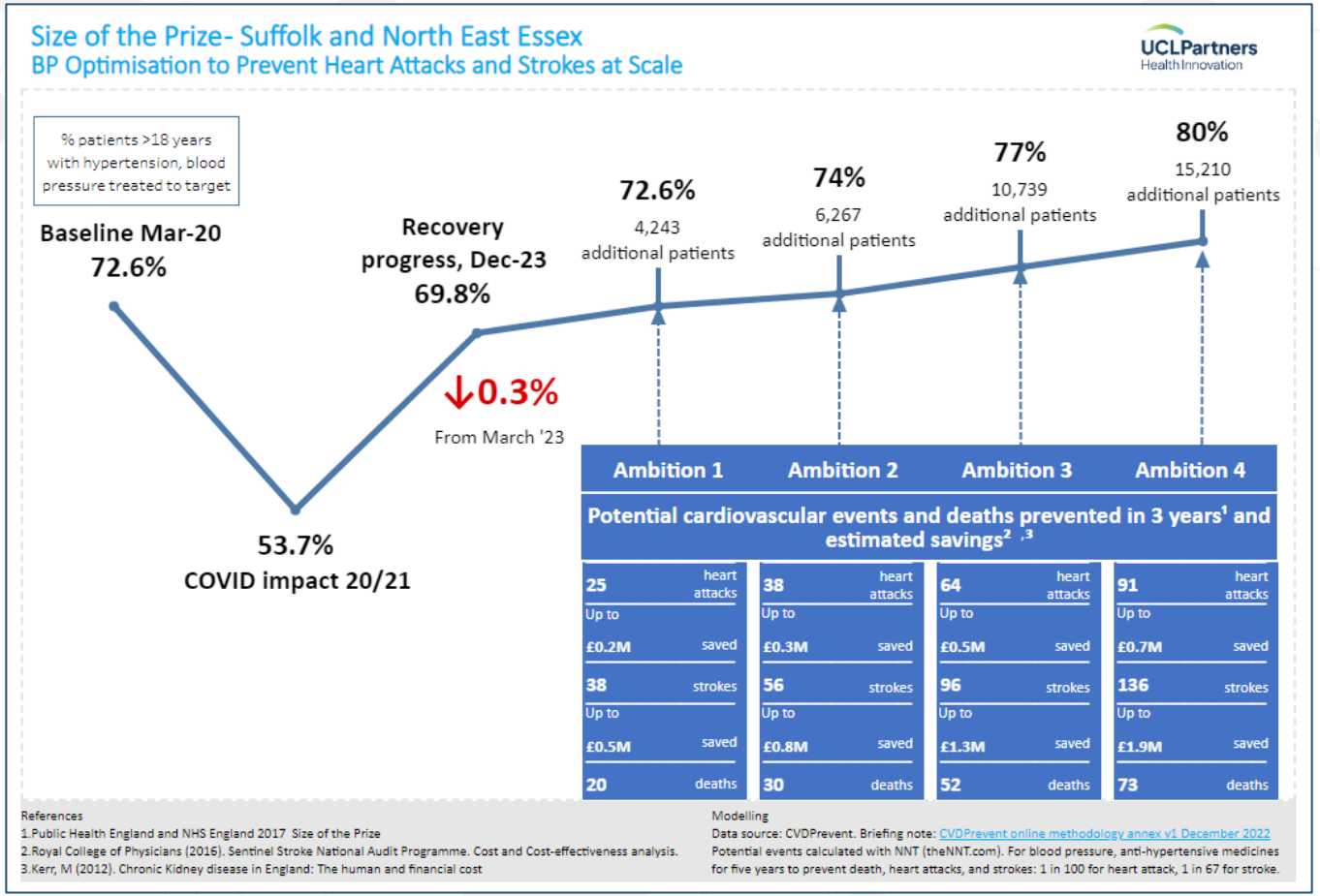
Size of the Prize – East of England

The UCLPartners Size of the Prize shows how many patients with high blood pressure are on the right levels of treatment, and then models how many heart attacks and strokes would be prevented if more patients' treatment was optimised.

The national ambition is to ensure that 80% of patients with hypertension are treated to target by 2029.



Size of the Prize – Suffolk and North East Essex



CVD Prevent Data

CVDP007HYP: Hypertension optimisation
Patients treated to recommended thresholds

HYPERTENSION MANAGEMENT

CVDP007HYP: Percentage of patients aged 18 and over, with GP recorded hypertension, in whom the last blood pressure reading (measured in the preceding 12 months) is below the age appropriate treatment threshold.

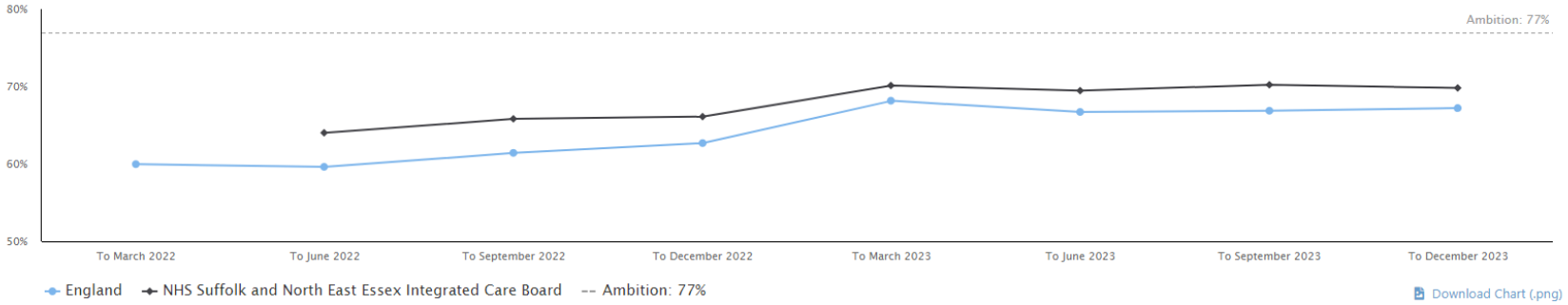
Data Extract | Metadata

All Persons Time Series | Inequalities Marker Time Series | System Level Comparison | Area Breakdown

10,739 patients to reach ambition

All Persons Time Series: England vs NHS Suffolk and North East Essex Integrated Care Board

Chart | Table



Download Chart (.png)

Risk stratification tools

	Compatible with EMIS & SystmOne	Free to access	Pre-built searches /reports	Patient engagement	Contact	Website
UCLP Proactive care frameworks	✓	✓	✓	✗	contact@uclpartners.com	uclpartners.com/our-priorities/cardiovascular/proactive-care/
Eclipse Live	✓	✗	✓	✓	www.eclipselive.org/contact	www.eclipselive.org/
Manchester Tool	✗	✓	✗	✗	info@healthinnovationmanchester.com	healthinnovationmanchester.com/cvdprevention-lipidpathway-resources/
Ardens	✓	✗	✓	✗	www.ardens.org.uk/contact/	www.ardens.org.uk/
CDRC resources	✓	✓	✓	✗	marketing-cdrc@healthinnovationnenc.org.uk	cdrc.nhs.uk/resources/

UCLP Proactive Care Frameworks

The UCLP frameworks enable primary care practices to prioritise clinical activity by stratifying patients who are at highest risk.

The frameworks include:

- Search tools to risk stratify patients, built for EMIS and SystmOne.
- Pathways that prioritise patients for follow up and support remote delivery of care
- Support to mobilise the wider workforce to reduce the burden on GP's
- Scripts and protocols to guide healthcare assistants and others in consultations
- Training for staff to deliver education, self-management support and brief interventions
- Digital and other resources that support remote management and self-management

Eclipse Live

Eclipse is an NHS Digital assured patient support platform. The service is currently actively risk stratifying more than 27 million patients and continues to expand across the NHS.

It also helps to support:

- Population health and person insight
- Healthcare prevention programmes
- ICS care coordination
- Elective recovery
- Supply chain
- Equality of care

Manchester Tool

A range of CVD Prevention Toolkits for Health and Care professionals. There are several toolkits on the website which have been developed for Greater Manchester but can be used and adapted to your own locality.

Ardens

Ardens is a clinical decision support and workflow optimisation solution.

- Standardised clinical templates
- Searches and reporting
- Clinical safety alerts and reports
- Data quality reports and alerts
- Locally commissioned services module including templates and reporting
- Patient recall system
- Referral forms
- Integrated links to local clinical pathways and guidelines

CDRC Resources

CDRC Resources are safety assessed, quality assured digital resources that integrate into both EMIS and SystmOne. All the resources are free at the point of use.

Implementation tips

- Find a **clinical or operational lead** within your PCN/Practice to **champion** this work.

- **Upskilling** to mobilise the primary care workforce

- Consider thinking about how the programme can help to **deliver local or national initiatives** (i.e. BP @Home, Quality Outcomes Framework, Locally Commissioned Services, Direct Enhanced Service, Impact Investment Fund) leading to more efficient ways of working.

Resources

Name	Purpose	Object
Health Innovation East CVD training and resources page	A toolkit full of training, resources and materials to improve your understanding and skills on CVD prevention.	Link
Blood Pressure Optimisation Programme Impact Report	This report covers the national BPO programme activity for the 12-month period April 2022 – March 2023 **(including case studies)**.	Link
Bitesize 'How I achieved the QoF indicators in 6 months' webinar (for hypertension)	A 30-minute webinar with Dr Kumar, a GP, who explains how she achieved the QoF indicators for hypertension.	Link
'Get your blood pressure checked' campaign	A campaign to build awareness of the risks associated with hypertension.	Link

Thank you for listening!

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