

# BP Plus service

---

- **Aim of service intervention:** improved detection and management of CVD risk conditions specifically hypertension and AF.
- **Proposed outcomes of intervention:** improved detection and improved management.
- **Sites of intervention:** Community pharmacies and workplaces.
- **Eligibility:** The service was available to Surrey residents aged over 35 years that have not already been diagnosed with or were receiving treatment for HTN, AF or any other CVD.

# BP Plus service

---

- **Inclusion criteria:** Anyone who is aged 35 years and over - Without known cardiovascular disease including high blood pressure (or are on treatment for high blood pressure), Atrial Fibrillation, Diabetes, Chronic Kidney Disease, Angina, Stroke, Transient Ischaemic Attack, Heart failure and Myocardial infarction.
- **Exclusion Criteria:** Anyone under the age of 35 years of age - Has diagnosed CVD disease - Is on any cholesterol reducing medicine - Pregnant women.
- **Process:** During the Blood Pressure Plus (BP+) check, a participant had their blood pressure taken in accordance with NICE guidelines and were screened for AF using AliveCor. Results from those participating in the service were added to PharmOutcomes, an online platform for recording service provision.

# Key outcomes of the project

---

**To reduce the burden of ill-health and deaths caused by hypertension and AF and to increase the number of citizens who are actually diagnosed.**

- From the patients tested 20% were identified with suspected hypertension with (916/4591). Less than 5% identified with an irregular pulse (15/274) were diagnosed with suspected AF. It is expected that 3.96 strokes were prevented. Patients were also counselled and referred to services e.g. smoking cessation that would impact on overall cardiovascular risk.

**To increase the awareness amongst citizens of the link between the conditions and serious cardiac events such as stroke.**

- Patient surveys showed an increase in understanding of conditions and risk factors. Almost all were able to identify key risk factors for cardiovascular disease after the intervention.

**To increase the number of people who “know their numbers” i.e. have opportunity to check their blood pressure and pulse.**

- A total of 4591 checks were completed. From patient survey data all those who responded were able to identify their blood pressure result after the intervention.

# Key outcomes of the project

---

**To increase citizens capacity (in terms of knowledge and skills) to manage/prevent high blood pressure through lifestyle modifications.**

- The results show multiple referrals to services to support lifestyle changed. Almost half of those asked in the customer satisfaction survey (46%, n=46/100) planned to make a change to reduce their risk of cardiovascular disease.

**To ensure that these aims are equitable across Surrey Heartlands in relation to CVD need in order to reduce CVD-related health inequalities.**

- The interventions numbers by pharmacy were varied. However, 7.8% of those who undertook the service fell into IMD decile 1- 4 (versus 5.9% of the local population in these groups). Therefore, those in less affluent areas were targeted successfully.

# Conclusion

---

- The blood pressure plus service was well received by pharmacies and patients alike.
- Whilst the COVID-19 pandemic did not allow the full impact of the service to be shown, strokes and monetary savings for the sector have been achieved. All proposed outcomes were met for the program.
- Pharmacies are well placed to offer services to patients and continue to be a key part of the multidisciplinary healthcare team. Pharmacies are willing and able to participate in services, where training and resources are provided.

# Next Steps

---

- New locally commissioned service
- Expressions of Interest out currently – deadline 15<sup>th</sup> August
- BP plus service – which could lead into a full NHS Healthcheck