BHF BP Programme

Innovative approaches to community Blood Pressure programmes: The learning from BHF funded programmes.

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More than 500,000 people in Wales have been diagnosed with hypertension.

but...

Up to 200,000 people in Wales have undiagnosed hypertension.
Lessons from Canada

1980
13% of hypertension diagnosed

1990’s
Cardiovascular Health Awareness Programme (CHAPs)

2013
57% of hypertension diagnosed and optimally treated

9% reduction in hospital admissions at population level for stroke, heart attack and heart failure among people aged under 65

BHF Community BP Testing Grant Programme

- £1.5m awarded
- Award criteria: Implement and test innovative community based programmes to reach and test BP for 5000 people per annum, with a clear route to diagnosis and treatment.

- 2 Rounds
- Round 1: Awarded in March 2017. 7 sites now live
- Round 2: Awarded in August 2018. 8 sites, working towards go live

- Independent evaluator appointed and logic model designed.
- Regular action learning sets to enable sites to share learning throughout the programme, identify emerging themes and inform the evaluation process
BHF
Community
BP Testing
Grant
Programmes
Round 1
BHF Community BP Testing Grant Programmes Round 2
Cheshire and Merseyside Public Health Collaborative

Embedding blood pressure (BP) checks as part of the Safe and Well visits

Warrington digital Health kiosks for use in the community

Digital conversational tool

Health Trainers Promote the adoption of a healthy lifestyle.

Community pharmacies Healthy Living Pharmacies (HLPs).
Progress

As at 30th September 2018:
• 6,110 new case Blood Pressure checks have been conducted in Cheshire and Merseyside under the project Of these:
  • 3,817 (62.5%) were female and 2293 (37.5%) were male
  • 1,829 (29.9%) had a high or very high BP (>140/90 mmHg)
  • High BP was more common in men (36.2%) than women (25.2%)
• 271 individuals trained so far to take Blood Pressure Checks. Accredited to City and Guilds Health and Social Care – Level 3.
What does this mean for Wales?

• What does the data tell us?

• How can we learn from other innovations?

• Prevention is a key strategic priority, so how can we collaborate across all sectors to address the inequalities?
Save the Date
24th September 2019 Novotel, Cardiff / 16th October 2019 Oneal Hotel, St Asaph

In Wales today, there are clear opportunities to detect, diagnose and treat more people with high blood pressure.

We need to find solutions to improve systems, reduce the burden on the NHS and ensure fewer people develop the silent killer that is hypertension.

British Heart Foundation Cymru

If you are interested and can influence service improvement we want to hear from you. Register by emailing: edwardsr@bhf.org.uk
Talk to us today about how we can make a difference, together.

Visit our website for more: bhf.org.uk/professionals
Questions