

Hypertension monitoring in the community

Amber Pharmacy/ Horsley Woodhouse Vaccination Site/ Roving
Flexible Vaccination Clinics

Why initiate the service?

- When are we ever going to see the whole population ever again?
- Breaks up the vaccination process and makes it less institutionalised, made it more than just about vaccination.
- We already offer this service in pharmacies and surgeries, especially to those over 40 years of age. Those with elevated blood pressures could be offered 24 hour ambulatory blood pressure monitoring (ABPM), which is the gold standard for diagnosis of hypertension.
- Mechanism to share results with the individuals practice – seamless.
- People seem less nervous by seeing weighing scales on the floor, then on the table next to them was the BP machine!

What's the benefit?

- “Hypertension is the biggest risk factor for CVD and is one of the top five risk factors for all premature death and disability in England. An estimated 5.5 million people have undiagnosed hypertension across the country.
- Cardiovascular disease (CVD) is one of the leading causes of premature death in England, affecting seven million people and accounting for 1.6 million disability adjusted life years
- Community pharmacy BP monitoring has the potential to increase the detection of hypertension within local populations and is expected to positively impact health inequalities by targeting people who do not routinely see their GP or use other NHS services.
- The NHS Long Term Plan commits the NHS to reducing morbidity and mortality due to CVD, tackling inequalities and a shift towards prevention strategies. It specifically states that community pharmacies, in collaboration with other providers, will provide opportunities for the public to check on their health, through tests for high BP and other high-risk conditions”*

When you read the above....and as a Healthcare Professionals why would we not be engaged!

Any other benefits?

- Increases our “stock-value” and simply not just a site for vaccinations
- Opens up conversations - such as mental health
- People have found it hard to reach HC teams over the last two years
- Some people have found it ‘hard’ during the pandemic - mental health
- People working from home - some increased weight and less mobile
- Opportunity to initiate a conversation to make a change!

How did we deliver it?

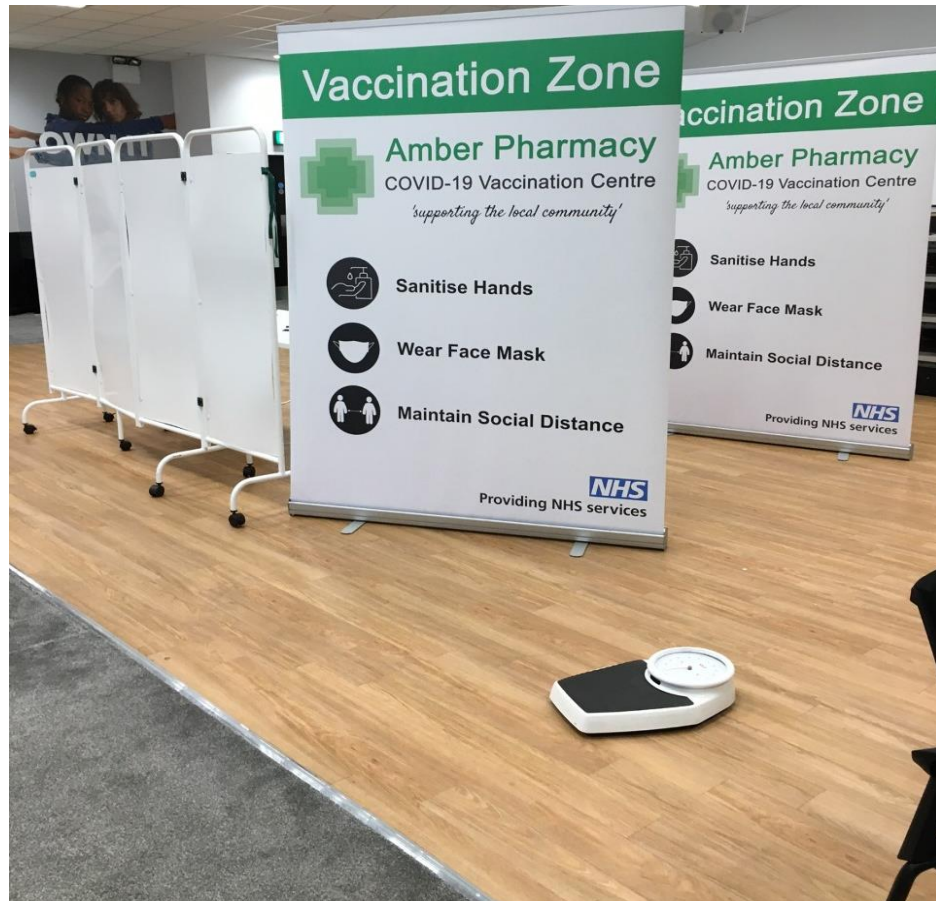
- In essence we varied the approach and found it a real great way to less of a clinical conversation with people and more of a conversation about the person.
 - **Vaccination hub:** initially it was during the 15min wait
 - **Pharmacy:** during the pre-waiting process
 - **At the flexible roving clinic:** in the reception area to help attract people to the vaccination site and to simply ignite a conversation
- Posters - Have a free Health-check. Offered weigh-in, blood pressure and BMI with a opportunity to have a conversation with a healthcare professional.

How did we deliver it?



- Posters
- Have a free Health-check.
- Offered weigh-in, blood pressure and BMI with a opportunity to have a conversation with a healthcare professional.
- Allowed people to take a picture of result
- Pop back if you want to talk about it

Tricks up our sleeves!



Breaks up the vaccination process and makes it less institutionalised

The random weighing scales attracted people to jump on!

Opened up the conversation

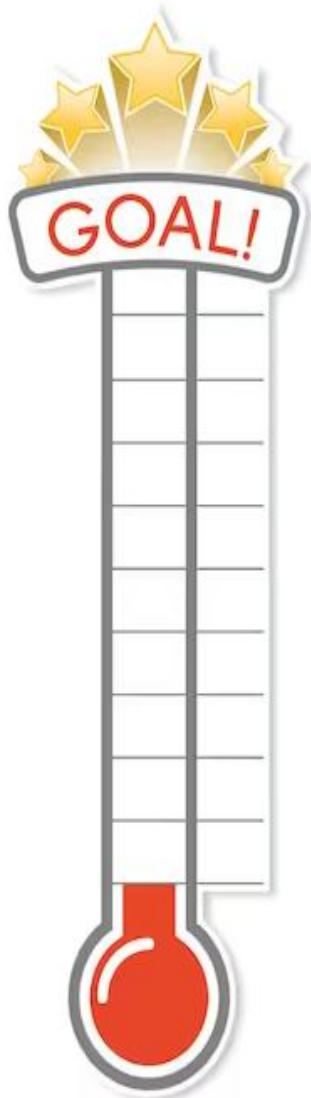
Have some banter.

What was the cost to set-up?

- Mylife blood pressure machine was the best to use
- Staff had been put on to a rotation and so it allowed vaccinators to take a break from the day of vaccinating
- Use vaccinators and undergrads students (this was great experience for them) to help.
- Bigger cost to patient health to offer service
- Pharmacy scheme recently set-up and so remuneration available if you offer service at site with mechanism to refer back into system.
- Personal case study - Mother of three.

What have been the learns?

- When one person has a BP check, you automatically attract others
- Have leaflets available such as Heart Disease, High Blood Pressure, Weight Loss and Salt Intake, Healthy Lifestyle.
- Once you start offering BP Checks, it becomes what you do every day!
- Staff found it of great value
- Have fun and enjoy it!
 - White board- how many can we do today and prize for the closest guess
 - Rotation of staff to offer service
 - Share experience



Have Fun!

Have fun and enjoy it!

White board - how many can we do today
and prize for the closest guess

Rotation of staff to offer service

Share experience