

Thurrock Hypertension Detection Project



Background/Introduction

The [2016 Thurrock Annual Public Health Report](#) identified a gap between the observed and estimated prevalence of Hypertension in Thurrock. This work led to securing funding from the Better Care Fund to develop a Local Case-Finding Programme with aspirations of a 10% increase in the Hypertension register completeness in Thurrock by March 2020 – which translates to 3,738 new diagnoses of hypertension compared to the April 2017 baseline.

Methods

An evidence review focused on best practice concepts for opportunistic detection of high blood pressure was carried out, followed by a service mapping exercise to identify existing services most targeted at patients at a higher risk for high blood pressure or residents who are less likely to access primary care services.

This resulted in the phased implementation of five detection streams across community, primary care and mental health services including;

- Local Independent Pharmacies
- Community Hubs
- Inclusion Thurrock
- Smoking cessation services
- GP Waiting Area self-testing

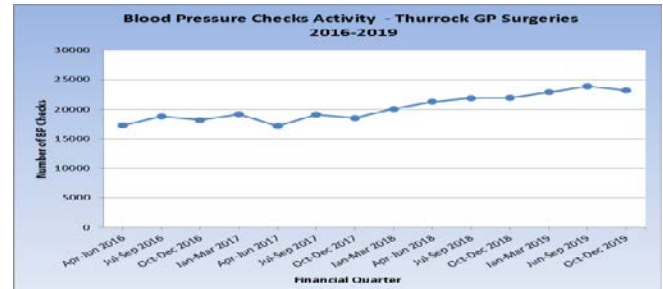
Outcomes & Impact

Three high level indicators were identified to monitor activity across the detection streams and to measure performance of the project against the 10% prevalence increase target. These were;

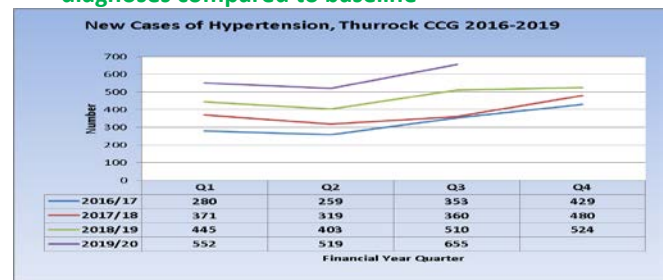
1. Number of recorded blood pressure checks
2. Number of new cases of hypertension recorded on GP clinical system
3. GP hypertension register completeness

Project progress at the end of quarter 3 2019/20 shows;

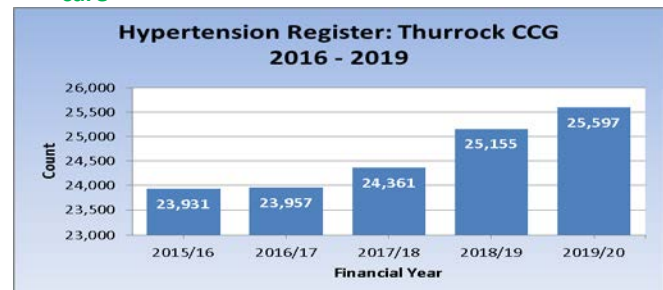
- **23% increase in BP checks compared to baseline**



- **48% increase in new cases of hypertension diagnoses compared to baseline**



- **7% Increase in hypertension register completeness compared to baseline, further increasing the number of people managing their condition and receiving appropriate care**



The versatility and accessibility of the various detection streams continue to contribute to a greater awareness across Thurrock residents on the risks and dangers of undiagnosed high blood pressure.

Lessons Learnt

- Short pilot phase to test pathways and implementation
- Proactive monitoring to detect system flaws
- Hypertension Champions across detection streams