

Haringey and Islington Community High Blood Pressure Detection Project

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NHS health Checks Conference
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Overview



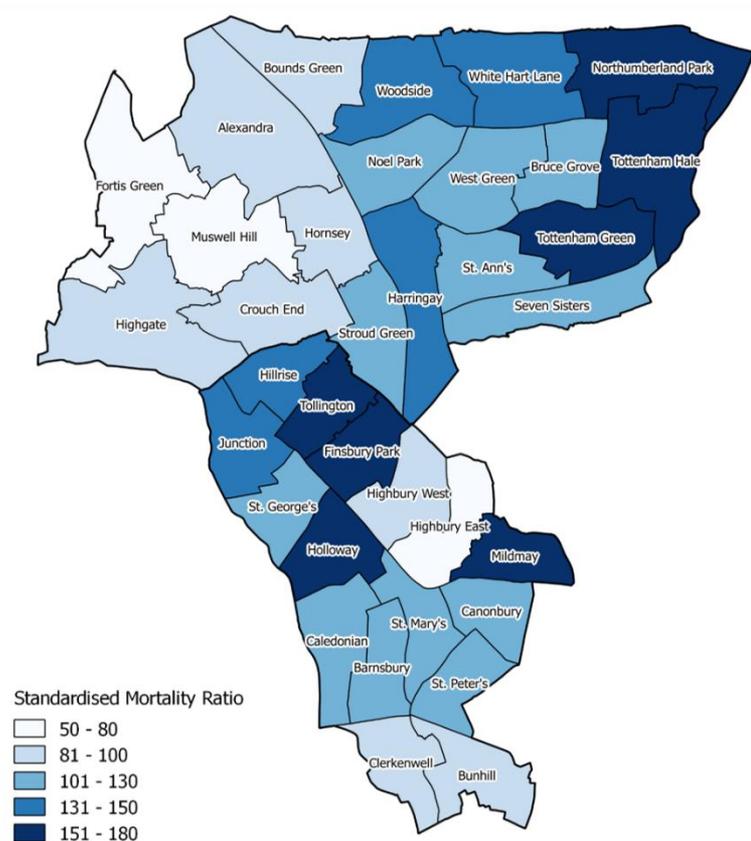
- Setting the scene
- Delivery plan
- Successes
- Progress made to date
- Feasibility analysis
- Summary



Local need for action: Health inequalities



Deaths from circulatory disease, under 75 years. 2011-15.



People

Some groups are more likely to die young (under the age of 75) from CVD:

- People living in **most deprived parts** (3 times more likely)
- **Men**
- People with **serious mental illness**
- People from **Black Caribbean and Black African** ethnic backgrounds are more likely to have high blood pressure and stroke.

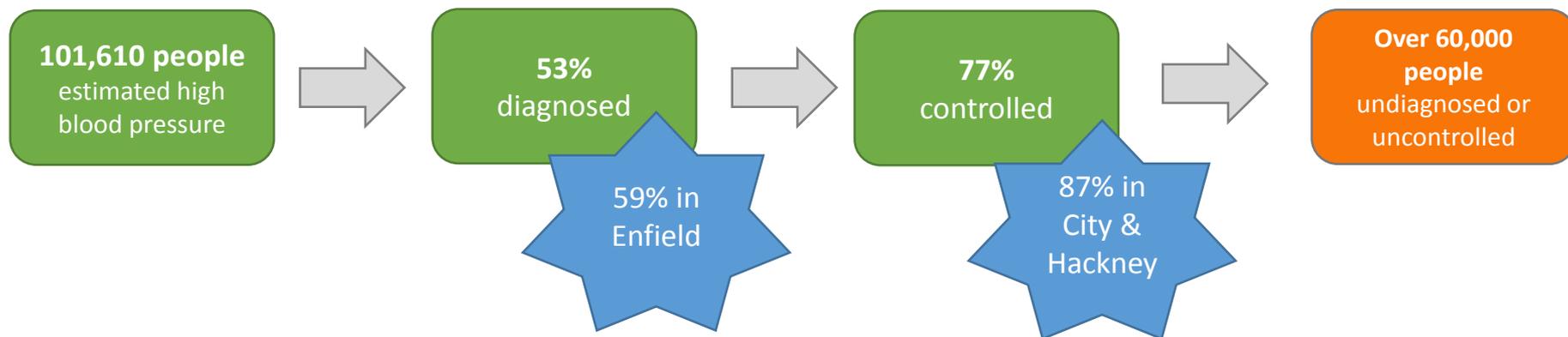
Place

- North London
- Extremely diverse communities with different ethnic backgrounds

“Size of the prize”: Better identification and treatment of hypertension



In Haringey and Islington in 2016/2017



The same diagnosis and control rates as best performing nearby boroughs over the next 5 years would mean:

- 11,300 more people with diagnosed and controlled blood pressure
- 120 strokes could be prevented
- 53 heart attacks could be prevented
- A potential saving to health and social care of **£3,184,200***

* Based on cost of stroke = £24,855 (National audit office report),
Cost of primary heart attack treatment = £3,804 (NICE costing tool)

Stroke prevention scheme Haringey



Overview

- £80k per year invested by Haringey CCG between 2015 and 2017 on detection of high blood pressure and atrial fibrillation.
- Opportunistic pulse and blood pressure checks (e.g. during annual flu vaccination)



Outcomes thus far (2015-2017)

- Over **10,000 blood pressure and pulse checks** carried out each year
- Over **500 new AF diagnoses** and **1,500 new high blood pressure diagnoses**
- Over **30 strokes will be prevented** as a result of this work
- Stroke mortality and hospital admissions now beginning to fall

British Heart Foundation funded Project

Community blood pressure testing: Delivery model



Trained network of staff and volunteers in 5 VCS organisations

Building on engagement with hard to reach communities

Opportunistic delivery : supermarkets, libraries, community centres

Software developed to transfer blood pressure reading to primary care records

Focus on follow-up and referral to NHS Health Check and One You services

Accessible and engaging resources to raise awareness and promote behavior change

Haringey and Islington Partnership Group

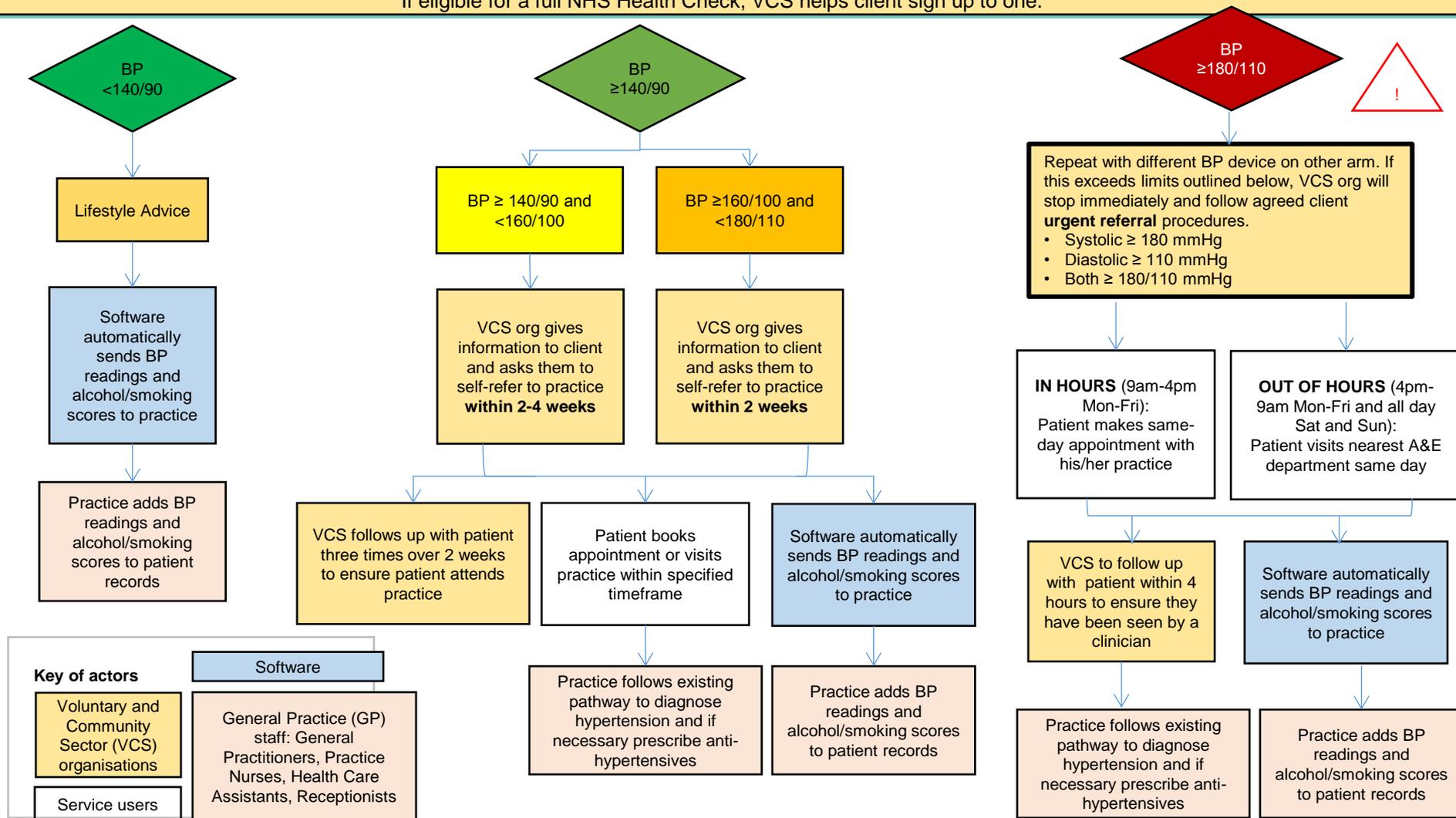
- Two year project
- 10,000 checks over two years

VCS organisations carry out BP checks in the community, focusing on hard-to-reach population groups, using software which captures patient details, BP readings, Audit C and smoking status, and checks for eligibility for full NHS Health Check.

BP testing will follow NICE Clinical guideline CG127 on measuring blood pressure; testers will use BP monitors validated by the British Hypertension Society.

If not registered with a GP, VCS org helps resident to register with a GP practice.

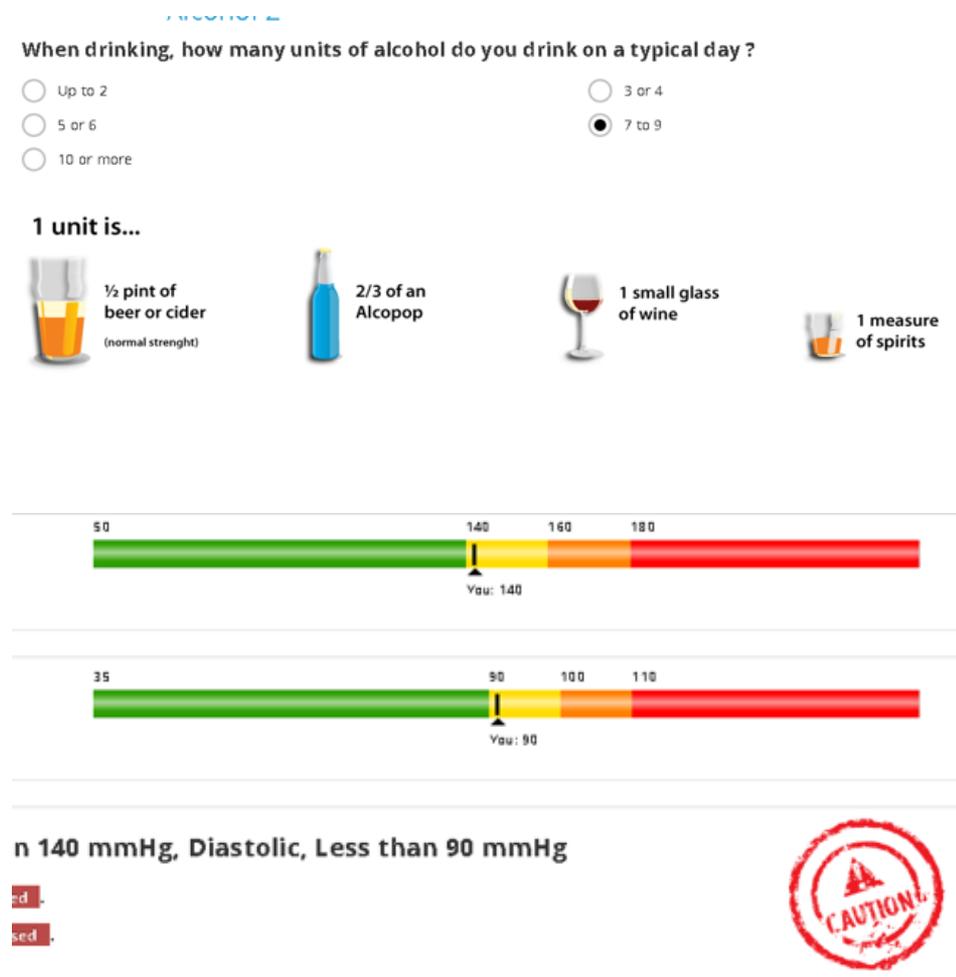
If eligible for a full NHS Health Check, VCS helps client sign up to one.



Successes: Software development and link to Primary Care



- Generates a rich source of data:
 - Patients demography
 - lifestyle habits
- Generates READ coded letter which is sent by secure N3 connection to residents' GP practices



Successes: engagement among VCS



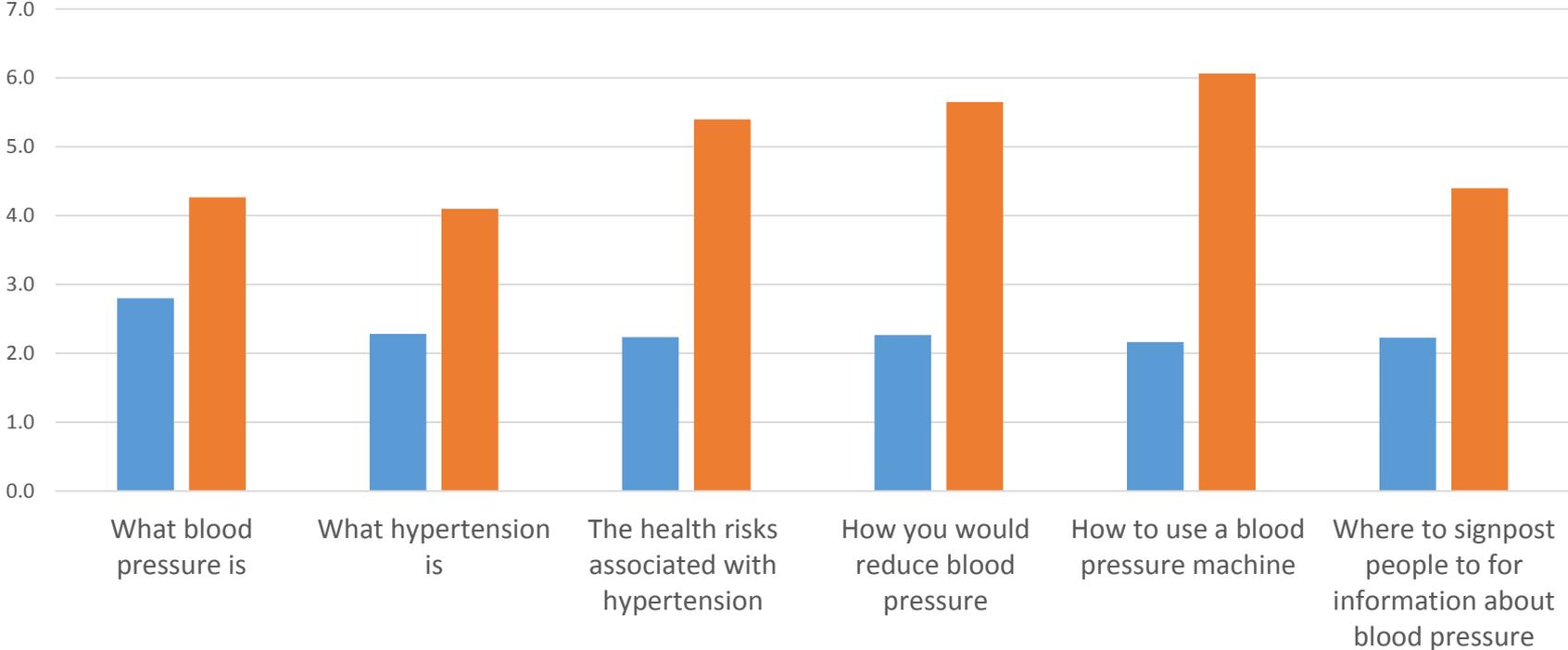
- Excitement and energy among VCS staff and volunteers
- **Over 75 volunteers trained to date- Stroke Association**
- Positive evaluation of training sessions



Blood Pressure Training for Volunteers



Knowledge and competency indicators



Total number trained: 80

■ Before ■ After

Feasibility analysis

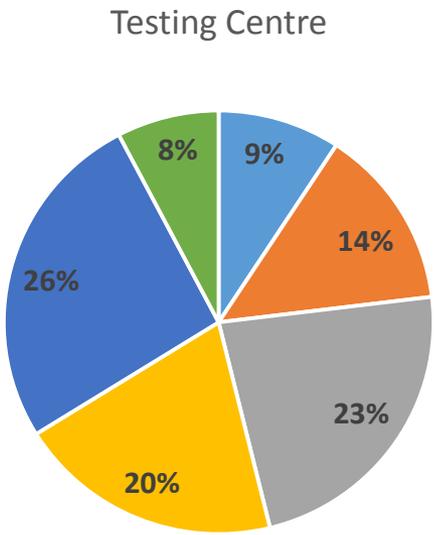


- Testing the delivery model
- Usability of the software and link with Primary Care
- Identify issues and barriers
- Streamlining the process

Testing locations



Testing Locations	Number of checks	%
Café	6	9%
College	9	14%
Community centre	15	23%
Library	13	20%
Sport centre	17	26%
Supermarket	5	8%
Total	65	100%

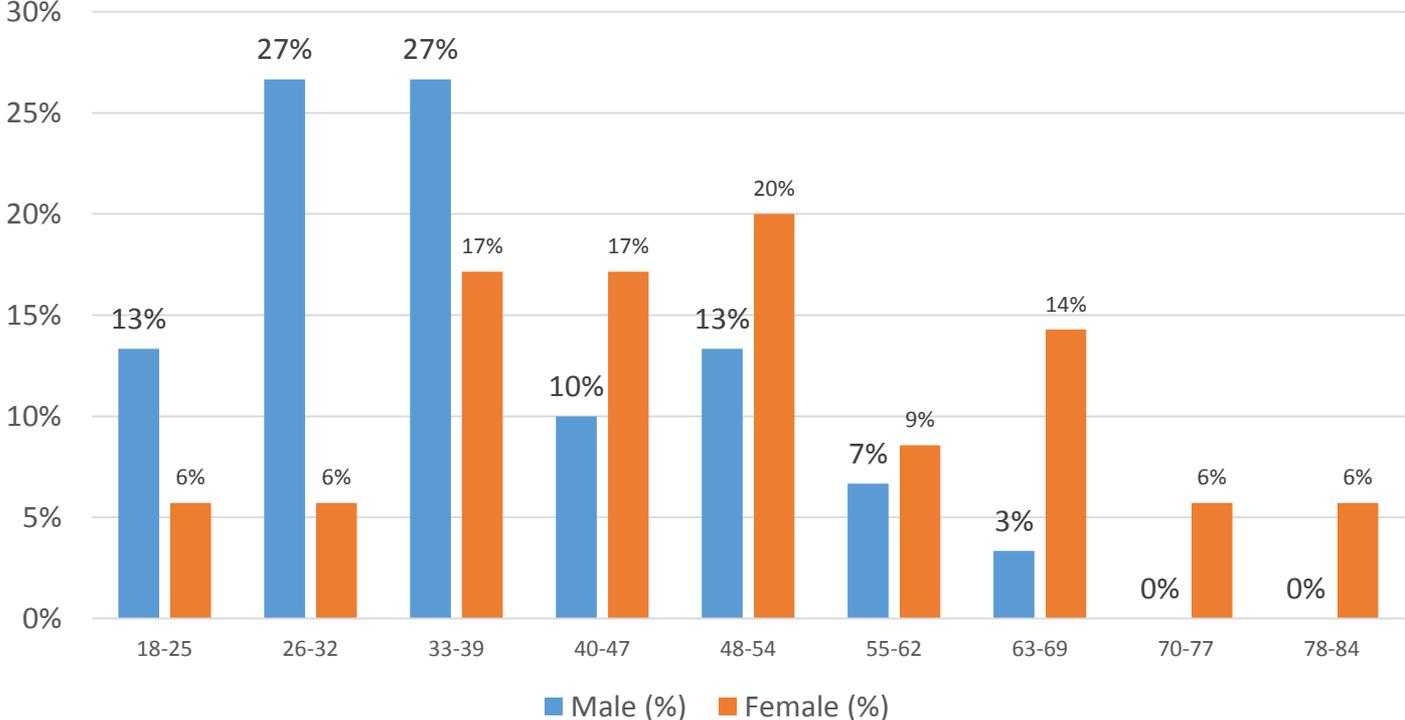


- Café
- College
- Community centre
- Library
- Sport centre
- Supermarket

Preliminary analysis: Age and gender



Age and gender of participants



Gender

- Male: 30 (46%)
- Female 35 (54%)

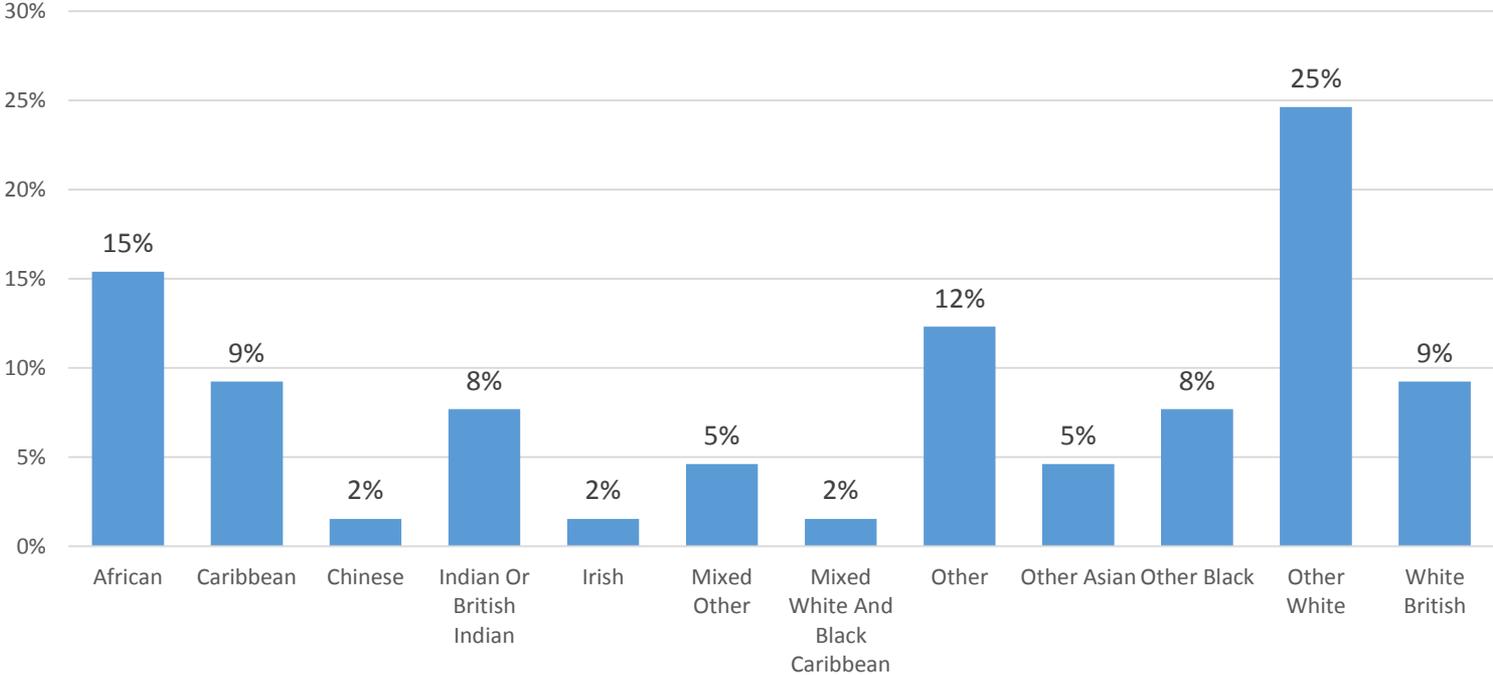
Age 40 or over

- Male: 10 (33%)
- Female: 25 (71%)

Preliminary analysis: Ethnicity



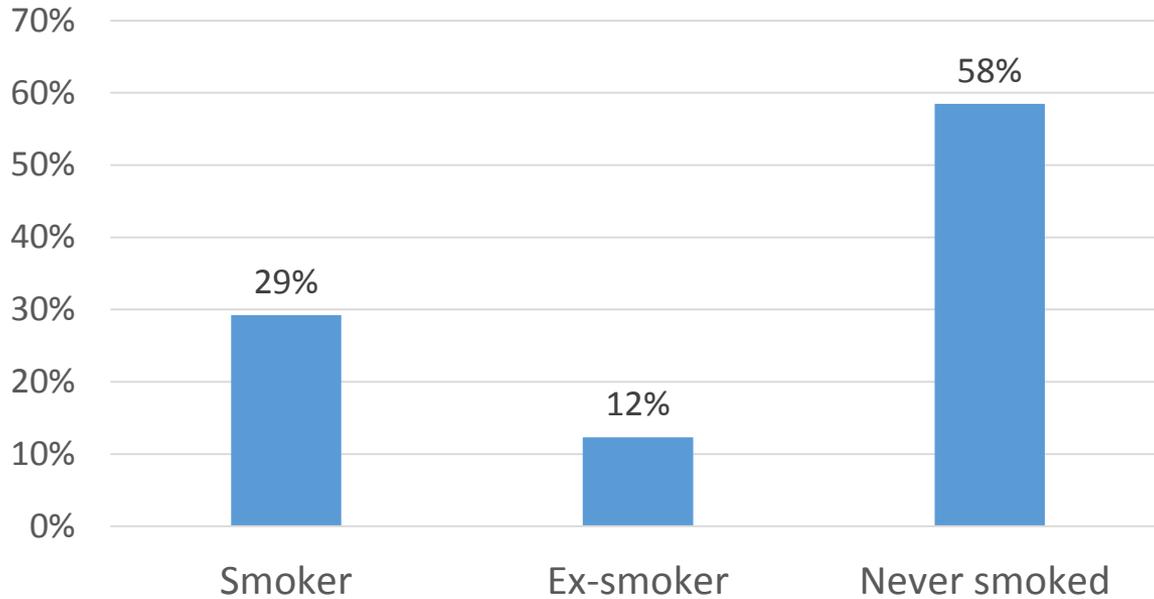
Ethnicity of participants



Participants lifestyle habits



Smoking status



Status	Counts	%
Smoker	19	29%
Ex-smoker	8	12%
Never smoked	38	58%
Total	65	100%

12 out of 19 smokers signposted to smoking cessation services

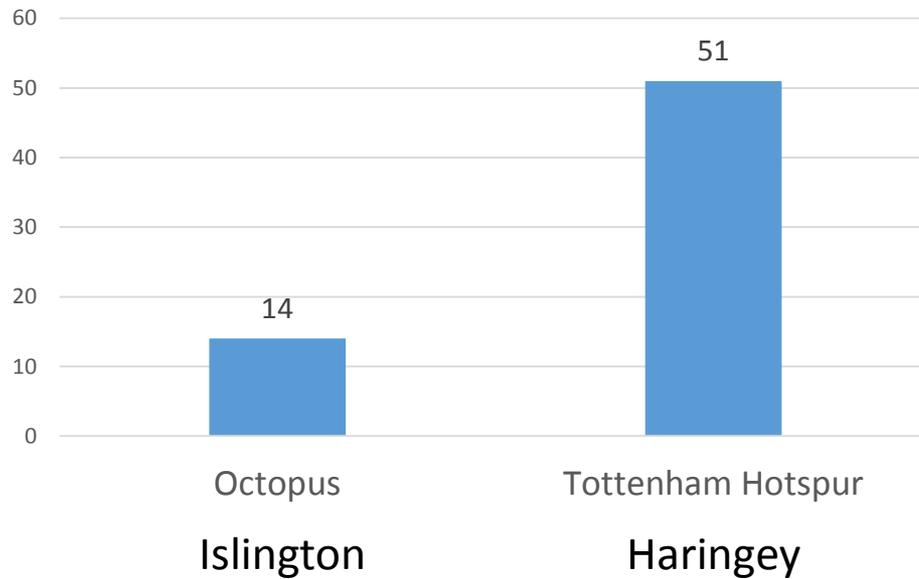
Date also collected for:

- alcohol intake
- pre-existing medical conditions (diabetes and history of previous stroke/TIA)- data not shown

Preliminary analysis: BP checks



Total number of checks per VSC organisation



BP checks

65 tests have been performed:

- 6: High ($\geq 140/90$ mmHg)
- 26: At risk ($>120/80$ mmHg but $<140/90$ mmHg,)
- 33 : Normal ($120/80$ mmHg)

Summary



Where are we now?

- Patient resources developed
- Software successfully launched – secure information transfer to Primary Care
- Blood pressure testing initiation: soft launch in October
- Systems in place for follow up
- Evaluation plan in progress

Key learning and next Steps

- Keeping the stakeholders engaged
- Further blood pressure training sessions- train the trainer scheme
- Off line software development

Thank you and acknowledgement



Primary Care

- All Haringey and Islington GP practices
- Sharon Seber (Nurse Consultant, Haringey)
- Sonia Hall Sharon (Practice Manager, Haringey)

VCS organisations

- All volunteers involved
- Tottenham Hotspur
- Bridge
- Embrace
- Octopus
- Manor Gardens

Haringey CCG

- Victoria Schofield
- Jasper Gruenewald



British Heart Foundation