

Blood Pressure Monitoring @home

Support offer for clinically extremely vulnerable patients
with uncontrolled hypertension

V2.0

December 2020



Purpose

This document provides the background and guidance about the support offer available to Clinical Commissioning Groups (CCGs) and their primary care providers to assist the management of clinically extremely vulnerable (CEV) patients with uncontrolled hypertension: the provision of blood pressure monitors to enable patients to monitor their own blood pressure at home (Blood Pressure Monitoring @home – BPM @h).

Background and Objectives

In England, there are over eight million people diagnosed with hypertension ([Quality and Outcomes Framework, 2019-20](#)). During the COVID-19 pandemic, it is possible that patients with cardiovascular risk factors may not be receiving their usual review and treatment adjustment in primary care for their hypertension.

Evidence supports the use of self- and telemonitoring of blood pressure (BP) vs normal care in primary care as it is cost effective ([McManus et al., 2018](#)); saves GP time ([Hammersley et al., 2020](#)) by shifting care from GPs to other members of the multidisciplinary team; and reduces incidence of clinical events such as death, heart attack or stroke, over five years ([Margolis et al., 2020](#)).

BPM @h is an adopted and endorsed priority within the NHS @home programme at NHS England and NHS Improvement, which brings together a range of initiatives aiming to better support patients manage their own health and wellbeing at home. On 30th September 2020, at Prof. Steve Powis's Senior Management Team meeting, support for was also agreed by the attending Regional Medical Directors and on 9th November 2020 a [letter](#) to ICS leaders outlined the General Practice Covid Capacity Expansion Fund which should be used to support seven priority goals. BPM @h aligns with goals 4 (*continuing to support clinically extremely vulnerable patients and maintain the shielding list*) and 5 (*continuing to make inroads into the backlog of appointments including for chronic disease management and routine vaccinations and immunisations*).

BPM @h is aiming to improve the BP control of at-risk patients, reduce the time pressures on general practice and prevent avoidable heart attacks and strokes. To date, the British Heart Foundation (BHF) have been a supporting partner in the early development of the project. Since September, early adopters have been introducing BPM @h to a selection of patients with uncontrolled BP, and patients can also record and upload their BP readings onto a remote monitoring platform for primary care practitioners to review if they choose. Blood pressure monitors and an implementation supporting pack for primary care teams were distributed to five highly engaged sites in Portsmouth, North West London, Oxford and Thames Valley, Darlington and Gloucester. We are currently evaluating the process and outcomes of these early adopters.

Who is this for? Target patient population

Patients should be selected on the following basis:

- a) **For the basic BP monitors:** Patients who are clinically extremely vulnerable (previously shielded population) with a last recorded blood pressure of systolic BP > 150mmHg and / or diastolic BP > 90mmHg.
- b) **For the higher specification BP monitors:** Patients who are clinically extremely vulnerable who have had a prior stroke or transient ischaemic attack (TIA) and last recorded blood pressure of systolic BP > 150mmHg and / or diastolic BP > 90mmHg.

Distribution to the CEV group should also consider social deprivation, people of black, Asian and minority ethnic (BAME) backgrounds and those aged 65 years or over.

Population health management tools used by PCN teams could be utilised to identify the cohort of patients who should be offered these devices.

What support is available? Overview of the offer

The BPMs are planned to be distributed in multiple phases which should allow regional and local teams to learn from earlier phases.

We propose to work with named regional cardiovascular disease prevention leads to help identify which CCGs within their region might wish to take up the opportunity to participate. We suggest starting with a smaller number of CCGs in areas of higher social deprivation.

NHS England and NHS Improvement will coordinate the delivery of the devices to the specified address stated by the CCG in the request form. This does not need to be the address of the CCG office as an alternative location may be better suited for receipt and distribution of the monitors. Onward distribution to GP practices / patients will be the responsibility of the CCG but may be facilitated by other local partners such as Primary Care Networks (PCNs) or secondary care providers. We expect full distribution to patients to be complete within **three months of receipt of the BP monitors**. The delivery of the devices in the first phase will be made by **during December and January 2021**.

We will provide each region with a supporting pack with resources around implementation for primary care teams to utilise. This pack will include a clinical pathway and Standard Operating Procedure. In the meantime, we recommend the UCL Partners [Hypertension Pathway](#) to mobilise conversations around home blood pressure monitoring. Further implementation support should be provided to the GP practices, so they are supported to implement changes to clinical service delivery, and to patients so they are supported to use the devices effectively.

Regional teams and CCGs may want to link in with other local partners, for example PCNs, local public health teams, Academic Health Science Networks (AHSNs), medical engineering and / or local voluntary, community and social enterprise (VCSE) partners e.g. NHS Transport Volunteers may be used assist in the delivery the BP monitors to patients (see [here](#) for referral information).

Device specification

CCGs can apply for:

1. Basic blood pressure monitors with a display screen and medium-sized cuff.
2. Higher specification blood pressure monitors that can detect the possibility of Atrial Fibrillation and that automatically transfer blood pressure readings to a smartphone by Bluetooth.
3. Extra-large cuffs.

Allocation of devices

The amount of devices that region has been allocated is based on the region's average rank for [Index of Multiple Deprivation](#) to prioritise areas of the greatest need. The tables below specify the maximum number of devices each region can apply for.

NHS Region	Maximum number of basic BP monitors	Maximum number of higher specification BP monitors	Maximum number of extra-large cuffs
North East and Yorkshire	3180	390	70
North West	3180	392	70
Midlands	2750	340	67
East of England	2550	310	60
London	2970	370	70
South East	2250	280	50
South West	2370	290	50
England	19250	2372	437

Application criteria

By submitting an application for these devices, CCGs agree to:

- Distribute the devices to GP practices / patients
- Target implementation in geographical areas of greatest need, considering local health inequalities
- Engage and support local implementation of BPM@h
- Provide both qualitative and quantitative data around utilisation and other outcome measures
 - NHS England and NHS Improvement will set out any reporting and monitoring requirements at a later date but will aim to minimise burden by using routinely collected data where possible.

How to participate

Please complete all sections and submit your request form **by close of 18th December 2020** to england.home@nhs.net.

We will hold a virtual drop in for regional colleagues to connect with the national team on this programme of work on 8th December 2020 at 1.15pm. If you would like to join this session and discuss this support offer in more detail, please contact england.home@nhs.net.

NHS England and NHS Improvement will liaise with the appointed CCG representative around delivery dates and times.

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Request for blood pressure monitors – Please complete all the following questions and send the completed form to england.home@nhs.net and cc your respective regional lead

Please use the below form to apply for the first phase of device, we will follow up with another application form at a later date to collect the delivery addresses for the later phases of devices.

Details	
CCG representative	Name: Role: CCG: Region: Contact email and phone number:
Details for delivery	Main contact name and contact number for delivery: Delivery address: Number of devices required (in multiples of 10 if possible) <ul style="list-style-type: none"> • Basic blood pressure monitors: • Higher specification blood pressure monitors: • Extra-large cuffs: Any special requirements e.g. reception opening times etc.:

Criteria	
Do you agree to the application criteria on page 4?	Yes / No Name CCG signatory: Signature:

All applications should be submitted to england.home@nhs.net (and cc your respective regional lead) by close of 18th December 2020.

Please contact england.home@nhs.net for any further information/queries.