

Hypertension Case Finding Service

Hints and Tips

The **NHS Community Pharmacy Blood Pressure Check Service** helps detect high blood pressure early, reducing the risk of serious health conditions.

Who Can Access This Free Service?

- ✓ Adults **40+** without a recent blood pressure check and not already diagnosed as hypertensive
- ✓ Adults **under 40** at higher risk, as assessed by a pharmacist
- ✓ Patients **referred by their GP** for blood pressure monitoring or ABPM

Why It Matters: High blood pressure often has no symptoms but can lead to heart disease or stroke. Early detection is key.

Best Practices for Pharmacy Teams

☒ Encouraging Uptake

Build awareness that this service helps patients take control of their health, lowering risks with early intervention.

- Use **BP stickers or stamps** for patient identification & team awareness.
- Train staff with key phrases: **"Free Blood pressure check takes just a few minutes!"**
- Offer checks at the till & when handing out prescriptions.

☒ Optimal Conditions for Accurate Readings

Ask patients to return later if they:

- Are anxious or stressed
- Have recently smoked or had caffeine
- Have recently consumed alcohol

As these factors can temporarily increase blood pressure.

☒ ABPM Process

- During initial conversations, explain the role of Ambulatory Blood Pressure Monitoring (ABPM) as a key tool to support accurate diagnosis.
- Explain how early diagnosis reduces serious risks (heart disease, stroke, kidney issues).
- Highlight ABPM provides an accurate assessment of their blood pressure over time & how it can prevent unnecessary appointments with their GP.
- Offer ABPM immediately if available, or schedule a follow-up.

☒ Practical Support

- Ensure the correct cuff sizes are available for the BP monitor.
- Where practicable, take a blood pressure reading without the patient wearing clothing next to the skin.
- Provide the patient with printed results at the end of consultations.



☒ **Useful Script for Pharmacy Teams:**

“In our private consultation room, we will take some blood pressure measurements using a professional electronic meter. If things are just on the high side of normal, we can offer you some hints and tips on lowering your blood pressure through simple lifestyle changes. If it's looking high, we'll offer to fit you with a different meter (ABPM) that you wear for around 8 hours. This gives us more readings over the course of your normal day. This is the NHS 'Gold Standard' way of telling if you have high blood pressure that may require treatment, and it will be the quickest way of getting the information to your GP to help them make that decision with you, even if we need to get you back in to fit that in the morning.”